



Daily Life Lessons 2016

Keith Collins

The Ether or Aether

The Ether or the Aether, as the ancients called it, is the medium of space.

Ancient wisdom referred to the aether as the cosmic holon of existence.

It is the spiritual realm that exists above the physical realm of earth.

Nineteenth century science believed the ether to be the theoretical medium through which electro-magnetic waves travelled.

The ether is neither a cosmic holon nor an electro-magnetic medium but put simply, it is the energy of space. It is a pure energy field from which matter is made manifest.

All matter has substance as a result of its manifestation from, through and in the ether.

The energy of the ether cannot be destroyed, it can only change its form.

Before it can change form, it is first formed from the ether.

As science could not physically detect the ether, it dropped it as a theory.

The ether is presently being rediscovered as a theory of dark matter & dark energy.

January 31, 2016

Attraction Happens

When Attraction happens to me:

I am either the victim or the beneficiary of what I am attracting.

When bad thoughts occur to me, bad things happen to me. When good thoughts appear to me, good things happen to me. When Attraction happens by me:

I get some of what I want and I get some of what I don't want. Whether I ask or not, I get what I need but not everything that I want.

It always depends on the emotional power of my thinking.

My positive feelings attract positive outcomes but my negative fears attract negative outcomes.

When Attraction happens through me:

I allow everything that I need to manifest.

I am in gratitude for everything that I have.

I appreciate everything that turns up.

I know the quickest way to have everything I need is to want for nothing.

When Attraction happens as me:

I am the Creator of my own ideal life.

My ego & my Soul are in alignment.

January 30, 2016

When Life Happens Through Me

When Life Happens Through Me:

Pure thought flows through me.

My super-conscious mind reveals each step of my path one step at a time.

I am the Initiator of my life's journey.

I accept my life path as just is and make no judgment.

I have unconditional faith in my messages.

This is my destiny.

I allow my life to unfold and I see whatever turns up as beneficial & providential.

I am awake, alert, aware & alive to life.

Empowered thoughts flow through me and I see all opportunities as they are presented.

Miracles become an everyday occurrence.

Everything happens in divine time and in alignment with my purpose.

I live life as an observer.

I follow the authorised choices of my Soul

My cup is abundantly full.

I am realising my creative potential.

January 29, 2016

When Life Happens By Me

When Life Happens By Me:

I make up my own mind.

My sub-conscious mind is programmed to guide me as it holds my memory of past experiences.

I initiate what happens in my life.

It should in principle be moral, ethical & legal.

This is my fate.

I discern what I believe to be right or wrong for me.

I try to meet the challenges in my life.

Positive thinking helps me compete to win.

I fail a challenge when I run out of emotional energy.

I am a competitor and a fighter.

I form attachments to raise my emotional energy.

I talk less and I learn to listen to other people.

I participate in life to my own standards and deadlines.

I have strong boundaries.

I am following my ego's choice of authority.

My cup is half full and I respond accordingly.

I live life at my pace and often run out of time to do the things that I believe I should, I must, I ought to & I have to do.

I believe that life will conform to my wishes but my wish is just a belief.

January 28, 2016

When Life Happens To Me

When Life Happens To Me:

Consciousness happens to me when I wake up in the morning.

I am born into a conscious physical world.

My conscious mind experiences what is happening to me in my life each day.

What happens to me is often unprincipled, unethical, immoral & unjust.

I react to problems that may cause my doom.

I judge who is to blame & condemn or who is to praise & commend.

Problems happen to me because of my negative thinking & my low emotional energy.

Things are sent to try me and I fight to survive.

I am a victim of both accidents & addictions.

Life happens to me when I am not listening and I am too busy talking.

I am a spectator of life, living in anticipation of other people's deadlines in other people's time.

I am following the direction of other people and my cup is half empty.

I take life as it comes as I try to survive one day at a time.

January 27, 2016

The Inquistive & The Inquisitor

The Inquistive is curious, keen, searching & inquiring.

The Inquisitor is prying, enquiring, snooping & meddlesome.

The Inquistive is seeking their own path in life.

The Inquisitor is ensuring that others are following the path of their dogma & doctrine.

The Inquisitor follows the morals, ethics & principles of their religion or creed.

The Inquistive follows their true values & their faith in their own core beliefs.

The Inquistive is inquiring into a vision of their own truth.

The Inquisitor is the judge of a commonly accepted belief.

The Inquisitor is an Interrogator & an Intimidator.

The Inquistive is a Sensitive & a Seer.

The Inquisitor ensures that the right knowledge is taught & learned.

The Inquistive knows the feeling of their own intuitive insight.

The Inquisitor experiences the intensity of their own life dramas.

The Inquistive experiences the fulfilment of their own life potential.

January 26, 2016

Three Creative Perspectives

In a dual reality world, I see myself as either the creator or the creation.

In my unawakened perspective, I am the creation of an unknown Creator.

Awakening to my spiritual path, I am becoming aware of the Creator that created me.

All spiritual paths are unique to each Individual creation but all lead to the Creator.

The Creator is the cause: The Creation is the effect.

In my dual reality world, I am the effect of my creative cause.

I am the subjective creation of an objective creator.

In the perspective of a triune reality world, I am adjectively being both the creator & the creation when I am being creative.

From the perspective of my Creator, I am the creator of my creation & the creation of my creator.

I effect the cause & I cause the effect

I am being creatively adjective when I am subjectively objective in my creativity.

I am a created part of my Creator not apart from my creative ability as a Creator.

January 25, 2016

Landed

Landed is the state of being physically present on Earth.

It is a state of being neutrally balanced in gravity.

It is when air pressure holds you down and water pressure buoys you up.

It is the state of the conscious mind when present in the physical world.

When consciously physically present, I am landed.

When consciously mentally absent, I am astrally flying or mentally travelling in space & time.

My mind can fly into many possible realms of reality.

I mentally fly at a frequency of up to 15 cycles per second.

My mind lands in physical reality at a frequency between 16-31 Hz.

As an unawakened physical self, I considered myself to have landed at birth and remained permanently grounded.

To be beneficially spiritually alive requires me to be earthed & grounded as well as landed.

January 24, 2016

Mind Waves

Mind Waves vibrate at different frequencies.

The frequency of my thought determines my state of consciousness.

My mind can be in a state of deep sleep, in a dream state, in a meditative state or it can be awake to the physical world.

Awake to physical consciousness, my conscious mind has a mental frequency of 16-31 cycles per second.

One wave cycle per second is measured as 1 Hz or one hertz.

In meditation my mind waves have a frequency between 8-15 Hz.

This is the frequency of thought from my super-conscious mind.

In a dream state, my sub-conscious mind has a frequency of 4-7 Hz.

In deep sleep, my brain is inactive with a frequency of 0.1-3 Hz.

This maintains my connection to my supra-conscious mind.

At different frequencies my mind tunes into different realities.

My mind relates to physical reality when it resonates at a speed between 16-31 frames per second.

My Soul communication is received when my Self tunes in at a frequency of 8-15 cycles per second.

My brain is the receiver of mind waves, my mind is the transmitter of thought waves.

January 23, 2016

A Brain Wave

A Brain Wave is a great idea.

It's an inspired revelation, the answer to a prayer or the solution to an apparent problem.

It's an innovation that discovers a new invention or an outstanding theory.

A brain-wave measures the electrical frequency of the mind.

My mind processes my thought through my brain.

My brain processes many different frequencies of thought at the same time.

My conscious mind tunes into a particular frequency that commands my focus.

A brain wave that is inspired, innovative, inventive & revelatory is an Alpha wave.

Alpha waves are the frequency of thought during meditation.

Meditation allows alpha communication with my super-conscious mind to be received with clarity.

Tuning out the beta waves of my rational thinking processor allows my alpha thoughts to be present.

Alpha brain waves are beneficial for creative thought, which is a great idea.

A + B = I See!

January 22, 2016

Chaos Theory

Chaos is not a theory but a reality for many people.

It is caused by impure thinking.

Impure thinking blocks the flow of pure consciousness and causes chaos.

Impure thinking is the effect of fears & limiting beliefs that are caused by an imperfect personal perspective of reality.

It causes tolerations & problems that in excess cause a chaotic life.

Too many tolerations deplete emotional energy.

Too many problems stifle mental energy.

Depleted mental & emotional energy causes chaos in physical life.

Resisting the flow of life causes a problem and I will tolerate the effect until too many problems cause an intolerable chaos to occur.

In practice, chaos is a perspective that causes an experience of my own making.

Solving problems may keep chaos at a manageable level but it does not make it go away.

When I hear my messages, learn my lessons & become problem-free, I overcome chaos & divine order is restored.

January 21, 2016

The Law Of Entropy

The Law of Entropy states that all matter eventually returns to energy.

Ashes to ashes, dust to dust, energy to energy.

All matter is a definite state of infinite energy for a finite time.

Matter is energy in resistance to flow.

Pure Energy has infinite, eternal & continuous flow.

Matter has a particular vibration with a relative frequency & wavelength.

A particular vibration determines a particular particle of matter.

The law of entropy states that matter holds its reality in space over time.

Wavelength is relative & inversely proportional to frequency.

As frequency decreases in time, wavelength increases in space allowing a whole spectrum of different vibrational possibilities in reality.

This polarity allows all forms of different matter to manifest.

When wavelength increases as frequency increases, duality disappears and matter assumes a pure vibration of energy.

When matter loses its resistance to flow, its frequency & wavelength return to a pure vibration of energy.

A pure vibration of energy has no entropy.

It becomes infinite, eternal & continuous as it disappears from physical reality.

January 20, 2016

A Clear Conscience

I have a Clear Conscience when my conscience is clear.

I clear my conscience when it no longer bothers me.

What bothers me is being in two minds.

I clear my conscience by being of one mind.

Choosing between two minds brings confusion, not clarity.

A clear conscience comes with clarity.

Clarity comes with being of one mind.

Of one mind, I am aligned with pure thought.

My conscience is my alter ego.

My other ego is either my lower sub-conscious Self or my higher super-conscious Soul.

When I bring my Self into alignment with my Truth, I consciously clear my conscience.

I align with science, I align with my god & I align with my essence.

All three minds come into alignment with a clear conscience.

In essence my conscience is clear when my thoughts are a pure expression of who I really am.

January 19, 2016

A Matter Of Conscience

A Matter of Conscience puts a mind into conflict.

A conflict between the head & the heart.

My head holds my beliefs that are my ethics, morals & principles.

My heart via my solar plexus tells me what feels right for me.

A matter of conscious is a belief in doing what is believed to be right.

Is following one's conscious the right thing to do?

Is choosing what feels right the right thing to do?

When there is no conflict, there is no resistance to choosing the right choice for me.

The right thing for me is what I know is right because it feels right.

What causes every inner conflict is a belief that is wrong.

A right belief allows inner peace.

Conscience is a matter of choice between what is perceived to be right or wrong.

Intuition is a matter of knowing, feeling & seeing what is right for me right now.

Intuition is never wrong.

January 18, 2016

A Revelation

A Revelation reveals the direction of my Life Path.

It is an intuition, an epiphany or an ah! ha! moment that shows me the Way.

A revelation is a message from my Soul.

My Soul reveals its path to its Self intuitively.

When my Self gets the message, it is a revelation.

I intuitively see the answer to my question.

Revelations are how the Soul reveals itself to its Self.

A revelation is divine because following my path is always beneficial for me.

Receiving my messages leads to an effortless life.

The only resistance that I encounter on my journey is of my own making.

Revelations of inspired authority are emotionally empowered.

Everything that I need to know is present and presented as a revelation as my path unfolds in front of me.

That's a Revelation.

January 17, 2016

The Authority Of Choice

When I choose not to choose, I give away my authority.

My ego Self is authorised to choose.

The choice of my ego is not always authorised.

I always have a choice to choose or not.

The ability to choose requires power & authority.

When I choose to follow someone else's choice, I will need motivational power to enable my action.

When I choose to follow my ego's authority, I will need will power to enable my action.

What I choose with my Soul's authority is always empowered & inspired.

Whatever choice feels beneficial is empowered by my Soul.

An uninspired choice is disempowering.

An unempowered choice does not inspire my Soul.

When a choice is not inspired or empowered by my Soul, why would I choose it?

All choice has authority but not all choices are inspired or empowered.

The Authority of a choice is relative to the purity of the Thought.

My authority of Choice is my Soul's.

January 16, 2016

Power, Purity & Potential

Power, Purity & Potential are three relative aspects of energy in motion.

The potential of energy is relative to its power & purity.

In a dual reality, purity is relative to impurity and therefore potential power is relative to purity.

Pure energy is potentially powerful.

Pure emotional energy is called divine Love.

Love is only divine when it is pure.

The power of Love is its divine potential for creative perceptual experience.

Impure love has a negative potential for creativity and attracts negative perceptual experiences called dramas.

The potential of Pure Love is its creative power.

The potential of impure love is its dramatic destructive power.

Pure Love is divinely creative, whereas impure love causes apparent dramas that are less than divine.

Aspects of Love are called emotions.

The power & potential of an emotion is relative to its purity.

Pure emotions are divine, prime & natural and have the most potential power for creative experience.

Impure emotions are caused by impure thinking, which has the potential power to cause destructive actions.

The power & purity of human emotion is potentially a personal choice.

January 15, 2016

The Missing E

In a 2 Dimensional world, matter is relative to the motion of energy.

Energy is matter at the speed of light.

The speed of light is constant and it keeps the duality of matter & energy in a relative state.

As Einstein theorised: $E = M C^2$

In a 3 Dimensional world: $E = e m c^2$

The missing 'e' is the matter of energy in motion.

Energy in motion is called emotion.

Physical science has rationally omitted emotion from the equation.

It only studies the energy of motion when matter is in motion, not the motion of energy.

A 3 Dimensional Philosophy studies the spirituality of Everything.

It studies the motion of energy that creates matter and the Consciousness of Light, Life & Love in a Space-Time-Reality.

Everything in a 3D space-time-reality of Love, Light & Life equates to $E = e m c^2$

In a Theory of Everything: $E = \text{Everything}$, $e = \text{energy}$, $m = \text{matter}$, $c^2 = \text{motion}$

'e' is Love that is the energy of space and the power of emotion.

'c²' is Light that is the motion of time and the authority of mind.

'm' is Life that is the matter of reality and the ability of the body.

With $e m c^2$: Everything becomes One and falls into place.

Even gravity becomes the spacial magnitude that with a magnetic force allows an electrical potential to flow.

January 14, 2016

A Nightmare

A Nightmare is a dream that confronts a fear.

A fearful dream is a nightmare.

False evidence appearing real is a problem.

The problem is that fears drain emotional energy.

They cause an emotional reaction whether I am awake or in the dream state of sleep.

When the emotional reaction is to wake up, the nightmare becomes vividly conscious.

I will continuously work through problems whether awake or asleep until I become problem free.

When problem free, nightmares become learning opportunities & dream experiences.

The problem with a nightmare is that the fear is irrational. In a dream state, it is often impossible to rationalise & suppress the fear.

Confronting a fear in the dream removes the requirement to confront the fear in conscious reality.

Using dreams to work through our lessons can be easier than having to confront them in real life.

Dreams present & represent our opportunities in life.

Nightmares present & represent our problematic fears in life.

January 13, 2016

Recipation

Recipation is the act of bringing together the ingredients for creativity.

To recipate is to effortlessly set in motion the requirements for creativity to happen.

The Recipator creates the recipe for Life.

Recipation happens as me.

I am the creator and the recipator of my life.

The ability of the recipator requires power & authority to flow.

Emotional power & mental authority allow creative imagination to flow.

My Self is the vessel through which creativity flows.

My Soul is the recipator that creates the conditions for my creativity.

My Soul is the creator, my Self has the creative ability, my reality is the creation.

Being my true identity is the recipe for allowing my creative ability to flow.

Aligning thought, mind & consciousness in a conscious, sub-conscious & super-conscious way is the art of Recipation.

January 12, 2016

A Day Dream

A Day Dream is when my conscious mind travels in time & space to the past or future.

My conscious mind aligns with my sub-conscious mind to travel into the past.

I travel into the past with my sub-conscious memory.

My conscious mind connects with my super-conscious mind to travel into the future.

I travel into the future with my super-conscious imagination.

My mind is always free to choose, unless it is limited by a belief.

I can focus my attention on the past, the present or the future.

I am conscious of whatever I focus my attention on.

I always attend to the perspective of my conscious self.

I am day-dreaming when I am consciously awake but not consciously present.

I am consciously presented with a perspective of my unconscious mind.

In my day dream, my mind is consciously travelling beyond the reality of my present moment of time and my present situation in space.

January 11, 2016

Real Time & Dream Time

Real Time & Dream Time are both constructs of my Super-conscious Mind.

While my conscious mind is awake, my sub-conscious mind is active.

While my conscious mind is asleep, my unconscious mind is active.

My super-conscious mind never sleeps.

My conscious mind observes real time & space.

My unconscious mind observes dream time & space.

Real time is a journal of a continuous personal journey on a physical planet.

It is an Individual's Book of Life.

Dream time is a nightly excursion or a mystery tour of the astral plane.

It is a rough sketch book full of doodles and anecdotes.

Although for some, their sketch book is more creative than their book of life.

Dream Time is a two dimensional world of mind & emotion.

Real Time is a three dimensional world where I live in a physical body as well.

Dream time is an astral journey of the unconscious mind in non-linear space & time.

Real time is a physical journey of the conscious mind in linear space-time-reality.

Both dream time & real time are a construct of the Super-Conscious Mind in eternal time.

January 10, 2016

Empty Space

Empty Space is like a new page, a blank canvas or an unused film.

It is a recording medium for reality.

A two dimensional picture can be realised on paper, canvas or film.

A continuous three dimensional reality is realised in empty space.

Reality is recorded in the annals of time on empty space.

The continuous journey of the Universe through eternal time is in empty space.

There is an infinite amount of empty space on which reality will be recorded for eternity.

Our known universe is spinning, orbiting, rotating & revolving through empty space.

As the galaxies expand through empty space, a new reality is created in every moment of time.

As empty space is filled with Consciousness it becomes realised and recorded in time.

Empty Space is the medium through which Consciousness becomes a Reality.

January 9, 2016

The Potential Of Energy

The Potential Of Energy has unlimited possibility.

Energy is potentially creative in an infinite number of ways.

Conscious creativity is a potential of thought energy.

Potential is realised through a matter of motion of energy.

Thought is conscious energy in motion.

Life is a matter of thought in motion.

Spacial energy in the motion of time creates the matter of reality and allows creativity to be realised.

Reality is a potential of space & time.

Life is a potential of the energy of conscious thought & emotion.

The frequency of thought (light) has a force of authority and the wavelength of emotion (love) has a magnitude of power, which together realise a potential for personal experience (life).

The force or frequency of a magnetic field in the magnitude or wavelength of a gravitational attraction creates the potential for a thunderous vibration in an electric storm.

Every potential energy vibration is the product of its frequency & its relative wavelength.

Every potential energetic experience is a product of the force of authority of a creative thought powered by the magnitude of the emotion on which it is transmitted.

January 8, 2016

Creative Space

Space is creative power.

The power to create requires space.

All matter is created in space out of spacial or etheric energy.

All forms of matter are manifest from the creative energy of space in the ether.

Energy is never destroyed, it is absolutely creative.

Energy is recreative, it can change its form from this to that.

The greater the magnitude of space, the more creative is the potential energy through time.

The greater the density of matter, the more potential it has to hold its form over time.

All energy is creative, all matter is self-destructive subject to its time and space.

Relative density is inversely proportional to spacial magnitude.

Spacial magnitude is relative to creative power.

It requires a conscious force to create reality in space over time.

A lot of space & time is required to allow the creation of reality.

January 7, 2016

The Magnitude of Space

The Magnitude of Space is a measure of its energy.

The volume of space is a measure of its size with three dimensions of distance.

The magnitude of space is the size of its power.

Power is relative to the magnitude of energy.

Energy is relative to the magnitude of space.

Matter is inversely proportional to energy.

The magnitude of space is inversely proportional to the density of matter.

Relative density is equal to specific gravity.

Specifically, gravity is inversely proportional to distance.

Distance is relatively equal to the magnitude of space.

As the density of matter increases, specific gravity increases and spacial energy decreases.

By the Law of Attraction, denser matter is pushed/pulled into a smaller magnitude of space.

The power of spacial energy relative to its magnitude, holds matter in tension.

The magnitude of space is relative to the density of matter and its gravitational attraction.

January 6, 2016

Cosmic Time

Cosmic Time is the speed of the galaxy through space. The spin of the galaxy determines its frequency & time. The orbit of the galaxy determines its wavelength & space.

Spin & orbit determine the reality of the galaxy's vibration or rotation.

Cosmic time is relative to the speed of light in space. Space-time is illuminated or realised as the reality of Light.

The Speed of the reality of Earth is 186,000 miles per second.

The Distance of the reality of Earth is measured in light-years.

The Time of the reality of Earth is measured as the distance it has travelled at the speed of its spin, orbit & rotation as it revolves around the galactic centre of the Milky Way.

The Earth's revolution of the Galaxy is measured in Cosmic Time as an Age.

In Cosmic Time, we are presently entering the Age of Aquarius.

January 5, 2016

Linear Time

Linear Time plots the reality of a time-line in space.

It is the time-line of our solar system on its journey through space.

The spin of the Earth on its axis measures one day.

The orbit of the Earth around the Sun measures one year.

The orbit of the solar system around the galactic centre allows the reality of every day in a new space-time co-ordinate.

The rotation of the solar system around the sun's axis allows the apparent movement of the constellations through the Ages of Man.

As the Earth speeds through the distance of space, time is created.

With no spin, no orbit & no rotation there is no speed, there is no time and there is no reality; just the unrealised potential of empty space.

Linear time follows a continuous reality as it unfolds through space.

It is the journey of the solar system around the milky way galaxy that creates linear time as a reality in space.

It is the journey of an electron around its proton nucleus in a quartz crystal that creates a vibration that powers our atomic clocks.

A journal is the record of the reality of our space journey along a time-line that is linear time.

January 4, 2016

Eternal Time

Eternal Time is relative to Infinite Space.

Infinite space allows a continuous reality to be created through eternal time.

Endless space allows endless time to explore & create an endless reality.

The Soul's journey is never ending.

There is no limit to the expansiveness of the Soul.

Beginnings & endings are an experience of a relative dual reality.

They are a creation of the Consciousness that is the Soul.

The Soul created the dual reality of space & time for its Self to experience a reality of its own creation.

The Self experiences a singular reality of space-time where time is relative to the space it is experiencing as its reality.

A never ending book has an infinite number of pages and a continuous series of chapters, which takes an eternity to write.

The Soul's Book of Life is a never ending journey through infinite space & eternal time in the creation of a continuous reality.

January 3, 2016

Divine Time

Divine Time is my Soul's Time.

Being in time with my Soul is divine.

In divine time, life flows effortlessly.

My Soul creates life to flow in divine time.

From the perspective of the Soul, there is one continuous moment of Now.

In the now of time, life is divine.

Providence provides in divine time.

What is provided providentially is divine.

I just have to accept it as a present, in the present moment, as it is presented.

In divine time, I am empowered & inspired.

My messages are revealed in divine time.

Wonders unfold in divine time.

Miracles happen in divine time.

I am destined to live in divine time.

Intimacy is divine as being in time is divine.

In divine time, I am never early & I am never late.

I am in time & intimate with my Soul.

In other people's time, life happens to me.

In my time, life happens by me.

In divine time, life happens through me.

January 2, 2016

A New Year

A New Year is the start of the Earth's new orbit of the Sun.

It takes one year for the Planet Earth to orbit its Star. During each year, the Earth travels a distance of 584 million miles through virgin space.

In the space of 584 million miles, we all travelled one year in time.

My Reality is one year in time and 584 million miles of space away from last new year's day.

Midnight heralds the start of a new day and the start of a new year.

A new day is a new page in my book of life.

A New Year is a new chapter in the book of my life's journey.

Space & Time are the medium through which Consciousness expands its Reality.

In one year of time & 584 million miles of space, how much has your conscious reality expanded?

We have all entered the Reality of 2016.

How will you contribute?

January 1, 2016

I, Aye, Eye

The 1st is One I.

I is the I Am.

The I's the I am.

The Is is the One.

I am the Is, the I Am is who I am.

The 2nd is Two Ayes.

Aye is Yes.

Aye! Aye! Is unconditionally yes.

Yes! Yes! Has no negative.

Aye is ever & always.

I am Aye, always & ever.

The 3rd is Three Eyes.

Two eyes see the physical world of duality.

The 3rd Eye intuitively sees the realm of the absolute.

The third eye is my super-conscious Soul.

The second aye is my sub-conscious id.

The first I is me, my conscious ego Self.

I is one, aye is positive, eye is seeing.

When I am one, I positively see Life.

My ego, id & soul see aye to eye as 1.

February 29, 2016

Pleased & Satisfied

I am Pleased by what other people do for me.

I am pleased by what I do for my Self.

I am pleased by what I do for other people.

I am pleased when what I do meets one of my emotional needs.

I am Satisfied by what others give to me.

I am satisfied by what I give to myself.

I am satisfied by what I give to other people.

I am satisfied when what I have meets my physical & emotional needs.

When I am busy giving & receiving what I need & want, I am neither content nor fulfilled.

There will always be something that needs to be done to please me.

There will always be something I need to have to satisfy me.

Until that is, I learn to be content and to be fulfilled.

Pleasure & Satisfaction has a value.

Contentment & Fulfilment are a true value that connects me to my Happiness.

Being pleased & satisfied will never make me happy, just relatively less miserable.

February 28, 2016

Discrimination

Discrimination is an act of bias & prejudice.

I discriminate against those who I prejudge to be bad or wrong for me.

I discriminate in favour of those I like because they are like me.

I discriminate against those who I do not like because they are not like me.

When I see people who are not like me as bad or wrong, I discriminate against them.

When I meet people who I see as good & right for me, I discriminate in favour of them.

Favouritism is seen as the opposite of discrimination when discrimination is seen as a negative attribute.

We favour our own kind of people.

We are unkind to people of a different culture, character, personality or demeanour.

Neither positive nor negative discrimination or favouritism is a true expression of who I really am.

Discrimination always incriminates my Self.

February 27, 2016

States Of Injustice

States of Injustice are caused by the acts of being judgmental, prejudiced or discerning.

Judgment is deciding whether someone or something is good or bad, right or wrong for me.

I judge someone's behaviour to be guilty or innocent based on my opinions, beliefs & convictions.

Prejudice is a pre-judgment based on sex, age, gender preference, colour, race, creed, culture or faith.

It is judging someone on their assumed behaviour because of their perceived character or beliefs.

Discernment is deciding whether someone or something is energetically attractive, unattractive or repulsive based on the polarity or gender of their energy vibration.

Judgment judges behaviour, prejudice prejudices character, discernment judges energetic attraction & personality.

They are all states of injustice based on a perception of false evidence appearing to be real.

The false belief or fear is that if someone is unlike me, I will dislike them, hate them or loathe them.

Conversely, I can only like people who are like me and like me.

I judge with my ears, I pre-judge with my eyes, I discern with my sense of taste, touch, smell, instinct, intuition & feeling.

February 26, 2016

Behaviour

Behaviour follows belief.

I always do what I believe is good for me.

My beliefs drive my actions.

When I need emotional energy, I do what I need to do to meet that emotional need.

My emotional needs are how I meet my need for emotional energy.

How I meet my need for emotional energy determines my behaviour.

My standard of behaviour is what I believe my standard of behaviour to be. My behaviour expresses my personality. My beliefs determine my character.

How I behave is an expression of my personality & my character.

It is the action I take to meet my emotional needs according to my sub-conscious beliefs.

Good & bad behaviour is judged relative to positive or negative beliefs that are driven by an individual need for emotional energy.

Learned behaviour convicts beliefs.

Learned beliefs programme taught behaviour.

Until that is, I take personal responsibility for my mental beliefs, my emotional needs & my physical behaviour.

February 25, 2016

States Of Doing

States Of Doing are adjectives that describe my behaviour.

My behaviour follows my state of mind.

My state of mind can be judged to be positive or negative and allow good or bad behaviour.

It can be normal, usual, ordinary & common like most other people and promote normal, usual, ordinary & common behaviour.

Whereas my behaviour may be the same as other people, my emotions may be totally different.

Common, ordinary normal people do usual things whilst expressing totally different emotional states of being.

By suppressing my emotions, I can act normal and appear natural.

By expressing my emotions, I can appear to be abnormal, unusual, indifferent, extra-ordinary or even eccentric, whilst doing the same things as other people.

February 24, 2016

Ordinariness

Ordinariness is the state of being ordinary.

Ordinary is not a state of being but a state of doing.

It is a state of doing ordinary things.

Ordinary people do ordinary things.

Extra-ordinary people do extra-ordinary things.

Ordinary things are normal & usual with an order that is commonly acceptable.

Extra-ordinary things are uncommon, unusual and are not the norm.

It is not my emotional energy that is ordinary.

My emotional energy is individual, unique & exclusively mine.

My behaviour is considered by others to be ordinary when it is normal, usual & common to most people.

Being special is not encouraged by other ordinary people.

Being special is reserved for special people, not ordinary common people.

Choosing to be ordinary is conforming to the boundaries that other people impose on me.

Choosing to be special is pride without humility.

Choosing to be individual, unique & exclusive is ordinarily my choice.

February 23, 2016

An Appraiser

An Appraiser appraises personal attributes, attainments & qualities.

The quality of a personal attribute attained is appraised by an Appraiser.

Appraising is a coaching skill.

An appraisal identifies the quality of attributes attained relative to the quality of attributes aspired to.

An Appraiser values property & belongings to assess their worth.

An Appraiser assesses personal mental worth & personal emotional wealth.

A personal appraisal identifies emotional competence & mental capacity.

Self-confidence, self-worth & self-esteem are all subject to appraisal.

An appraisal evaluates what is good, what is better & what is best for each Individual.

It is a spiritual assessment of the authority of personal faith & the value of personal power.

February 22, 2016

An Organism

An Organism is an organic organisation of organs.

An organism requires different organs to carry out different functions.

Carrying out different functions effectively requires organisation.

Multi-functional organisms are an organisation of functioning organs.

Organising organs to function co-operatively requires organisation.

Organs with a specific function are organised to function with other organs with a different specific function.

In this way an organism grows in functionality.

The function of the organism is productive growth.

An organism's function is to grow organically in an organised way.

Dis-organisation inhibits & limits growth, functionality & productivity.

A productive organism is organised in a functional way.

It is organised to function for the benefit of the organism.

The organising organisation of an organism is consciousness.

February 21, 2016

The Authority Of State

The Authority of State is mine.

My state of being allows my authority.

My authority is relative to my state of being that determines my emotional power.

An emotional state of being that is empowering has authority.

Mental authority empowers an emotional state of being. Prime, natural & divine states of being have a powerful authority.

When I state that I am happy & well, I am authorised to be so.

When I state that I am healthy, wealthy & wise, I am the author of those attributes.

When I state that I am content, fulfilled & joyful, I authorise those states of being.

Stating my truth, empowers me.

Stating an untruth, disempowers me.

I know my authorised state of being is my true identity.

I am authorised to state my truth.

When I state my truth, I experience it as my reality.

February 20, 2016

The Authority Of Choice

The Authority Of Choice allows a choice of authority.

Choice is authorised.

Authority is chosen.

The authority that I have is my choice.

My choice determines my authority.

My choice of authority determines my authority of choice.

Authority is relative to choice as choice is relative to authority.

Knowing that I have a choice of authority can empower or disempower my Self.

When life happens to me, I follow other people's choices & other people's authority.

When life happens by me, I follow the choices of my ego & the authority of my will.

When life happens through me, I follow the choice of my Soul & the authority of I am.

The choice of my Self is best aligned with the choice of my Soul.

I am fully authorised when I allow the choice of my Soul to flow through me.

My authority of choice determines either the magnitude & potential or the intensity & polarity of my emotional power.

I can choose to be motivated by others, willed by my ego or empowered by my Soul.

February 19, 2016

Engaging With Life

How I engage with life determines how life happens and what occurs.

When life happens to me, I engage in conflict.

Conflict is the nature of a dual reality world.

I am engaged in a battle for survival and I am at war with the world.

When Life happens by me, I engage in marriage & work.

I work at my marriage and I become married to my work.

I put life on hold until my children leave home and I retire from my career.

I believe that I need a well paid job to make my marriage work.

I am engaged in the process of supporting my family & providing a better life for them.

When I allow life to flow through me, I engage with life.

Life is a partnership between my ego & my Soul.

I am engaging the guidance of my Soul & Inner Coach to support me on my journey through life.

My commitment is to the vision that illuminates the exclusive purpose for my life.

My mission is to be fully engaging with life.

February 18, 2016

Common Courtesy

Common Courtesy is an oxymoron.

Courtesy is not common.

It is the standard of behaviour expected in the court of a King.

The subjects of a King always behave courteously in court.

Common courtesy is called respect.

Courtesy & respect are opposing genders of the same energy vibration.

Respect is a male, rational & authorised choice.

Courtesy is a female, emotional & empowered expression.

Both are positive attributes.

Discourtesy & disrespect are both negative attributes.

A King exercises authority over the court by commanding its respect.

Exercising power over the court, demands the courtesy of the court.

The respect of the common people gives the king authority.

It is the court that empowers the King to rule with authority over the common people with courtesy but disrespect.

February 17, 2016

Power Over Other People

Money gives me power over people who believe that money gives you power.

Money allows me to give other people what they need to get what I need.

The more emotionally needy I am, the more money I need and the less power I have.

The more money I have, the more dependent I become on other people to meet my needs emotionally.

The more dependent I become on other people, the more power they have over me.

When emotional needs are met with money, a power struggle often ensues.

I will always struggle to have money to buy power over other people.

Power struggles cause conflict.

Conflict escalates emotional needs and exhausts money.

Money is not a pure source of emotional power.

With enough money and enough emotional energy, I have no need of power over other people.

February 16, 2016

The Power Of Money

Money has the power to buy what I need other people to supply. When I am able to buy whatever I need, money loses its power. When there is nothing that I need from other people, money has no power. It is the act of buying what I need that supplies my emotional power, not the money. Money is not the power but the ability to buy whatever I need emotionally.

My emotional power comes with the ability to meet my emotional needs.

When I meet my emotional needs, I have emotional power. My free source of emotional power is potentially within me at all times.

Money is a currency that allows other people to supply what I need emotionally.

As I need less emotional energy, I need less money.

Money can be used as a substitute for the pure emotional power that is latent within our Self.

My source of emotional power is my heart, not my bank account.

Once I realise this, money retains the ability to buy what I physically need but no longer has any emotional attachment or power.

February 15, 2016

Three Prime Attachments

A Prime Attachment is a personal attribute that I need from other people. What I need emotionally attaches me to whoever meets that need.

The prime attachments of any relationship are:

- 1 Being Reliable
- 2 Being Dependable
- 3 Being Trustworthy

These are the prime attachments of both a personal & a business relationship.

Both partners expect to trust, depend on & rely on their partner in a marriage.

Both parties expect to trust, depend on & rely on the other party in a business contract.

An employer expects their workers to be reliable, dependable & trustworthy as does an employee expect the same from their employer.

To be trustworthy, I am required to be truthful & honest.

To be reliable, I am required to be punctual & predictable.

To be dependable, I am required to be honourable & dutiful.

These are the aspects of personal discipline that ensure that I meet the needs of my marriage, my business or my employment.

Prime attachments are also the personal attributes that other people need from me.

Gravity Is A Wave?

Gravity is a wave form, not a force.

There is only one universal force: Magnetism.

The magnetic force is the law of attraction in action.

It is 'like energy' being drawn unto itself.

It is the energy of matter that is magnetic, not the matter itself.

In a dual reality world, frequency is inversely proportional to wavelength.

The longer the wavelength of an energy vibration, the greater the gravitational magnitude.

Magnetic frequency is inversely proportional to gravitational wavelength.

Gravitational magnitude is inversely proportional to magnetic force.

All energy in motion forms a wave.

The three aspects of all energy waves are magnetic frequency, electrical potential & gravitational magnitude.

It is not matter that gravitates to matter but the gravitational energy of matter that attracts like gravitational energy of the same magnitude & wavelength.

February 13, 2016

Human Or Humanoid

Humans are made in the image of God.

Humanoids are made in the image of Man.

Humans are programmed by the society of their parents.

Humanoids are programmed by a programmer.

Humans have choice.

Humanoids have options.

Humans can be irrational & emotional.

Humanoids are rational & unemotional.

Humans have an internal power source.

Humanoids have an external power source.

Humans lead & manage.

Humanoids follow & serve.

Humans are owners & employers.

Humanoids are owned & employed.

Humans have positive & negative attributes.

Humanoids have only positive attributes.

Humans are the creation of a superior intelligence.

Humanoids are the creation of an inferior intelligence.

February 12, 2016

Memory Loss

Memory is never lost.

What is lost is the ability to recall or access memory.

Conscious memory is short term.

The more I rely on my short term memory the more confused I can become.

The ability to competently recall long term memory is relative to how well it is stored in the sub-conscious mind.

My ability to hear my Soul's messages is of greater benefit than recalling long term memory.

My Soul focus is the present, not the past.

My questions are always answered in the present moment.

When I am not presently listening, I lose the ability to access my super-conscious memory.

How quickly I get an answer is relative to how exclusively I am connected.

My Soul allows access to my super-conscious memory to aid & assist my development.

A disconnected ego will have to rely on the competence of its short or long term memory, which becomes increasing disconnected with age.

February 11, 2016

Memory

As I have three minds, I have three memories.

My conscious memory is the short term memory of my conscious mind.

My subconscious memory is the long term memory of my sub-conscious mind.

My super-conscious memory is the eternal memory of my super-conscious Soul.

The super-conscious memory becomes blocked at birth.

The sub-conscious memory becomes activated at birth.

The conscious memory becomes available at birth.

Only my super-conscious memory survives death.

My super-conscious memory capacity guides my intuitive super-conscious competence.

My sub-conscious memory capacity stores my programmes & beliefs that determine my character, personality & behaviour.

My conscious memory capacity enables my conscious competence to be awake, alert, aware & alive.

February 10, 2016

A Mental Block

A Mental Block is the inability to consciously focus the mind.

It is when what the conscious mind has in mind doesn't come to mind.

The super-conscious mind records every experience. It remembers everything.

It has the infinite capacity of Universal Consciousness.

The universal mind is never blocked.

It is my connection to my unconscious capacity that is blocked or open.

An open mind allows mental thought to flow.

A closed mind causes a mental blockage.

The brain is just a mental processor.

It is the conscious thinking & beliefs of an individual that either blocks or reveals access to the infinite capacity of the Mind.

February 9, 2016

Genetic Enhancement

Genetic Enhancement is the improvement of the function of a living organism.

Improving functionality is enhancing the ability to fulfil a purpose.

Our real function is to fulfil a purpose.

Genetic enhancement improves the ability to be fulfilling & fulfilled.

This is not a physical process but a mental exercise.

Mental exercise is any activity performed to develop & maintain mental fitness.

Being mentally fit for purpose is relative to our mental programmes, beliefs or memes.

It is my mental beliefs or memes that determine the quality of my physical genes.

When I improve my mental programming, I enhance my physical experience.

Being fit for purpose and fit to function is the goal of my genetic enhancement.

Enhancing the quality of life requires an understanding of the true identity of a living organism.

February 8, 2016

Genetic Modification

Genetic Modification is the practice of modifying the genes of living cells in order to change their characteristics.

The aim of modification is to control behaviour by changing character.

Genetic modifications are man made, not natural evolutions.

Evolution is natural, modification is not.

The character of a living organism is genetic.

Character & characteristics can be modified by genetic engineering.

Man has already genetically modified plants, insects and animals.

Experimentation with human cells is ongoing.

Improving on nature is the goal of genetic modification.

Nothing is more natural than nature.

Man made genetic modifications are unnatural.

In a dual reality world, the best intentions often cause the worst outcomes.

February 7, 2016

I'llness & We'llness

I'llness is the state of my will.

I will is the will of my ego.

I willness is will power.

Will power is mental power not emotional power.

Mental power has limited authority.

Mental authority has emotional power.

Limited mental authority has limited emotional power.

My will power is limited by the force of my mental belief or conviction.

I'llness causes illness.

We'llness is the power of I am.

The I am is my triune reality.

I am a triune reality of me, myself & I.

Me, myself & I is who We are and who I am.

When we are being One in unison & alignment, we'll be well.

Well-being is who we are and who I am.

We are being well when being of one mind.

We'llness allows wellness to become well-being.

February 6, 2016

Cleansing my Aura

My Aura is a spiritual entity.

My spiritual entity is a triune reality of physical, mental & emotional energy vibrations.

Cleansing my aura is a three part process.

The authority of my aura is its mental frequency.

My mental frequency is relative to my sub-conscious programmes & beliefs.

Cleansing my mental aura involves challenging & changing all impure thinking that has a negative polarity.

Negative limiting beliefs have an impure frequency because they are divided by polarity, which causes a negative experience called a fear or a toleration.

Cleansing my emotional aura means balancing the yin & yang or male & female aspects of my emotional attributes or states of being.

This connects me to the source of my own emotional power.

As I connect to my mental authority to access my emotional power, I cleanse my physical aura and emanate a purer vibration of energy.

Allowing my physical body to detox naturally is an essential part of the process.

February 5, 2016

An Aura

An Aura is an energy field.

My aura is the energy of my personal vibration.

My physical energy vibration has a mental frequency & an emotional wavelength.

My mental frequency is relative to my personal perspective of reality.

My emotional wavelength is relative to how I personally perceive or feel about my perspective of reality.

Emotional feelings always accompany mental thoughts.

They are two aspects of the same energy vibration.

My aura is an expression of my thoughts and emotions manifesting in physical reality.

How I feel about the focus of my thinking determines the purity of my aura and the ideality of my experience.

Thought is the energy of Light.

Emotion is the energy of Love.

Experience is the energy of Life.

My Aura is the experiential emotion of my thought expressed.

It is my Consciousness in a state of being actively realised.

February 4, 2016

A Good Mood

A Good Mood is a beneficial mood.

In a good mood, I am happy.

In a happy mood I am content.

Being content is very beneficial because it is enabling.

When I am feeling content, I have enough of everything and I want for nothing.

In a happy mood, I am fulfilled.

Being fulfilled is very beneficial because it is authorising.

When I am feeling fulfilled, I am fulfilling my purpose and living my vision.

I am on track.

In a happy mood, I am joyful.

Being joyful is very beneficial because it is empowering.

When I am feeling joyful, I am inspired & empowered to enjoy life.

In a happy mood, I have the power, authority & ability to live my life well. I am well happy.

I can choose to be in gratitude for everything that I am experiencing and put that into my future.

I can choose to be in appreciation and allow my happiness & well-being to expand & appreciate as my future experience.

I am really grateful and I really appreciate being in a good mood.

February 3, 2016

A Bad Mood

A Bad mood is not a good mood to be in.

Good & bad moods are a judgment of where I find my Self emotionally.

Where I am emotionally is relative to where I am mentally.

Where I am mentally is my perspective of what is occurring.

A false perspective is based on what I think will occur in the future relative to what I experienced in the past.

It is the effect of a limiting belief that causes a negative emotional state of being.

A bad mood is the experience of a negative state of being caused by a fear or false belief.

A bad belief is one that disconnects my Self from my emotional power and puts me in a bad mood.

In a good mood, I am connected to my emotional power and aligned with my Soul's authority of choice.

Reconnecting to my emotional power requires a change of mindset.

Changing a set mind for an open mind allows a new perspective to appear.

Allowing a new perspective to appear allows a new belief to form as a new reality in my experience.

A better belief equals a better perspective equals a better experience and a new mood becomes my reality.

February 2, 2016

The Firmament

The Firmament is conscious physical reality.

It is a mental perspective of Terra Firma.

Terra Firma is the physical world of Earth.

The mental perspective of our physical realm is our reality.

Physical reality is firm & fixed and flows in space & time.

The firmament allows time-space-reality to be consistent & continuous.

In the Bible, God said: “Let there be a firmament in the midst of the waters and let it divide the waters from the waters”.

The waters are a metaphor for mentality or consciousness.

The firma-ment is the state of consciousness between higher (super) consciousness & lower (sub) consciousness.

It is the physical reality between our higher Soul consciousness and our lower dream consciousness.

“And God called the firmament Heaven”.

Heaven on Earth is how conscious reality is designed & meant to be.

February 1, 2016

Self Contained

Self Contained means safe & secure within one's own comfort zone.

My comfort zone defines the boundaries of my self contained world.

My containment keeps me safe and it also keeps me secure.

My container can be a castle that keeps me safe or a prison that keeps me secure.

When my thinking is contained by my own experience, I never think outside of the box.

My brain box contains all the mental programmes that I have designed to keep me safe, secure & comfortable.

My house & home contains all the baggage & chattels that allow my self-contained lifestyle.

Everything I need is delivered in containers to my self-contained abode.

I have everything that I need physically & mentally, yet I am emotionally empty.

I have learned to contain my emotion so that it is never expressed.

When I am overcome with emotion, I am unable to contain my Self.

March 31, 2016

Soul Ascency

Soul Ascency is Higher Vision.

It is a divine perspective of life.

With my higher perspective, I see my divine vision for my life.

Soul Ascency allows human decency.

Human decency is being beneficially grounded on earth in physical reality.

It is beneficially managing my descent into physical form.

The descent into physical form allows the ascent of the Soul.

Soul Ascency is how the Soul sees its Self developing & growing.

It allows the Soul to see a higher vision & a better version of its Self.

Through the personal development of its Self, the Soul attains Ascency.

Ascency allows the state of being ascended.

Ascension requires a higher perspective of reality to be realised in physical form.

It is the decent thing to do.

March 30, 2016

Balanced & Neutral

Being mentally & emotionally in balance is being consciously-aware & emotionally intelligent.

Being mentally & emotionally neutral is being unconsciously competent.

Being mentally balanced is being rational.

Being mentally unbalanced is being irrational.

Being mentally neutral is having neither a positive nor a negative polarity of thinking.

It overcomes the intensity of both conscious & sub-conscious thinking.

I am mentally neutral in a meditative state of mind.

Being emotionally neutral is being unemotional, disconnected & insensitive.

Being emotionally engaged is feeling aware.

Being emotionally unbalanced is being ungrounded & hyper-sensitive.

Being emotionally balanced requires the equilibrium of both the yin & yang of my emotions.

It is overcoming the male & female gender of my emotions by choosing a third way of being.

A balanced gender with a neutral polarity harmonises the intensity of my energy vibration & allows its fullest potential.

March 29, 2016

The Ability Of The Deed

The Ability Of the Deed is always relative.

Action is the ability of the body.

The body's ability to take action is relative to its emotional power & mental authority.

Without the mental authority of choice, there is no capacity for action.

Without the feeling of emotional power, there is no active competence.

Without mental capacity & emotional competence, there is no physical capability to do a deed.

Indeed, without power I am emotionally incompetent and without authority I am mentally incapacitated.

My mental capacity is my authority to choose.

My emotional competence is my power to attain my choice and fulfil my action.

I see my ability when I know with authority and I feel empowered.

I am healthily enabled by my wealth of power & my wise authority.

When mentally fulfilling and emotionally joyful, I am happily content with the ability to access the deeds of my action.

March 28, 2016

The Authority Of The Thought

Emotion is the Power of the Soul.

Thought is the Authority of the Soul.

Thinking is the authority of the Self.

The Authority of the Soul is Wise.

Not all thinking has wisdom.

We all have Choice.

We all have the authority of our choice.

We are not all wise.

Thinking I am wise is not wise.

Thought is wise, thinking is not.

Pure Thought is the Truth.

Thinking can be true or untrue relative to a personal perspective of reality.

The Truth is always an empowered thought.

Personal truth is authorised although not always empowered.

Only my Soul's choice is empowered with Truth.

Only the Authority of Truth has emotional power.

There is a Thought.

March 27, 2016

The Power Of The Word

Thought is the Authority of the Mind.

The Power of the Word is Emotional.

Powerful words come from the heart.

Heartfelt words are empowered & wise.

Wise words have authority.

Empowered words are emotions.

Emotion is the power of the word.

Any word that describes an emotional state of being has power. A word that describes a pure emotional state of being has divine power.

Pure emotional power is divine & empowering.

Impure states of being have negative emotional power that is disempowering.

Motivational words have limited power.

Self talk is the power of the ego's will.

Not all words have power.

Only words that describe an emotional state of being have emotional power.

Emotional power can be perceived with a positive or a negative perception that is either empowering or disempowering.

The power of the word is relative to the authority of the sponsoring thought.

March 26, 2016

Expression, Suppression, Repression, Depression

Expression is the natural state of Mind.

My mind expresses thought.

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

Emotion is the expression of my attitude or the inclination of my perspective.

Freedom of Expression is a freedom of Choice.

Suppression is the disallowing of emotional expression.

It disallows emotion being expressed.

It is the subject of an objection to a subjective or an objective expression.

It is the conscious act of not expressing a thought, emotion or action.

It is not allowing a thought, emotion or action to be expressed.

Repression is the sub-conscious disallowing of free expression.

My sub-conscious id or will represses any thought, emotion or action that it believes is detrimental to my Self.

Fear is a false belief that either causes repressed action or expressed negative emotion.

Depression is a negative emotional state of being caused by repressed feelings from suppressed thoughts.

Suppression denies free expression and causes repression in the Self that leads to depression of the Soul.

March 25, 2016

The Need To Be Free

The Need To Be Free is caused by fear.

I fear my suppression by others.

My freedom of choice is suppressed by the authority of others.

When I choose the authority of another, I repress my own truth.

My freedom of speech is suppressed by another's belief that my perspective is untrue.

My freedom to Be is suppressed by my repressed emotions.

Suppressing my freedom represses my thoughts.

Repressing my thoughts represses my emotions.

Repressing my emotions depresses my emotional competence & my mental capacity.

Free thinking allows the pure thoughts that illuminate my life path.

Without the competence of my emotional power & the capacity of my mental authority, my freedom is disabled & denied.

Being encouraged, influenced or forced to follow the beliefs, principles, doctrines & authority of another causes my need to be free.

March 24, 2016

The Need For Peace

The Need For Peace is caused by inner conflict.

Inner conflict disallows inner peace.

Peace in my external world is relative to peace in my inner world.

Duality is opposition in action.

Opposition causes conflict.

A dual reality world is divided by peace & conflict.

Harmony is attained by overcoming the yin & yang of peace & conflict.

My external world brings me into conflict so that I might learn to live in peace.

I harmonise my inner conflict by uniting the opposing genders of my emotion caused by the opposing polarities of my thinking.

Conflict drains my emotional power and causes my need for peace.

My need for peace results in my fear of conflict.

Confronting my fears with my truth is the only way to bring my world into peace & harmony.

March 23, 2016

Good, Right, Positive, Perfect

When life happens to me it can be good.

In actuality, it is often bad.

Good & bad is a matter of luck.

Either good luck or bad luck happens to me.

Being a victim of my misfortune is not good as my cup is empty.

When life happens by me, I can be right.

In actuality, I am often wrong.

I continually try to get it right but my cup is half empty.

I continue to fail until I succeed.

I believe that my way is right but I need to find the right way.

When life happens through me, it is always positive.

Life is a positive experience and my cup is half full.

I know that all negative experiences are caused by my Self.

They never happen through me.

When my life is not positive, I know that I am blocking my own path.

When life happens as me, it is perfect.

I am creating my own perfect life with a cup that is full.

Life is ideal and there is no reason to create anything other than a perfect idyll in life.

March 22, 2016

Illusion, Objective, Perspective, Vision

When life happens to me, it is an illusion.

The illusion is that life is happening to me.

I experience the illusion as being real.

I really believe that life is happening to me.

When life happens by me, it is objective.

My objective is to enjoy life.

I see life in an objective way and I object when it is not enjoyable.

The objective is to cause the effect that I choose to experience.

When life happens through me, it is my perspective of reality.

My perspective shifts from an objective illusion to a subjective experience.

I am subjected to a subjective life of which I am the subject.

I put perspective into life and life into perspective.

When life happens as me, I see life with vision.

My vision is how I see my life with clarity.

I have a clear purpose for this life-time.

I am leading & following my mission in life.

March 21, 2016

Reactive, Responsible, Responseable, Creative

When life happens to me, I am reactive.

I react to whatever I am not expecting in either a positive or a negative way.

I react either with surprise or anger.

My emotional energy level, relative to the attitude of my perspective, determines my reaction.

When life happens by me, I am responsible.

I always respond in a responsible way.

I am responsible for the duties that I am trusted with.

I am liable, accountable & answerable for that which I am responsible.

I take my responsibilities seriously.

When life happens through me, I am responseable.

My response to any situation is enabled.

I am able to respond with power & authority in a beneficial way.

I allow, accept & approve every situation that occurs as a signpost, an opportunity or a gift.

When life happens as me, I am creative.

Everything that happens is of my own creation.

Every creative action supports my ideal life.

My ideal life is being consciously & actively created as a true expression of who I really am.

March 20, 2016

Being Brave & Being Fearless

Being Brave is conquering fear.

I fight fire with fire and I fight fear with fear.

I conquer fear by fighting fear.

The harder I fight fear, the more power I give to it.

When I fight fear, I eventually lose.

I am fighting fear with my own will power.

Eventually the fear overcomes the will, no matter how brave I am.

Being Fearless is the way to confront fear without conflict.

When I confront fear without conflict, I overcome it and become fearless.

When I overcome all my fears, I become fear free.

Moving from fearful to fear free requires me to first become fearless.

Fear is a false belief that is blocking my way.

I overcome a fear by confronting it with my truth.

My True Self is empowered and my Truth has the power to overcome & dispel all fear.

March 19, 2016

The Fourth Choice

When life happens to me, I have no choice.

I have one option and no choice.

My only option is to survive or die.

Life or death is only one option.

I endure whatever life throws at me.

When life happens by me, I have two choices and many options.

I realise that I live in a dual reality world in which I either succeed or fail.

I have a choice of good or bad, right or wrong, black or white, positive or negative.

I can choose right or left, up or down, backwards or forwards, go or stay, action or reaction.

There are an endless number of paradigms, paradoxes, dilemmas & opposing choices for me to choose.

When life happens through me, I have a third choice.

The third choice overcomes the drama of a relative dual reality experience.

Life happens through me when I physically balanced, mentally neutral & emotionally in harmony.

I am physically accepting, mentally allowing & emotionally approving of whatever is happening in my life.

When life happens as me, I am at choice.

At choice, every thought is creative.

I am at the choice of my imagination.

Whatever I imagine is my choice.

Creating my four dimensional reality is my 4th choice.

March 18, 2016

Needy, Comfortable, On Purpose, Loving

When life happens to me, I am needy.

I am a victim of my disempowered state of being.

I am tolerating life and my problems are emotionally draining.

I am driven to meet my emotional needs to have the energy to meet my physical needs.

When life happens by me, I am either comfortable or uncomfortable.

I am motivated by my discomfort & insecurity to become safe & comfortable.

I learn to become comfortable with my insecurity and safe with my discomfort.

When life happens through me, I am on purpose.

I realise the purpose for my life and I see that life has real purpose.

I know that whatever is occurring has meaning and is happening for a reason.

Things happen on purpose because they are in alignment with my purpose for being here.

When life happens as me, I am being loving.

Everything I experience is beneficial & benign.

Every act is empowered with love.

I am loving every moment of my life.

Every present moment is a present that I present to my Self.

I embrace the miracle that is life and I am loving it.

March 17, 2016

Inheritance & Legacy

An Inheritance is passed down the family line.

It is what I receive from my parents and they received from theirs.

From my birth, I inherit my family's character, race, creed, nationality, religion, principles & beliefs as well as their memes and their genes.

When my parents die, I inherit their worldly goods & assets.

I inherit whatever is inherent within my family line.

A Legacy is what I leave for the benefit of the world.

My legacy is what my Soul bequeaths to my Self.

I am in life at the behest of my Soul to fulfil my bequest to my Soul family.

My 'be quest' is handed down from my Soul to my Self.

My quest or mission is to fulfil my vision with purpose.

A fulfilled vision is the legacy that I leave to the world.

I inherit my fate, I am destined to leave a legacy.

March 16, 2016

The Assertive & The Submissive

The Assertive asserts their authority.

The Submissive submits to another's authority.

The Assertive believes their beliefs to be right.

The Submissive tolerates the Assertive's beliefs.

The Assertive is arrogant.

The Submissive is humble.

The Assertive believes they have a superior authority.

The Submissive believes their authority is inferior.

Both the Assertive & the Submissive share the view that there is only one reality.

They share the view that only one reality can be true.

The Assertive asserts their version of the truth.

The Submissive tolerates another's version of the truth.

The Assertive needs to be right.

The Submissive needs a quiet life.

Being submissive fails to avoid conflict.

Being assertive always causes conflict.

March 15, 2016

Scarcity, Luxury, Enough, Content

When life happens to me, I live in scarcity.

No matter how much I have, there is never enough of what I want or need.

Even the very rich have a scarcity mentality and fear losing what they already have.

When life happens by me, I experience both scarcity & luxury, poverty & extravagance, too much & too little, or more than enough of somethings & less than enough of others.

Even when I have enough for now, I pursue enough for later on.

I can be rich in assets and still poor in emotional wealth.

When life happens through me, I have enough.

Providence provides everything that I need for now.

I have just enough and enough is just right.

When life happens as me, I am content.

I have everything that I want & need in every present moment of time.

I know that the universe is abundant and infinitely attractive.

I am the creator of the content in my life and my contentment with my life.

March 14, 2016

A Perceived Benefit

A Perceived Benefit feels good.

Perception is emotionally beneficial.

Whatever fits well in my reality is beneficial.

Whatever I perceive to be emotionally good is a benefit.

A beneficial perception allows benefits to be perceived.

Without perception, I may miss the benefit.

When mental perspective disallows emotional perception, it disallows any perceived benefit.

When I cannot feel the benefit, I cannot see the benefit even when I believe it to be there.

A material gain is a perspective that may be perceived as beneficial or detrimental.

A perception of health, wealth or wisdom is always beneficial.

Contentment, fulfilment & joy are always perceived as a good fit.

A physical perspective without the benefit of emotional perception is not a good choice.

Perception allows the benefits of happiness & well-being to flow through my reality as a real experience.

March 13, 2016

Frustrated, Successful, Destined, Fulfilled

When life happens to me, I get frustrated with the problems that occur.

I get frustrated by my inability to succeed.

I get frustrated waiting for everything that I want & need to materialise.

I am frustrated by my fear of failure.

When life happens by me, I succeed or fail.

I either succeed in doing what I want to do or not.

I succeed my parents by following their path in life.

I tolerate life as a challenge that is to be met.

When life happens through me, I am living my destiny.

Life is destined to flow through me.

With a sense of destiny, I allow my vision & my dreams to manifest.

I am destined to live an effortless life of being fear-free, pain-free & problem-free.

When life happens as me, I am fulfilled.

I am filled full of my own realised potential.

I am living my ideal life.

Miracles are an everyday occurrence.

I am fulfilling my destiny on Earth.

March 12, 2016

Charity, Hope, Faith, Gratitude

When life happens to me, I need charity.

I need charity to tolerate & survive what life throws at me .

Charity is the good fortune in a world of bad luck.

When life happens by me, I need hope.

I hope that the action I take will pay off.

I hope that I am able to get what I want & need.

I hope for a comfortable & secure life through my own endeavour.

When life happens through me, I have faith.

My faith allows life to happen through me.

I have faith in providence to provide enough for me.

When life happens as me, I am in gratitude.

I am in gratitude for the opportunity to create opportunities for my Self.

I am in appreciation of my opportunity for personal development & growth.

March 11, 2016

Temporal Power

Temporal Power is temporary power.

Temporal relates to time.

Temporal time is the physical reality of time in space that is temporary or temporal.

Temporal reality is the reality or life of our time on Earth, our lifetime.

It is a physical or material reality as an impermanent physical being.

My emotional power is limited by my ego's choice of authority.

My authority is my choice.

My temporal power is relative to the emotional states of being that I choose for my Self to express.

When I see my Self as a temporal being, I am limited to my temporal power.

As a spiritual being my power is unlimited as my authority to choose is unconditional.

Omniscient authority allows omnipotent power.

Temporal authority allows only temporal power.

March 10, 2016

Jealousy, Envy, Kindness, Choice

Jealousy happens to me.

When the world is unkind, I am jealous of what other people have and I believe that I need.

When what I need happens to others instead of me, I am jealous.

Envy happens by me.

It is my passion & desire to have what other people have.

It is my motivation to get what others already have and I want.

Kindness happens through me

I attract my kind of people who are like me, I like them and I allow them to be my friends.

The law of attraction draws like unto like and kind unto kind.

My kith & kin are my kind of people.

Choice happens as me.

My true Self has unconditional choice.

I choose and provide everything for my Self.

As my true Self there is no jealousy, no envy, no need, no desire, no different kinds of people.

March 9, 2016

Humble, Humility, Modest, At One

When life happens to me I am humble.

As a victim of life, I tolerate whatever turns up with a humble demeanour.

I am an inferior creation of a superior creator.

When life happens by me, I have humility.

I can choose to be proud of what I make happen or choose the false pride of humility.

I am striving to climb the ladder of success..

When life happens through me, I am modest.

Modesty is the best way.

The best way is to see that strife & superiority are driven by my belief that I am inferior.

The modest way is to see all others as potentially equal to me.

When life happens as me, I am at one.

I am at one with God, at one with life, at one with my Self and at one with all people.

Modesty, humility & humbleness are how I relate when I am apart from my true Self.

Being at one is the atonement of who I really am.

March 8, 2016

The Gap

The Gap is the balance between all dualities.

It is the space created by the dual reality of an energy vibration.

When an energy vibration is divided by duality, it creates a gap in the space between.

Overcoming duality is the process of filling that gap.

I fill the gap or space in my life with a balanced perception of my perspective.

It is unbalanced vibrations of energy or states of being that cause an emotional need and a need to avoid them.

I avoid the void when I fill the gap.

I fill the gap with a pure vibration of emotional energy.

A pure vibration of emotion overcomes the gender & polarity of relative experience.

When my yin & yang unite as one, I fill the gap and overcome the void that is present in my life.

March 7, 2016

Being Mental

Being Mental is having an abnormal or insane personal perspective.

Being mental is an oxymoron.

It is my perspective that is mental, not my state of being.

My state of being is emotional, not mental.

My perspective determines my mentality.

It is the mental reality formed by my mind.

My mentality is formed from my beliefs.

My beliefs are formed from my experiences.

Then my experiences form my mentality.

My mental state of being is really a state of thinking & believing that is based on what I have experienced and the knowledge that I have accumulated.

Being conscious of my emotional state of being is an awareness of my emotionality, not my mentality.

I am conscious of my mental capacity and I am aware of my emotional competence.

Being mental is an incompetence.

March 6, 2016

Being Unable

Being Unable is a negative emotional state of being.

It is being without emotional power.

I am being unable because I am disempowered & disconnected from the source of my emotional power.

When I am disempowered, I am unable to move positively until I get someone or something to motivate me.

I am disconnected from my source of power when I am not following my true authority.

Unauthorised choices are not empowered, consequently I am unable to do them or receive them effortlessly & well.

Being unable is a catalyst for change.

Changing my emotional state of being will either enable my ability or my un-ability.

With a different perspective or frame of mind; I am enabled, empowered & emotionally able to make an effortlessly inspired choice.

March 5, 2016

Disability, Inability, Unability

My Disability is physical.

I am not physically able to do normal tasks.

I am not physically enabled.

My Inability is mental.

I do not mentally know how to do normal tasks.

I am not mentally enabled.

My Un-ability is emotional.

I have insufficient emotional power to perform normal tasks, therefore I am unable to.

I am not emotionally enabled.

The performance of tasks to normally accepted standards requires physical, mental & emotional ability.

Unless I am physically, mentally & emotionally enabled, I cannot perform a normal task to an acceptable standard.

Understanding whether I have a disability, an inability or an un-ability is essential to my personal development & growth.

March 4, 2016

A Constitution

A Constitution is the state of mind that constitutes the state of health of a being, a body or an entity.

A healthy constitution allows a healthy body, whether an individual entity or a body of people.

A healthy body requires a strong personal foundation.

A strong personal foundation requires a set of healthy beliefs or core principles.

A Constitution sets out the principles to which a body, a body of people or a nation will conform healthily and of sound mind.

It is not a set of rules or laws but a set of guiding principles or principle guide lines with which all laws & rules are in alignment.

When a Government passes laws that align with its Constitution it is both constitutional & lawful.

When a Government passes & enforces laws that are unconstitutional, the government is unhealthy and undermines the constitution of the people.

March 3, 2016

Refuse, Rebut, Rebuke

Refusal, Rebuttal & Rebuke are all acts of doing.

They are all negative actions or reactions.

Refusing is un-acceptance of personal ability.

Rebutting is disallowance of personal authority.

Rebuking is disapproval of personal power.

They are all a consequence of being off track.

A refusal always sees a problem.

A rebuttal always heeds a fear.

A rebuke always feels a pain.

They all lack intuitive insight.

I refuse to acknowledge a personal drama.

I rebut that which does not affirm my personal belief.

I rebuke whatever fails to attest to my personal needs.

I physically refuse what I see as bad.

I mentally rebut what I know to be wrong.

I emotionally rebuke what I feel is negative.

I am sub-consciously driven by my emotional needs, my mental beliefs & my physical habits to refuse, rebut & rebuke anything that I am not programmed to accept, approve or allow.

March 2, 2016

A Divine Master

A Divine Master is one who has mastered being divine. Being divine requires the ability to express divine states of being as a physical entity on Earth.

Expressing divine states of being allows the experience of a divine reality.

Being a Spiritual Master in a spiritual realm is natural for a Spiritual Being.

Being a Divine Master entails living a Divine Life in the physical realm of Earth.

It is being a master of one's divine spiritual essence in the physical domain of this planet.

Divine states of Being overcome the duality of a relative world.

It is not about being spiritual or physical but overcoming the duality of both.

Overcoming duality by mastering divine states of being allows the experience of divine mastery.

I am mastering my divinity by divining my mastery.

Divine states of being are a divine experience from the perspective of the physical realm.

A Divine Master is one who chooses the experience of a divine or ideal life in Heaven on Earth.

March 1, 2016

Frustration

Frustration is my inability to do what I want to do.

It is my failure at not being able to do something well.

It is caused by my not being in the flow.

When in the flow, I effortlessly create my own ideal reality.

When I push against the flow, I get frustrated.

I am frustrated when my way is blocked.

The misaligned desires of my disconnected ego are frustrated.

When disconnected from the authority of my divine timing, my impatience will frustrate me.

When attached to the emotional needs that power my ego's will, my situation will become intolerable & frustrate me.

When I am in the wrong place at the wrong time, it will frustrate me.

My frustration is the reality of a bad time & place.

In the divine time of now & the divine gap of space, my reality flows effortlessly and is never blocked or frustrated.

It is always my ego's will that frustrates me.

I am never frustrated in the presence of my Soul.

April 30, 2016

Impatience

Impatience is a lack of time.

It is the negative emotion I experience when things do not happen on time.

I am impatient when what I want is not happening now.

In the now of time, I am never impatient.

Impatience is having to wait for the future to arrive because it is not yet present.

With enough emotional power of patience, I am able to wait for an expected future to arrive.

When I run out of emotional energy to wait, I get impatient.

In the now of time, everything arrives at the time it is due.

Impatience is the disappointment experienced when an expectation is not met on time.

It is the feeling of not being able to control time or control the time events take place.

When I learn to patiently wait, I am waiting for my impatience to arrive.

In divine time, I am never impatient.

Presence is the emotional power to overcome patience & impatience.

April 29, 2016

Intolerance

Intolerance is a lack of tolerance.

A tolerance is a gap or a space.

The gap in space is my emotional energy reserve.

The greater my tolerance, the greater the gap and the greater my energy reserve.

With enough emotional energy in reserve, I am tolerant and every situation is tolerable.

The more I need emotional power, the more intolerant I become.

When I need my space, I am not in the gap and I become intolerant & intolerable.

Claustrophobia is an externalised experience of an internal need for space or tolerance.

There is never enough space in the external world when I run out of emotional energy.

Open spaces meet my need for emotional power, replenish my energy reserve and approve my tolerance.

I approve of whatever raises my emotional energy.

My intolerance is really my disapproval of who I am being.

April 28, 2016

Unpleasant & Nasty

An Unpleasant person is seen as not being pleasant.

A pleasant person pleases others.

People please me when they conform to my boundaries and they meet my needs.

It does not please me when others conflict with my boundaries.

When other people fail to meet my emotional needs, I am not pleased.

I never see myself as unpleasant as I always conform to my standards when I need to.

A Nasty person steals my emotional energy.

I drain my emotional energy to anyone who is nasty because I fear that they will do nasty things.

They may steal my energy through their directly nasty behaviour or indirectly through my perceived fears & beliefs.

Nasty people are not nice because they are desperate for emotional energy.

Nice people give their emotional energy away generously.

I can be nasty when confronted by people who I do not like because they are not like me.

Unpleasant people are greedy, whereas nasty people are arrogant.

Argumentative people are proud, whereas disagreeable people are wrathful.

April 27, 2016

Argumentative & Disagreeable

Argumentative is being in conflict with someone else's perspective.

It is forcing my perspective in opposition to another's perspective.

It is verbally declining another's perspective in favour of my own.

Argumentative people need to be right and need others to see reality from their perspective.

Disagreeable is the ability to disagree.

I agree when I share another's perspective.

I disagree when my perspective is different to another's. When I agree to allow others to see life from their own perspective, I agree to disagree.

I can disagree without being argumentative.

I agree that their perspective is their perspective and my perspective is my own, even though our perspectives disagree.

Being disagree-able allows me to say no without being in conflict and with no argument.

April 26, 2016

Offence

Offence is how I view an attack.

I see an attack as offensive.

I take offence when I am attacked.

A fence is a form of boundary.

When my boundaries are crossed, I find it offensive as I am under attack.

With no boundaries to defend, I am defeated.

Enforcing my boundaries maintains my defence.

Crossing my boundaries is an offence.

As a rule, I enforce my boundaries.

When my rules are broken it is an offence.

When my laws are broken, it is a crime.

Subject to the Law of Attraction, defence & offence are opposing polarities of the same energy.

That means that offence & defence are just a matter of perspective.

Standards & boundaries are also opposing polarities of the same energy. My subjective standards become your objective boundaries.

Defending my standards can offend your boundaries.

Defending my boundaries can offend your standards.

My standards are the banner that I proudly carry into battle.

April 25, 2016

Defence

Defence is a fight against an attack.

My defence is how I attack what I believe is attacking me.

Defence & attack are a duality of the same energy.

I only need to defend myself against the belief that I am being attacked.

I defend myself against whatever I fear will attack me.

I attack what I fear as a means of defence.

My defence is to enforce & secure my boundary.

I attack another's defence when their boundary crosses my boundary.

I am only ever defending my boundaries.

Every attacker is only ever defending their boundaries.

With extensive boundaries, no defence is required.

I have no need to attack someone whose boundaries extend beyond mine.

When I embrace an adversary with open arms, they are defenceless.

When I am totally accepting & allowing of others, no defence is necessary.

April 24, 2016

The Day Of Reckoning

The Day of Reckoning is the day I reckon that judgement no longer serves me.

That is the day that I overcome judgement.

Judgement is whatever I reckon is right or wrong for me.

On the day of reckoning, I let go of everything that I believe to be wrong in my life.

Reckoning is weighing up the balance between good & bad, positive & negative or right & wrong.

It is balancing out what I have received against what I have given.

It is reckoning up what I believe I am owed and the debts that I have incurred.

On the Day of Reckoning I realise that I am owed nothing and I have no debt to pay.

It is the day that I realise that Life is just Good.

It is the day that I approve of who I am and I allow my life to effortlessly flow.

And the day that I accept whatever turns up as a wonderful opportunity.

The Day I Reckon that Life Just Is.

April 23, 2016

Protection

Protection is a physical need caused by a mental belief.
I believe that I need protection when I believe that I am physically at risk.

It is the belief that I am at risk that puts me in danger.

The belief that I am in danger puts me at risk.

Like energy unto itself is drawn.

I am only ever in danger of the risk that is caused by my limited thinking & my false beliefs.

I am in danger of following the risky choices of my own ego.

When intuitively guided, there is no danger.

I am only ever at risk from what I do not intuitively know is safe.

I never need protection from my own inner guidance.

My intuition never puts me at risk.

My guardian angel provides guidance not protection.

The belief that I am at risk & need protection creates the reality of needing protection.

When I know that my security is provided, I have no need of protection.

April 22, 2016

Safe, Secure & Comfortable

I am Safe in my physical world when I am mentally Secure & emotionally Comfortable.

I am Secure when I have a balanced mental capacity.

I am Comfortable when I am competently in emotional harmony.

When safety & security are a physical duality, I will need protection from the material world.

Trying to be physically secure in a material world is always unsafe.

Being mentally secure in my physical body allows me to be physically safe & emotionally comfortable.

Feeling insecure is emotionally uncomfortable.

Emotional discomfort is caused by fear.

Fear is a belief that is insecure.

It is the false thinking of an insecure belief that causes an emotional discomfort called fear and physically unsafe situations.

Pure intuitive thoughts allow the capacity for mental security.

Inspired revelations secure my path through life.

A balanced mental capacity allows a harmonised emotional competence and the capability to attract a safe, secure & comfortable physical reality.

April 21, 2016

Secure In The Knowledge

I will never be Secure In The Knowledge.

I am either secure or insecure due to my belief about my knowledge.

I am secure when I believe that I am.

I cause my own insecurity with my own knowledge or my own ignorance.

Security is a mental capacity.

With enough mental capacity I secure my security.

I either think that I am secure or I think that I am insecure depending on the knowledge that informs my belief.

When I know that I am secure, I am.

My knowing is intuitive, therefore my security is intuitive.

When I intuitively know I am secure, there is no doubt or insecurity. My Inner Guide supports me.

When I know this and follow its guidance, I am assured and secure in my knowing. When I know I am secure, I feel assured because I can see that all is well.

I am secure in the knowing, that when I am guided & supported, no external security is needed & no protection is required.

I never need protecting from a beneficial experience of life.

April 20, 2016

Buff & Shine

Shine is a measure of my Light.

The more enlightened that I become, the more I shine with Light.

The less the Light that I express, the more dull is my life.
I live life well when I shine.

I shine at living my life.

The more I shine, the more polished I am.

The more polished I am, the more buff I become.

Buff is a measure of my ability to live life well.

The more buff my life, the greater the quality of the experience.

Buffing develops shine.

As I buff & shine my Light & Life expand & grow.

The more I buff, the more I shine & the more brilliant is my reflection of life.

April 19, 2016

Life & Death

When Life & Death are a duality, I am forced to choose between them.

Life decisions become a life or death reality.

When I put death in opposition to life, I live a long & lingering death.

When I put birth in opposition to death, I experience a long & enjoyable life.

When life is a triality with birth & death, I have a beginning & an end to life with a great experience in between.

When Life is a triality of Love & Light, I have the physical ability to access my emotional power & my mental authority.

Without the power of love & the authority of light, I experience a hell of a disconnected life.

My ability to live well is relative to the light of my empowered love for life.

My death is the end of a life-time that has fulfilled its purpose well.

April 18, 2016

Life Force Energy

The Energy Force of Life is Light.

The frequency of Light determines its force.

Light extends through the entire electro magnetic spectrum.

The polarity of Light determines whether it is a force for good or a force for evil.

When I LIVE backwards, my polarity is EVIL.

Evil is my perspective of a negative force.

Life has a positive force called Light.

It is my perspective of Light that determines its polarity.

Light is inherently Good.

Without Light everything is either dark or heavy.

The highest frequency of Light is Pure Thought.

The lowest frequency of Light is sound.

Every action is initiated by a frequency of thought with the sound of the word.

Thoughts & Words are the energy force of Light that defines Life.

April 17, 2016

Responsible & Response-able

Responsible people conform to other people's standards.

They do not cross other people's boundaries.

Responsible people are given the responsibility of meeting other people's objectives responsibly.

They respond in a way that is acceptable to other people.

Responsible people are trusted to discharge their duty to other people.

They are answerable and accountable.

Response-able is the ability to respond.

It is the ability to respond to whatever is occurring with awareness.

Without awareness, I react to what is happening to me.

My ability to respond with awareness allows a beneficial outcome.

With enough mental capacity & emotional competence, my ability to respond is always mutually beneficial.

I can be reactive, pro-active or response-able.

With the ability to respond to whatever is occurring, I flow effortlessly through life.

April 16, 2016

Romantic & Semantic

Experience can be Romantic or Semantic.

My episodic memory recalls episodes of romantic experience.

My semantic memory defines a defining experience.

A Romantic experience has a literal perspective of reality.

A Semantic experience has a definite perspective or a defining perspective of reality.

A Romantic life experiences the pleasures of the journey.

A Semantic life experiences the joy of defining the purpose of the journey.

A Semantic perspective sees the meaning & purpose of life.

A Romantic perspective is just aesthetically pleasing.

A Romantic experience meets my emotional needs.

A Semantic experience has true value for me.

April 15, 2016

Self Worth & Self Importance

Self Worth is a measure of my True Value.

My true value is the worth of my Self.

My worth is how much I truly value my Self.

My true worth is an expression of who I really am.

My value is an expression of who I am being.

I am not always worthy of expressing my true value.

The value that I express is not always my true worth.

Self Importance is a measure of who I believe myself to be.

It is a measure of what I believe to be important to myself.

When I do what is important in order to have what is important, I believe myself to be important.

It is important for myself to do what I need to do to meet my need for emotional energy.

Emotional energy is important for myself to be important.

The ability to use other people to meet my need for emotional energy makes me feel important.

I will never find my true worth in other people.

Other people will only ever be a true reflection of my unworthiness.

April 14, 2016

Powerful & Influential

Powerful people are emotionally aware.

They manage their emotional power with conscious awareness.

Creating one's own reality requires emotional power.

Consciously creating reality requires emotional awareness.

Being empowered is a powerful feeling.

Being powerful is an empowered connection.

Influential people are rationally knowledgeable.

They are full of the influence of their own belief system.

Influential people believe that they are powerful but they have no knowledge of the source of their power.

They believe that influence over other people gives them power over other people.

They have been taught that knowledge is power.

Having influence is not a powerful state of being.

Influential people get the emotional energy that they need by influencing other people.

With awareness they realise that they are influenced, driven & motivated by their emotional needs; not empowered by their powerful emotions.

Pure emotional feelings are powerful.

Experiential beliefs are influential.

April 13, 2016

Sonic, Sub-Sonic, Super-Sonic

Sonic is the speed of sound.

Sound is a physical vibration.

When it is converted to an electro-magnetic wave it becomes a radio wave.

Radio waves are the lowest vibration on the electro-magnetic spectrum.

They have the slowest frequency & the longest wavelength.

I talk at the speed of my thinking.

My thinking is sub-sonic yet my words travel at sonic speed.

I think, write & read at speeds lower than the speed of sound.

At sub-sonic speeds, my brain is able to process individual frequencies of sound as distinct words.

Super-conscious thoughts travel at super-sonic speeds.

Inspired, illuminating thoughts travel at the speed of light.

They appear instantly in my conscious mind.

Super-sonic thought is an electro-magnetic wave.

Sub-sonic thinking is a process of my brain.

My super-conscious mind is light speeds faster than my sub-sonic sub-conscious mind.

April 12, 2016

A Sovereign Entity

A Sovereign Entity has choice.

It is choice that makes an entity Sovereign.

Sovereignty allows choice.

My ability to choose is my sovereignty.

A sovereign entity follows their own lead.

When a Self follows its Soul's lead, it is a sovereign entity.

Choice is the authority to create and the authority of a creator.

A sovereign entity has creative authority.

Sovereign authority allows sovereign power.

A sovereign entity is enabled by its authorised power.

A sovereign entity is a Golden Ruler.

As a sovereign entity, I lead my life following the golden rule.

Doing unto all others as I would have all others do unto me is how I utilise the law of attraction intentionally and effectively.

As a Sovereign Entity I am aligned with all other Entities who are expressing their own Sovereignty.

April 11, 2016

Life Happens As Me

I Am Life.

Life is an expression of who I am.

I am my Soul expressing its Self.

I am my Soul-Self.

My ego Self is aligned & in unison with my Soul entity.

I am at One with my Self, at One with my Soul & at One with Life.

The Life of my Self is as I choose it to be.

I am living my ideal life as my ideal reality in my ideal world.

I am a creation called life and the Creator called God.

I am living the Life of God as God intended life to be lived.

I am creating a creation as the Creator.

I am a spiritual entity creating & experiencing a physical reality.

I am Conscious of both my sub-conscious & my super-conscious Awareness.

Me, my Self & I are one.

I am the essence of all that Is and all that Life can offer.

April 10, 2016

Expansive Flow

Expansive Flow is the natural state of Consciousness.

With freedom of choice, thought flows expansively.

Expansive flow is effortless.

Effortless flow is the balance between entropy & inertia.

Entropy is the high intensity of my resistant beliefs.

Fears & the anxiety of false beliefs cause entropy & the realisation of a contracting & chaotic life.

A chaotic reality is extremely problematic.

Inertia is the resistance that I experience to momentum or action.

Low emotional energy causes inertia or the inert reality of low motivation.

An inert reality has one problem, low energy.

The extreme highs of entropy and the extreme lows of inertia eventually prove to be disastrous to life.

Neutralising intensity with balanced choices harmonises emotional energy.

It allows an effortless experience of reality to expansively flow.

April 9, 2016

Beneficiary & Benefactor

When life happens to me, I am the victim of whatever is occurring.

Life is an accident waiting to happen.

Lucky incidents are overshadowed by unlucky accidents.

When life happens by me, I am the villain of the piece.

I am the cause of my own victimhood.

I am to blame for whatever I cause to happen.

I am my own worst enemy.

When life happens through me, I am the Beneficiary.

I inherit every opportunity for life.

My life is an opportunity to benefit.

I benefit from every beneficial experience.

Every experience is beneficial.

When life happens as me, I am the Benefactor.

I am the Provider, the Supporter & the Inner Guide.

I am the Creator of every beneficial experience.

I create every experience to be beneficial.

I cannot be the victim of a Benefactor.

I cannot be a beneficial villain.

I cannot be the Beneficiary of an accident.

I am the Beneficiary of a beneficial Benefactor.

April 8, 2016

Dependent, Independent, Sovereign

When life happens to me, I am dependent on other people for what I need emotionally.

When I need my needs met, I am dependent on a carer, co-dependent with a partner or inter-dependent with a group, association or society.

When life happens by me, I seek to be independent from other people.

My goal is to be self-sufficient and meet my own needs. I work hard to earn money to buy whatever I need from other people.

I believe that money gives me the power to be independent.

When life happens through me, I am inner dependent.

My inner dependence allows me to be inter-developmental.

I use my emotional power to fulfil my purpose.

Other people are there as a reflection of my own experience.

When life happens as me, I am Sovereign.

As a sovereign entity, I am the creator of my own experience.

I am the source of my own power & the author of my own choice.

I am a separate entity & a sovereign unity.

April 7, 2016

A Rite Of Passage

A Rite of Passage is a Journey of Faith.

The journey of life is a passage of faith.

I have a rite of passage into life at birth.

I have a rite of passage through life.

I have a rite of passage out of life at death.

My rite determines my passage.

My beliefs determine how my life passes.

They determine my perspective of reality.

My perspective of reality is mine by rite.

My journey through life is a rite of passage.

There are three stages of passing.

- 1 I pass into life at birth

- 2 I pass through life

- 3 I pass on at death

My beliefs about my birth, my life & my death determine my passage.

I am here in this life-time for the passing of an age according to my rite.

With faith, my passage is effortless, expansive & beneficial.

It is my rite to experience life any way I choose it to be.

April 6, 2016

A Rite & A Ritual

A Rite is a religious belief.

A religious belief allows a rite of passage.

It shows the believed path for a follower to follow.

A rite is a belief that is believed to be right for all its believers.

It is a belief of the righteous.

Being right is a rite of the righteous.

A rite is a moral belief.

It is a rite of religious followers to lead a moral life.

A Ritual is an expression of a Rite.

It is an act that expresses one's beliefs.

It shows a devout person's devotion to their religious beliefs.

Acting out one's beliefs in a regular way becomes a ritual.

Rituals are common & communal acts of worship that keep all followers following the same path.

Monks wearing habits is a ritual.

Their habitual life is a ritual based on their rites or beliefs.

Our life is a ritual when based on a belief that we follow the rites of our religion.

April 5, 2016

Making Sense

Making Sense is seeing the Light.
Seeing the Light is knowing the Truth.
Life makes sense when I see the truth.
It makes sense when I see it intuitively.
When I see it intuitively, I get it.
I make sense of the world with my intuition.
It makes sense when it feels good.
It makes sense when it feels right.
It makes sense when I know it is right for me.
It makes sense when I know it makes sense.
I just know intuitively that it is right.
I know it's right when it feels good.
It makes sense when I see that my knowing feels intuitively good & right.
My intuition never feels bad or wrong.
Things don't make sense when I disconnect from life intuitively.
Rational thinking doesn't always add up.
Things make sense when I use my sense of intuition.
Being intuitively guided makes sense to me.

April 4, 2016

Logic

Logic makes sense when I make sense of the logic.

Whatever makes sense feels good.

Whatever feels good has pure emotional power.

Whatever has pure emotional power is inspired & empowered.

Doing whatever I am inspired to do makes sense.

Doing whatever feels good is therefore logical.

It is illogical to do whatever feels bad even when it appears to be rational.

Fear is illogical because it feels wrong.

It may be rational but fear defies logic.

Logic is the truth of the Word.

Logia are words of Truth.

The word of Truth conveys emotional power.

The power of the word is its logic.

Rational thinking without emotional feeling is not logical, it has no power.

Unemotional, insensitive thinking is illogical.

Insensitive thinking doesn't make sense.

It doesn't make sense to suppress our intuitive feelings.

It is illogical to deny my emotional power.

April 3, 2016

Solutions

Solutions appear to fix the symptoms of a problem.

They temporarily allow actions to continue without an apparent problem.

Life never flows effortlessly when I am trying to solve a problem.

I do not solve a life lesson, I am required to learn from it.

Dissolving salt in water forms a clear solution but the salt is still there.

For water to be pure enough to drink it has to be salt free.

For life to be effortless it has to be problem free.

Solutions & problems are opposing perspectives of the same energy duality.

There is no solution to living a problematic life.

Being effortlessly in flow is a state of being not a solution to try or a problem to dissolve.

Without a problem, no solution is required.

To become problem free, I also need to be solution free.

April 2, 2016

Problems & Tolerations

A Problem is a negative occurrence in life.

In an ideal life, problems do not exist.

Whatever occurs in life that is seen as unwanted is a problem.

When the reality that I am attracting is not aligned with the reality that I am choosing, it is a problem.

Fear is caused by a negative perspective of reality, which is a problem.

My limiting beliefs limit the flow of beneficial experiences, which is a problem.

When life appears to go wrong, it is a problem.

Problems are a toleration.

A Toleration is an emotional energy drain.

Whatever is not totally acceptable in life is a toleration and an energy drain.

Anything in life that is less than ideal causes an emotional energy drain.

Only my ideal life of my own choosing is totally acceptable.

It is always a problem caused by a false belief that causes the energy drain that I am tolerating.

It is always the toleration of low emotional energy that perpetuates a problem.

With a true perspective & pure emotional energy, life is neither a problem nor a toleration.

April 1, 2016

Spiritual Logic

Spiritual Logic defines the meaning of Spiritual Reality.

Logic defines the meaning of the Word.

The derivation of Logic is from Logia, the Word.

Connecting the Word spiritually requires empowered inspiration. Revelations are inspired words or logia.

Interpreting the word spiritually requires intuitive eyes to see the meaning. My physical eyes see only the smaller picture of physical reality. My spiritual logic sees the bigger picture of my actual reality that aligns with my life vision. Rational logic says that: When you are dead, you are dead. Spiritual logic says that: Consciousness [Energy] is never destroyed, it just changes form.

Rational logic says: Consciousness is the state of being awake because we are unconscious when asleep.

Spiritual logic says: Consciousness is the Mind & Thought in action. Consciousness never sleeps, it just changes perspective as it changes form.

Spiritual logic is intuitive, rational logic is not.

May 31, 2016

Good Intentions

Intentions are always Good.

Nobody ever intends to do anything bad from their perspective.

However, in a dual reality world, intentions can be seen as good or bad.

Whether an intention is good or bad is relative to the perspective of the individual.

What is good for me can be bad for you and vice versa.

We are often seen to do bad things from the best of intentions.

Other people appear to do things wrong, from their best intentions.

Do-Gooders have the intention to do good. They do not always succeed in their intention.

What they believe to be a good intention may not be in the best interests of those who are receiving it.

How can we ever know what is best for other people when most times we do not know what is best for our Self. When what I experience is not in my best interests, I see the intention as bad or even evil.

Nobody has evil intentions, although their actions may be judged to be extremely wrong or intensely bad.

Intentions are always intense actions.

They can be either intensely good or intensely bad, depending on one's point of view.

May 30, 2016

Pure Evil

Pure Evil is an oxymoron.

Evil is impure thinking or a fear that is caused by a false belief that causes destructive actions based on a negative perspective of whatever is occurring.

A negative perspective is a judgment that condemns something or someone as bad or wrong relative to their personal beliefs about reality. Whatever is perceived to be intensely bad or extremely wrong is said to be Evil.

It is a work of evil that is d'evil work.

Pure evil is a metaphor for intense evil.

Evil only happens to people who perceive life as happening to them. Nobody ever considers the actions that are taken by them to be evil, from their perspective.

The mass killing of people & destruction of property is considered to be pure acts of evil, unless that is, they are carried out by an army authorised to do so by a nation state.

An opposing army may be seen as pure evil where as a defending army may be seen as brave & courageous with the purity of goodness.

The more pure a good intention is seen to be, the more pure evil it tends to attract!

May 29, 2016

Light

Light is the frequency of Energy.

A Star emits Light in all frequencies of energy.

I can see light as the range of energy frequencies that are visible to the human eye.

Or I can see light as a complete spectrum of frequencies that energy can emit as its vibration.

I can see light as part of the electro-magnetic spectrum.

Or I can see Light as the complete spectrum with electro-magnetic (& gravitational) qualities. Consciousness is Energy.

Light is the frequency of Consciousness.

At the frequency of visible light, human consciousness becomes conscious of its Self; it can see its Self.

Other forms of life become conscious of their Self at the frequencies of infra-red or ultra-violet light.

I become conscious of my television programmes & my connection to the internet at Ultra & Very High Frequencies of radio waves.

I became conscious of listening to radio programmes at long, medium & short radio waves.

I become conscious of my skeleton in the x-ray frequencies and conscious of my food cooking at microwave frequencies of Light.

Light is the frequency of Life that allows Time to exist in Space as Reality.

May 28, 2016

In Three Minds

I am in Three Minds when my conscious, sub-conscious & super-conscious are of one Mind.

When my sub-conscious mind presents me with opposing realities or truths, I have a dilemma.

When my conscious mind sees two opposing realities both appearing to be true, I am in a paradox.

My super-conscious mind only ever sees one version of reality. The Universal, one version, of Reality is super-conscious & absolute.

It is absolutely a creation of my super-conscious Mind.

My conscious experience of reality is always relative to my sub-conscious belief system.

To over-see the one version of my reality, I am required to be in three minds.

All three minds are required to align as One.

In three minds: Me, My Self & I bring mind, consciousness & thought into alignment.

My conscious mind is awake, my sub-conscious mind is alert & my super-conscious mind is aware.

I consciously enable the sub-conscious capacity of my super-conscious competence.

May 27, 2016

Money

Money is the currency of energy exchange.

Although money flows according to the Law of Attraction, it has no power of its own.

Money can be used with or without authority.

Either way, when it is used it is spent.

When it is unused it is saved.

Used unwisely, without authority, it is wasted.

Money allows other people to meet my physical & my emotional needs.

It allows me to buy what I need from other people.

When I give money to other people, I am buying what I need emotionally.

Charity is the act of needy people giving money to needy people.

Money is a perceived power over other people.

I buy other people with enough money to get them to do my bidding. People who can be bought can also be sold, as they are a perceived asset.

When there is nothing that I need from other people, no money is required as no energy exchange is necessary.

A Monastery may need money to exist but the Monks have no need of money as they exchange the energy of their labour for what little they need.

May 26, 2016

Four Types Of Power

There are Four Types of Emotional Power:

Motivation, Will Power, Inspiration & Love.

Motivation is the sub-conscious controlled emotional power that I need from people & things to get me to take action.

With or without motivation, life happens to me.

When I have energetic power, I am motivated & when I need emotional power, I am demotivated and life is a problem.

Will Power is the power of my ego's will.

The mental will of my ego authorises my emotional will power.

With conscious will power, life happens by me.

I will live life my way until my will power is exhausted.

Will power is my self-motivation to overcome my challenges.

When my will power is exhausted, I fail the challenge, which is a problem.

Inspiration is the emotional power that effortlessly flows through me. I am inspired & empowered to take my opportunities when life happens through me. With the super-conscious power of inspiration, I have the unconscious competence to live an effortless life.

Love is pure emotional power or the power of pure emotion.

Pure emotion is undivided by the duality & intensity of gender & polarity.

With Love, Life happens as me, with Light.

Love is the creative power of the Creator.

Everything in the universe is created with the power Love.

May 25, 2016

Gender

My disconnected ego has no distinction between sex & gender. It sees gender as a choice between the masculine & feminine sexual characteristics.

Many languages teach us that gender is about the energy of a word, not its sexual meaning.

The gender of my thinking determines my beliefs.

The polarity of my beliefs determines my character.

The gender of my emotions determines my personality.

My Soul sees gender as a choice of individual personality.

I can choose to experience life with predominantly male energy, predominantly female energy or a balance of the two.

Personality is the reality of an individual person based on their choice of emotional energy that they choose to express.

I can choose to express my male energy and attract opposing female energy or I can choose to express my female energy and attract opposing male energy.

My Soul chooses for my Self to learn to harmonise & balance the yin & yang of my emotional energy to attract other souls with emotional energy that is neutrally harmonised on a similar path to my Self.

May 24, 2016

Polarity

Polarity is a choice of direction that my ego Self judges to be right or wrong, good or bad, positive or negative.

It sees a forward path as positive & a backward path as negative.

My Soul sees polarity as just a choice of direction.

Every direction is just that, a direction.

Polarity allows my Soul to choose a specific direction for its Self through life.

My Soul's vision is polarised as its life path for its Self.

From the Soul's perspective, there is just the chosen path, which is ever positive.

It is always right & good for its Self and travelling in a forward direction through time & space.

From my ego's perspective, I can get very lost, confused, frustrated & off track.

From my Soul's perspective, there is always clarity & direction in every present moment of time.

May 23, 2016

Clarity, Direction & Presence

Clarity, Direction & Presence are the three attainments that allow me to follow my path.

They are also the three attributes that allow a coaching client to follow their path.

I listen, clarify & empower my coaching clients to follow their own path through life with clarity, direction & presence.

Presence focuses the client in the present moment of time & the flow of life. In the gap of space that is opened, I hear the client's messages with clarity.

Clarity allows the client to see their direction as a present that is presently presented.

When the client intuitively sees their direction, they are empowered to accept it as an opportunity.

Direction is the authorised choice that is always empowered in the moment.

A moment of present emotional power allows a clear direction to unfold with clarity, direction & presence.

May 22, 2016

Listening, Empowering & Clarifying

Listening, Empowering & Clarifying are the three primary skills of a Life Coach.

A Life Coach empowers their client to hear the messages that clarify their path in life.

The client's higher Self is directing them on their beneficial & purposeful path that is in alignment with the vision for their life.

Empowering is the skill of connecting the client to their emotional power.

Clarifying the client's path connects them to their authority & their chosen choice.

Connecting the client to their authority, empowers them instantly.

With enough emotional power, the client is enabled to hear the messages that direct them on their path.

The Life Coach asks the questions that clarify where the client is now, where the client is supposed to be and how they will get there.

The Life Coach hears the answers that empower the client to see the vision of their own purpose with clarity, direction & presence.

May 21, 2016

One Plus One Equals Three

Mathematics tells us that One Plus One Equals Two.

In a dual reality world there is always a choice between this one & that one.

When I have this one & that one I have two.

In a triune reality world, there is always a choice between this one, that one & another one.

One plus one plus one equals three in mathematics.

One plus One is the third way in spiritual reality.

Sensitivity is one way, detachment is another way & sensitive-detachment is a third way.

One plus one equals three.

Compassion is one way, empathy is another way & compassionate-empathy is the third way.

Male energy plus female energy is pure energy in harmony.

Pure undivided energy is always the third way.

Impure wavelengths of emotion are divided by male & female gender to allow choice.

The vibration of harmony is balanced male & female energy.

The vibration of neutrality is balanced positive & negative thought. The ability of choice is enabled by the power & authority of the word.

May 20, 2016

The Wisdom Of Age

Wisdom is not relative to Age.

It is neither relative to linear time nor chronological Age.

Knowledge & experience may be relative to the length of time we are alive & the age in which we live.

Wisdom is the ability to use that knowledge & experience wisely.

When knowledge & experience are used with intuition, I am wise.

I can be wise at any age.

Intuition is the gateway to wisdom.

I choose wisely when I intuitively know, feel, & see my opportunities in life.

Accepting opportunities is an act of wisdom.

Opportunities are present at every age.

Following my intuitive path is the wisest choice I can make.

My Inner Tutor & Guide is my wise ageless Self.

May 19, 2016

Insomnia

Insomnia is the inability to sleep at night.

We are all unable to sleep at will.

The conscious mind cannot choose to sleep at will.

It can choose to stay awake, for a limited period, using will power.

Sleep is when the unconscious mind is awake.

Insomnia is the state of being awake too long.

It is the state of sleeping less than is believed to be essential.

Defining enough wake time & enough sleep time is a conscious decision that will influence our sub-conscious action.

Insomnia is the belief that there is not enough sleep time or too much awake time.

Choosing enough is not usually a conscious decision.

Allowing the unconscious mind to regulate sleep requirement will result in having enough as a balance between conscious & unconscious wake time.

May 18, 2016

In Paradise

- 1 Thy Kingdom Come on Earth as it is in Heaven.
- 2 Others do unto me as I have done unto them.
- 3 I Love my Neighbour as my Self.
- 4 We All Live Happily Ever After.
- 5 The Fat Lady sings.
- 6 Nobody ever gets sick.
- 7 Dreams always come true.
- 8 Providence provides.
- 9 My destiny fulfils my vision, mission & purpose.
- 10 Everyone is in control of their own power, their own authority & responsible for their own actions.
- 11 The Law of Attraction is immutable, constant, consistent & benign.
- 12 Everything happens in Divine Time.
- 13 Death is a Joyous Event.
- 14 Nobody ever forgets anything.
- 15 Music is the Food of Love.
- 16 I Love the Lord my God with all my heart, all my mind, all my Soul & all my strength.

May 17, 2016

Gamma Rays

Gamma Rays have the highest frequency of all electro-magnetic energy. Highest frequency equals greatest force, but lowest magnitude or shortest wavelength.

Highest, greatest, lowest, shortest all define the extremes of energy imbalance.

Gamma is the Greek letter C.

In Einstein's equations, C = Light.

The speed of light is the relative motion of all electro-magnetic waves or photons.

This apparent speed is not relative to its source because energy is absolute, not relative to an observer.

Because Light is an absolute, science deems light it to be a constant.

Light is eternal, as Space is infinite and Life is continuous, but always changing and never constant.

Electro-magnetic waves with the highest intensity & the least potential are called gamma rays.

Energy has the highest potential for Conscious Human Life in the visible spectrum.

When relative frequency & wavelength come into balance & harmony is where Consciousness has the most opportunity for growth.

At the extremes of frequency & wavelength are the extremes of physical experience but the least potential for growth.

May 16, 2016

Negative Wavelengths

Wavelengths of Emotion are measurable.

A negative amount of emotion is the absence of emotion not the presence of a detrimental emotion.

A negative emotion is a detrimental emotion that I consciously prefer not to experience.

Depression is an intensely negative emotion that is caused by a disconnection from mental potential.

Because it disconnects me from my creative potential, I do not consciously choose it and I perceive it to be a negative attribute.

Every emotion has its own distinct wavelength relative to the mental frequency of thought that is producing it.

A negative frequency of thinking is transmitted on a negative wavelength of emotion.

Any belief that causes a negative emotion is a limiting belief as it limits my potential.

My vision always guides me on a beneficial & positive path through life.

My mental potential is to be always positive, which is emotionally beneficial.

My lack of vision allows negative thinking to cause the experience of negative wavelengths of emotion.

Even when I suppress my negative thoughts, memories or beliefs, I still experience the negative wavelengths of emotion that accompany them.

May 15, 2016

Negative Frequencies

Negative Frequencies vibrate at an energy that I do not choose for my Self.

I consciously choose positive frequencies of energy for my Self.

It is the fact that I choose a frequency of thought that determines it's positivity.

It is because I choose not to experience a frequency of thinking that determines it's negativity.

Negative polarity means that it is not travelling in a direction that I choose to go. It is not vibrating at a wavelength that I feel is good. It is not vibrating at a frequency that I think is right. I overcome the duality of polarity when I accept all frequencies of thought energy as just the frequency of a vibration.

I overcome the duality of gender when I approve of all wavelengths of emotion that make up my energy vibration.

Just as negative frequencies of thought cause negative emotional feelings, positive experiences in life are the effect of a positive perspective of life.

May 14, 2016

Negative Vibrations

An Energy vibration is not inherently positive or negative.

It is the polarity of an energy vibration that is either positive or negative.

Energy flows in both a positive & a negative direction because it is bi-polar in a dual reality world.

In actuality, energy flows in all directions simultaneously.

The choice of polarity or direction is not of the energy but of the observer or experiencer of the energy.

It is my perspective of the frequency of an energy vibration that determines its polarity.

It is my perception of the wavelength of an energy vibration that determines its gender.

Male & female gender is inherently neither positive nor negative.

It is my emotional energy that is male or female.

it is my mental thinking that is either positive or negative.

May 13, 2016

The Creator Or The Creation

When I see the Creator of my world as external to my Self, life happens to me. I am the creation that a creator god created, or I am a creation that evolved by accident. Either way, I am a victim of how life turns out.

When I see the creator of my reality as my own ego Self, life happens by me. I am motivated to create what I want in my life, my way. My creative ability is suppressed by my attempts to control, manufacture & produce life as I want it.

When I see my Self as the creation of my own omnipotent Creator, life happens through me.

I allow the ability of my own creative genius to flow competently & unconsciously.

I accept every opportunity in life as a beneficial & expansive experience.

When I see my Self as the Creator of my own creative Life, life happens as me.

I am the Creator & the Creation and I am Life its Self.

May 12, 2016

A Flash Of Inspiration

A Flash Of Inspiration is an empowered thought.

An empowered thought is always an opportunity.

My life path is blessed with opportunity.

It is blessed with the opportunity to fulfil my purpose for being alive.

A flash of inspiration offers a moment of clear direction on my path.

An inspired thought is received with the emotional power to experience it.

My Soul inspires its Self with opportunities for growth.

Life offers the Soul opportunities to grow through its Self.

The Soul offers its Self opportunities to grow in life when the Self offers its Life to its Soul.

A flash of inspiration is my Soul's authorising thought.

I am enabled by the power of my Soul's Light.

My Soul authorises & empowers its Self with a flash of inspiration.

May 11, 2016

A Photon Of Thought

A Photon is a quanta of Light.

Light is a moment of Thought.

It is one beat of an authorised frequency.

A moment of thought is a flash of inspiration.

A flash of inspiration is transmitted on a stream of photons. A photon of thought is revealed in every inspired moment. Thought is a matter of the energy of consciousness in motion. Every photon in motion carries an unconscious thought. Photons of thought are received as pictures, images, symbols or words. Photons are photos 'n the mind. Light is the energy of Consciousness communicating with its Self. The purest quanta of information is a photon of thought energy.

Each photon of thought has its own frequency that is transmitted on a wavelength of emotion.

Every wave of emotion is the effect of a photon of thought.

May 10, 2016

Light Force Energy

Light Force is an aspect of Pure Energy.

The pure energy of Consciousness has a Light Force called thought. The creative light force of Consciousness uses light with imagination.

Visible light is the frequency of imagination.

The frequency of thought in the spectrum of imagination brings light to life & life to light.

Light is how I see life in reality.

Reality is imagination coming to life.

Without the force of Light there is no potential for Life.

The Individual experience of Life as a force of Light requires a magnitude of Love.

Love is the magnitude of power required for an individual experience of Life with Light.

The Light Force authorises thought.

A Magnitude of Love empowers emotion.

Without Individual thought & emotion, there is no unique experience of Life.

May 9, 2016

A Photon Or A Wave

A Photon or a Wave is how science sees light.

Science sees light with its visible eyes.

Only a very narrow spectrum of Light can be seen with physical sight. Science works on the principle that if you can't see it, you can't prove it. What cannot be empirically proved is just a theory in science.

Light can be seen to be both a photon & a wave.

We see only the effect of light, not the Light itself.

Light is the force of a potential magnitude of energy.

Science calls that force electro-magnetism as it has not yet included gravity in the equation.

Electro-magnetic-gravity has a force called Light.

That force can be experienced as a photon, as a wave or as anything else you choose to call this Light-Force Energy. Photons & waves are a duality of energy & matter. We overcome the duality when we realise that Light is a force.

The Universal Force of Light.

May 8, 2016

Conscience & Intuition

Conscience is my sub-conscious programming.

My conscience is a sub-conscious programme that has been taught right from wrong. It is my system of inner judgment. When I do what I have been taught to be wrong, it weighs on my conscience. When I do what I have been taught is right, I believe my conscience to be clear. My conscience has clarity once I have cleared all my fears & my limiting beliefs.

Intuition is my super-conscious guidance.

My super-conscious mind guides my Self intuitively.

It sends me messages of guidance & support along my life path. It is never judgmental & always beneficial.

Conscience determines my will power.

Intuition connects me to my true feelings.

Conscience is learned. Intuition like instinct, is inherent.

I am conscious of my conscience.

I am aware of my intuition.

May 7, 2016

A Mind Of My Own

It is a common belief that we all have a Mind of Our Own.

It is also a commonly held belief that the mind & the brain are the same thing. It is obvious that all people have their own brain, therefore it is assumed that they have their own mind. Being able to lose your mind is another commonly held belief. Most people have never found their mind. They have never discovered a mental consciousness that exists independently from their brain.

We are lead to believe by science that when our brain dies, so does our mind. Some people believe that they can lose their mind before their brain dies.

Believing what other people have taught me is sharing their knowledge held in their mind. I have a mind of my own when I challenge other peoples' beliefs and the beliefs that other people have given me. When I discover my own mind, I realise that it feels, sees & knows life as my Self intuitively. My own mind knows who I am, sees why I am here and feels the experience individually, uniquely & beneficially.

May 6, 2016

Exclusive Or Inclusive

Exclusive Or Inclusive are my choice of path through life.

My Exclusive life path is exclusively mine.

I have chosen it as my unique & individual path.

It allows my exclusive vision, mission & purpose to guide my individual & unique destiny.

My Inclusive life path follows a well trodden & common path.

My path may be common to my tribe, my community, my nation, my society, my religion, my race or my creed.

An inclusive path follows the doctrine of a dogma or belief system that is common to a specific group of people.

It has a vision, a mission & a purpose that is common to all who follow the same path.

My exclusive path does not exclude other people, but attracts only those people who are on a parallel path to share my journey for a specific period of time.

May 5, 2016

Connected & Attached

I am Connected to the Source of my emotional power.

I am Attached to whatever I need emotionally.

I am connected to my Heart at the Core of my Beingness.

The core of my beingness is my True Essence.

My true essence is emotionally powerful when expressed.

When I fail to express the true essence of who I am, I
disconnect from my emotional power.

Disconnected from my source of emotional power, I need
emotional energy.

I meet my need for emotional energy by attaching myself to
whatever feeds my need for emotional energy.

My emotional energy needs become an attachment that I
am emotionally attached to.

I attach myself to sentimental objects or best friends
because they meet my emotional needs.

At the Soul level, I am connected to everyone & everything.

In physical reality, I live an illusion of spiritual separation.

As my true essence, the Soul, no attachment is necessary.

My Soul is never disconnected from its Self.

May 4, 2016

The 4th Dimension

The 4th Dimension is Spirit.

Spiritual Reality is the reality of body, mind & emotion working together in harmony.

When my physical body is aligned with my mental body & my emotional body, I am spiritually balanced in 4 dimensions of my Self. I am a balanced Spiritual Being.

I am a supra-conscious entity when my conscious, sub-conscious & super-conscious minds are in alignment.

In the 4th dimension, life happens as me. Me, my Self & I are One. I am at One as the creative creator & the creation. I am aligned with my vision, my mission, my purpose & my destiny.

My emotional power, my mental authority & my physical ability are at Choice.

I have the ability of empowered & authorised choices.

With power & authority, my ability to choose is creative.

As the 4th dimension of my Self, I choose to create and I create with choice.

May 3, 2016

The 3rd Dimension

The 3rd Dimension is Emotion.

A two dimensional world is mind experiencing physicality.

A one dimensional Mind creates a two dimensional Body in which to experience the 3rd dimension of Emotion.

When only the physical world appears to exist, the mind is not conscious of its Self. In a two dimensional world, I am Self conscious. My ego Self experiences a physical world.

In a three dimensional world, I am Self aware. I am aware of my Emotional Self. I am an Emotional Being, being aware of its Self emotionally.

I am aware of my emotional state of being and who I really am. My emotional power becomes apparent as I become Self aware.

In a two dimensional reality, my ability is authorised.

In a three dimensional reality, my authorised ability is empowered with emotion. In the 3rd Dimension, I am emotionally connected to the awareness of who I am Being.

May 2, 2016

Unreasonable

I am being Unreasonable when I am unable to see the reason for something. Life is unreasonable when I am unable to see its purpose. People are unreasonable when I cannot see their motive. Thoughts are unreasonable when I cannot see their meaning.

With motive, meaning, purpose & reason, everything is reasonable. I am unreasonable when I cannot work out the reason that something is occurring.

When I am intuitively disconnected & I cannot see the reason, I am unreasonable.

The reason is not always rational, though it is always logical. When I intuitively see reason, I understand the logic of life. When I intuitively see life, I get the reason.

When I know my vision for my life, I see its purpose.

When I define life as it is meant to be, it has a definite meaning.

When I clearly see my destiny, I am never unreasonable.

May 1, 2016

I Believe That I Am A Victim

I am the Victim of my own Beliefs.

It is the belief that I am a victim that causes my victimhood.

I am a victim when I believe that what is happening to me in life is bad or wrong.

I am the victim of a negative experience caused by a negative belief.

A negative belief causes the experience of a negative emotion.

I fear whatever I believe myself to be the victim of.

Fear is false evidence appearing real as my victimhood.

When I fight my fear, I victimise the cause of my fear and strengthen its effect.

I overcome my victimhood by overcoming the cause of my fear.

I overcome the cause of my fear by changing a negative belief to a more positive one.

I am never the victim of a benign or beneficial belief, only the beneficiary.

A Journey of A, B or C

A Journey from A to B is from where I am now to where I want to be.

This is a journey that I choose to make happen by my Self.

When life is happening to me, I am stuck with the experience and there is no journey.

When I start the journey, I move from life happens to me, to life happens by me. I then experience the reality that I do not always get to where I want to be. I see (c), I'm not at be (b).

I'm not at be, when the doing is more important than the being, you see.

My journey then becomes a journey of who I need to be, rather than a journey of what I need to do.

Where I want to Be becomes the attainment of a state of being instead of a place or an objective. When I am not being who I really am, I get to see (c) that I'm not at Be (b). I get lost, confused & frustrated when I cannot see why I am all at sea, at C.

When I see at C is where I really want to be, I get the purpose of my journey.

When I allow life to effortlessly flow through me, I see that I am always where I want to be.

The journey of A-B-C is: Life happens to me – Life happens by me – Life happens through me.

June 29, 2016

One Attractive Question

‘When’ is a question of time.

The answer is ‘now’, there is no time like the present.

‘Where’ is a question of space.

Right ‘here’ is perfect right now.

‘Why’ is a question of clarity.

With clarity in the here & now, I am never lost.

‘What’ is a question of providence.

Providence always provides.

‘Which’ is a question of choice.

The more options I have, the less clarity I have.

‘Who’ is a question of emotional power.

The creative power of Attraction is emotion.

‘How’ is with the power of attraction.

Without attraction, the question is how?

With attraction, the how is irrelevant.

When ‘who’ is the character of a role that I play, it has no emotional power.

When who I am is a powerful state of being, it is very creatively attractive.

The One Attractive Question is: Who am I Being, here right now, clearly attracting my providence.

June 28, 2016

Estimation

Estimation is an awareness of esteem. An awareness of esteem requires an awareness of both worth & confidence.

I estimate someone's emotional power with my awareness.

I confidently hold the value of their emotional power in esteem.

How much I hold them in esteem is my estimation of their confidence & worth. In my estimation, my esteem is a measure of my confidence & my worth in my Self.

Without emotional awareness, an estimation is just a guess.

When worth is based on the value of assets & confidence is based on status, one can only guess how much esteem a person holds.

When my wealth is a measure of my monetary fortune, there is no estimation of my personal confidence & worth.

An estimate of monetary value is not a confident estimation of personal wealth.

An estimation of my personal attributes & attainments is a measure of the level of my esteem.

June 27, 2016

In Absolute Reality

In Absolute Reality, there is just Consciousness.

Consciousness is All That Is.

Relative dual reality allows Consciousness to be aware of its Self.

It allows Consciousness to be the Creator of its own Creation.

The Self is a creation of the Soul.

The Soul creates its Self in the image of its choice.

Relativity allows duality, which allows choice.

Choice is a thought projection of Consciousness.

Reality is a conscious project of choice.

Duality is the context in which Consciousness realises its Self.

In absolute reality there is just the singularity of Oneness.

In relative duality, there is the separation of the Self from the Soul.

This allows an individual experience of a separate existence.

In absolute reality there is no separation.

Separation is a choice of the Soul for its Self.

June 26, 2016

Life Goes On

Life is a Creation of Consciousness. Consciousness is Energy.

Energy is never destroyed, it just changes form.

Life is the medium through which Consciousness evolves.

Evolution is an ongoing process of life.

The evolution of Man as a species has taken many individual life-times.

The evolution of the Soul goes on through these many different life-times. A life-time in space-time-reality is finite. Yet space is infinite, time is eternal & life is ongoing. A definite life in a definite space & time allows a definite reality. Life goes on sequentially.

Reality is the consequence of the conscious experience of life in space & time. It is an energy that changes in space & time as life goes on.

The Soul evolves its reality through each life-time in space.

That life goes on, is not a choice. When, where, what, why, & how life goes on are all choices that the Soul makes for its Self to experience who it is. Life goes on through endless journeys of existence to enable the Consciousness that is the Soul to explore, experience & discover its Self.

Visualisation

Visualisation is a way of putting words into pictures.

Forming pictures in the mind's eye is not of itself creative.

When visualisation happens to me, it is called dreaming.

My dreams can also be nightmares.

When visualisation happens by me, it is called day-dreaming.

I am visualising what I want because I believe that I do not yet have it in my reality.

Visualising what I want has no creative power.

The ability without the power has no creative authority.

When visualisation happens through me, it is called intuitive insight.

The power of my inner sight is how I feel emotionally about whatever I am seeing.

The most powerful creative emotion is gratitude with appreciation.

When visualisation happens as me, it is called imagination.

Imagination is the creative ability of my Soul.

As my Soul, I Imagine I'm a genie.

June 24, 2016

Believe

Believe is what I think.

Be & Live are relative to my mental beliefs.

My beliefs determine who I am and how I live.

When I believe the character that I am playing, my role becomes real.

What I think is the effect of my sub-conscious beliefs.

What I believe, sub-consciously creates the reality that I experience.

The reality that I experience becomes my truth.

When my truth is based on the reality of the character of my belief system, it is just a story that I am making up myself.

I believe it to be the true story, history, of my life.

I believe to be true whatever I believe to be real in my experience.

As I change what I believe, I change what I think, I change my truth, I change my reality, I change my experience & I change the story that I am personally creating.

I believe whatever I think is true based on my perspective of reality.

June 23, 2016

Behave

Behave is what I do.

Be & Have are both required to do well.

Good behaviour requires Being well & Having wisdom.

With a wealth of wisdom my behaviour is healthy.

Doing well requires the power of Being.

Being well is healthy when I have a wealth of wisdom.

The power to be allows me the authority to have what is good for my Self.

Be – have – do is the best behaviour.

When I am being empowered, I have the inspiration to do effortlessly well.

When being graceful, I have the gentleness to do only good.

When being joyful, I have the fulfilment of providing my contentment.

My best behaviour is being who I really am, having what I choose to have in order to do what I have come here to do.

June 22, 2016

Focus & Presence

Focus is a conscious competence.

When I am unfocused, I am either unconsciously competent or unconsciously incompetent. I am either present or absent.

It is either my physical focus that is absent or my presence.

With presence, my focus is absent and with focus my presence is absent. Absence, focus & presence are a triality when presence is the balance between being focus & unfocused.

Presence is being in the present moment without being absent or focused on the past or the future.

Focus holds my attention on what is physically occurring.

Presence allows each present moment to pass through my experience.

Presence is an unconscious competence. It is an awareness of whatever is unfolding, without having a conscious focus.

Focus is the conscious capacity of my will.

Presence is the unconscious competence of my Soul.

Focus is an action that I take.

Presence is the state of being present with my Self.

The Purpose Of Life

The Purpose of Life is the experience of Love & Light.

It is the experience of Love with Light, the experience of love without Light & the experience of light without Love.

The purpose of life is the experience of all aspects of Love through the experience of all aspects of Light. All aspects of Light are experienced through choice. A particular choice is a perspective of Light.

Life allows a pure perspective of Light or an impure perspective of light & darkness. The heaviness of dark thoughts causes a negative energetic polarity. All perspectives or frequencies of Light are conveyed on a particular wavelength of Love. Different wavelengths of emotion allow different perceptions of Life. Particular wavelengths of emotion can be perceived as having a male or a female gender. A male or female emotion can be perceived with a positive or a negative perspective.

The purpose of Life is the experience of all aspects of choice of perspective & perception.

June 20, 2016

The Purpose Of Light

The Purpose of Light is to illuminate Wisdom.

Wisdom is the mental authority of the Mind.

Mental authority is the Mind's wise capacity.

Expanding my capacity for wisdom is the purpose of Light.

When light is a noun, it opposes the darkness.

When light is a verb, I lighten my heaviness.

When Light is an adjective, I see who I am.

The Lighter I am, the wiser my choice.

A spectrum of Light allows variety of choice.

The purer the Light, the more beneficial the choice.

The more enlightened the choice, the more wisdom it conveys & the more acceptable it is.

Light allows me to see with clarity.

It enlightens my clarity of purpose.

When I see my purpose with clarity, it enables my life.

June 19, 2016

The Purpose Of Love

The Purpose of Love is to define emotional power.

The emotion of Love is the creative power of life.

The absence of love is the emotional need for power.

Desire without power is called lust.

A disempowering relationship is called hate.

Competition without power leads to war.

When I use love as a noun, it is really a need.

When I use love as a verb, it is in opposition to who I really am.

When I use love as an adjective it describes how powerfully creative I am. Adjective love describes who I am being, which either empowers or disempowers my Self. Without love, there is no emotion.

Without emotion, I am disconnected from my creative power.

Without awareness, I am unaware of my creative power.

An awareness of emotional love connects me to my creative power.

Emotional intelligence allows an awareness of my creative power and the purpose of Love.

The purpose of Love is to share it in all its aspects, as an experience.

Consciousness & Awareness

Consciousness & Awareness are the same thing when perceived from the same perspective. They are distinct from each other when perceived with two different perspectives. From the perspective of my Self, consciousness is my Self being conscious. Being self-conscious, I am unaware of my Soul. From the perspective of my Soul, I am aware of my Self and Conscious, as my Consciousness is.

The Consciousness that is my Soul is aware of its Self.

The consciousness of the Self is distinct from the Consciousness that is the Soul. My Soul has conscious-awareness.

With consciousness & awareness the Self & the Soul are the same, yet different; separate, yet together. Consciousness & awareness together allow three different perspectives of a Creative Mind.

My conscious mind is a mind that is conscious.

My sub-conscious mind has only awareness.

My super-conscious mind has both consciousness & awareness of who I really am.

June 17, 2016

Thought, Mind & Consciousness

Thought is the vehicle through which Mind & Consciousness are separated & reunited.

The transmission between mind & consciousness is called thought.

Thought is the medium through which Mind becomes conscious & the media through which Consciousness becomes mindful.

I can see my Soul as conscious in my mind as a thought.

I can see a thought in my mind as my Self being conscious.

Another thought is that my Soul is super-conscious, my Mind is sub-conscious and my Self is conscious.

Without thought there is no consciousness.

Without consciousness there is no mind.

Without mind there is no thought.

Thought, Mind & Consciousness are a triune reality of the mental capacity of Awareness.

June 16, 2016

The Power Of The Mind

The Power of the Mind is Awareness.

Being conscious of my awareness empowers my mind.

Being aware of who I am being is my emotional competence.

It empowers my mental capacity to be conscious & mindful.

Unauthorised mental thinking causes a disempowered & incompetent sub-conscious mind.

A mind without conscious awareness is trapped in a confinement of its own mental construct.

Being aware of my Consciousness empowers my creative mind.

My Mind creates with Thought that is empowered with Consciousness.

Without the power of awareness, I cannot bring anything into my conscious reality.

Unaware of the power of my mind, I am unaware that my Mind is creating my reality.

My unawareness disempowers my mental capacity for creative thought.

June 15, 2016

The Ability Of The Mind

The Ability of the Mind is Conscious Thought.

Ability is the consequence of power & authority.

Mind is the author of thought.

Thought is authorised by the mind.

Consciousness is the power of the mind.

The authority of a conscious mind empowers thought.

The mind is the creator, thought is the creativity & consciousness is the creation.

Consciousness is a creation of the creative thought of the creator's mind.

With consciousness, the mind has the ability to create thought in a variety of ways.

This ability of the mind allows choice and a choice of reality.

The mind creates choices with thoughts that enable a conscious reality.

The ability of the mind is creative thought as a reality of consciousness.

June 14, 2016

The Golden Choice

The Golden Choice is to Be unto others as you choose others to be unto you. This allows the Law of Attraction to flow beneficially into our personal reality, by choice. Like energy is drawn unto itself either by choice or by default. Other people are a reflection of the state of being that I am expressing. To share a pure state of being with others requires me to express that state of being to others. Expressing impure emotional states of being attracts opposing states of being emotional in others. Attracting opposing expressions or genders of emotion is not always seen as attractive. An emotional awareness of being in balance is required to make a golden choice. Golden choice requires inner peace. With inner conflict, duality ensues and the intensity of the dramas of opposing emotional genders. Conflicting thoughts cause a polarity of perspective and disallow my golden choice.

In a dual reality world of conflict, we do unto others as others have done unto us, which only causes continued chaos & disaster.

In a triune reality of personal conscious-awareness every choice is golden.

The Silver Rule

The Silver Rule is: In every confusion there is clarity.

Every cloud has a silver lining.

The cloud causes the confusion.

My confusion is in my shadow.

My shadow Self is confused by its limited perspective of life.

A limited perspective is caused by duality.

In duality, all energy has an opposing polarity that causes a conflicting perspective.

Every light has a shadow or relative shade of darkness.

Every cloud throws a shadow of relative shade.

When the cloud clears, sunlight returns.

The sun always shines even when concealed by the clouds.

Without the cloud, there is no rain, no rivers, no oceans, no plants, no fish, no animals & no life.

Duality is a part of life until we see with clarity, beyond the veil that clouds our perspective.

June 12, 2016

Fighting The Odds

Fighting the Odds is a battle of competing fortunes.

It is a battle between fortune & misfortune.

I am competing to win when the odds are against me.

This is neither an even fight nor a level playing field.

It is a dual reality drama that is without balance.

When the odds are even, life is in balance.

When my life is in balance, I have inner peace & there is no conflict.

In an even fight, there is no clear winner.

When the odds are against me, the chances are that I will lose.

My only weapon is my will power.

I fight the odds with the will to win.

Nobody ever has the will to lose, they just lose the power to win.

When life is a battle of competing fortunes, I am at the mercy of my fate.

When I bring my life into balance & declare peace in my world then
providence prevails and the fight is over.

June 11, 2016

Passing Through Life

Passing Through Life is a perspective.

When life happens through me, I see my Self as passing through life.

I pass in & out of physical life every day & every night.

I pass on at the end of my journey called life.

I am living my journey of life with an open minded perspective.

When I try to avoid the journey, life happens to me in a way that is not always to my liking.

When I try to conduct the journey, I can get very lost, confused & frustrated.

Life is a passing experience in time-space-reality.

It is a reality that passes through space on the passage of time.

I pass through space & I pass through time to enable different experiences of life to pass through me.

Life is a real journey of experience that I accept as beneficial, I approve as divine and I allow to flow effortlessly through me.

Effortlessly passing through life is a divine experience once I perceive it to be so.

Standards & Boundaries

When my standards conform to other people's boundaries, life happens to me.

When I adopt other people's standards, I become a victim of their boundaries.

When I cross other people's boundaries, I become a victim of their rules & laws.

When other people conform to my boundaries, life happens by me.

I make the rules & laws for others to abide to.

I am the villain who makes the rules and they are the villains who break the law.

When I own my own standards and my boundaries are extensive & expansive, I allow life to happen through me.

My standards are truly selfish & my boundaries are all embracing.

My standards serve my Self and equally serve all others.

I follow the Golden Rule as my standard.

Life happens as me when I am boundless & free.

That is the perfect standard for me.

Four Choices Of Authority

When life happens to me, I am choosing to follow other people's authority. My sub-conscious mind is programmed with the beliefs, the fears, the morals, ethics, standards & boundaries of other people.

With external authority, I will need their motivation to realise my choice.

When life happens by me, I am choosing to follow the authority of my ego. My conscious mind believes that it is in control of its own destiny whilst still subjected to its own fate. Making conscious choices requires will power to manifest them as a reality.

When life happens through me, I am choosing to follow the authority of my inner guidance. My super-conscious mind guides me with inspired revelations & intuitive insights. With super-conscious choices, I am empowered to realise my dreams.

When life happens as me, I realise my own authority is a divine choice. Making divine choices authorises a divine life.

My supra-conscious choices are creating my own ideal reality of choice. My supra-conscious omniscient authority connects with my omnipotent creative power.

The Authority Of Choice

The Authority of Choice is my empowered authority.

The authority that empowers me is my authority of choice.

My Soul is my authority of choice.

It is empowered by my heart.

When I choose with my heart, it is empowered by my Soul.

When I choose with my will, it is motivated by my ego Self.

When I am motivated, not empowered, I am using my will power to get whatever I am choosing.

An authorised choice flows effortlessly into my reality.

Will power is required to overcome the entropy & inertia caused by my un-empowered choice.

An authorised choice feels good.

Feeling good empowers my choice and allows the authority of choice to flow freely & effortlessly into my reality.

June 7, 2016

The Ability To Choose

The Ability to Choose is inherent as we all have choice.

We all have choice but we don't all have the ability to choose.

The physical ability to choose requires mental authority & emotional power. When I mentally disallow my choice, I am incapacitated & unable to choose. When I am emotionally disempowered, I am incompetent to choose & make an incompetent choice.

When I am neither authorised nor empowered, I am incapable of choosing as the capacity to make a competent choice is missing.

When I am lost, I lose the capacity to choose.

When I am confused, I lack the competence to choose.

When I am frustrated, I am unable to choose with clarity, direction & presence.

With clarity, I have the power; with direction, I have the authority & with presence, I have the ability.

I am enabled by the physical capability of my mental capacity & my emotional competence.

June 6, 2016

An Empowered Choice

An Empowered Choice has authority.

With authority, I allow my Self choice.

Being allowing empowers my choice.

An empowered choice is an acceptable choice.

With emotional power, I approve the choice that I make.

Being approving empowers my choice.

When being allowing & approving, I am accepting my choice as an opportunity for my Self.

An authorised choice is empowered.

Without emotional power, I disallow my choice and I am unable to manifest it as my reality.

When a choice disempowers me, why would I choose it?

Why would I accept a challenge that I disapprove of?

Seeing a choice as a problem means that I have failed the challenge.

A disempowering choice is a problem.

An unauthorised choice is a challenge.

An empowered choice is an opportunity.

Remember & Remind

I Remember the past to make choices in the present.

I remember past experiences when planning my future.

I remember what has occurred when I am discerning what is now happening.

I remember the time that is past, not the time that is left.

I remember from the memory that is in my sub-conscious mind.

I Remind my Self when I make new choices.

I remind my Self when I challenge & change a belief.

I remind my Self with miracles & co-incidences.

I remind my Self with inspired revelations.

I remind my Self with epiphanies & ha ha moments.

I remind my Self with intuition & innovation.

I remember to use my brain to think.

I remind my Self to allow my mind its thoughts.

I remember my sub-conscious programming.

I remind my Self of my vision, my mission & my purpose.

I remember what I have done.

I remind my Self of who I really am.

June 4, 2016

Judged & Tested

I am Judged & Tested to earn my parents love & approval.

I am judged & tested by my school teachers to be obedient & better than others.

I am judged & tested by my sports coach to compete & to win.

I am judged & tested by my ministers to be included & accepted.

I am judged & tested by my society to be credible & honest.

I am judged to be good or bad & tested to be right or wrong, all from other people's perspectives.

Until that is, I learn that life is not a test and my god is not judgmental.

When I attest to my own life path, I overcome the need for others to approve & acknowledge my life.

I am no longer judged by my problems or challenged by my tests, when

I take the opportunity to live my life my way.

June 3, 2016

Meditation

Meditation is the practice of quietening the mind.

My conscious mind is my focus.

My sub-conscious mind is continually processing information through my brain. It is like a video recorder that stores data on a hard drive.

Meditation is a way of turning off or tuning out my sub-conscious brain activity.

‘Medi’ means middle. The alpha waves of meditation are between the delta & theta waves of being asleep and the beta & gamma waves of being awake.

Meditation is the middle state of mind between sleep state & awake state or consciousness & unconsciousness. This between state of consciousness allows a unique space of awareness, which is natural but not normal. In this state of awareness my inner guidance & my inner tutor is accessible. I connect to my intuitive super-conscious inner guidance through the alpha waves of meditation. There is a greater purpose to meditation than restfulness, peace & serenity.

This is just the gateway to my life-path.

A Spiritual Being

Rational Logic says that I am a physical human being experiencing a physical experience called life.

Emotional Rationale says that I am a rational human being having emotional experiences in life.

Spiritual Logic says I am a Spiritual Being having a human experience called a life, in a physical world.

Any other experience of life is said to be irrational unemotional or illogical. I am always free to choose whether my experience of life is physical or spiritual, emotional, rational or logical or unemotional, illogical & irrational. A Spiritual Being is aware of their spiritual reality, their spirituality. The reality of being spiritual is a triality, or triune reality, of physical, mental & emotional energy.

Spirit means energy.

Spirituality or being spiritual in reality is the reality of an Energetic Being.

The purpose of Life is for a spiritual Being to experience, in all its glory, the essence of their Beingness in a physical, mental & emotional way.

June 1, 2016

Care & Aware

I can Take Care or I can Be Aware.

I take care of those whom I care for & I care about.

I take care of people whom I need, who depend on me.

I take care of those who believe that life happens to them & they need to be looked after.

Caring is an attachment between the carer & those who need to be careful.

Care is taken by me, when I believe my life is unsafe & I am at risk.

When life happens through me, I am aware of the opportunities it brings for me.

When I am being aware, I no longer need to be full of care.

I can be care free.

With awareness, I am aware that my Soul looks after its Self.

When life happens as me, I look after my Self.

Life takes care of itself, when I am aware of my Self in Life.

July 31, 2016

Idiota

The Id is my sub-conscious mind.

An Iota is a small piece of wit.

My wit is my divine ability.

My divine ability is relative to my divine authority of choice.

Connected to my super-conscious Soul, I receive small pieces of wit.

Left to my own devices, I become attached to the whims of my ego.

Idiota rely on the chattering mind of the sub-conscious id.

It is the 'monkey-mind' of the id that sees life as a problem and a challenge that needs to be solved.

It is the role of the id to manage the physical body & supply the conscious ego with sufficient emotional energy.

When the id is without an iota of connection to source, it can act like an idiot.

An iota of incompetence has no intuitive ability.

Idiota are apparent idiots who are enslaved to their sub-conscious programming, being devoid of their common sense of intuition.

July 30, 2016

Soul Control

When life happens through me, I allow my Soul to be in control.

I am in control without controlling others or what is occurring.

I accept that my Soul is the Expedition Leader on my journey.

I allow my Soul to guide & support me on my path.

I approve of my Soul being in control.

I have faith in my path.

My Soul is always in control of its Self.

It is only the perspective of the ego Self that appears to be out of control.

When my Soul is in control, I no longer need to be in control because I am in control.

Soul Control is my inner control.

My Soul is my Inner Controller, the Captain of my Ship, the Author of my Book & the One who is in Sole Control.

When life happens as me, I am in total control of my life.

July 29, 2016

Self Restraint & Self Control

When life happens to me, I need Self Restraint.

Self Restraint is the ability to not react emotionally to situations.

When I react irrationally, other people may think that they need to restrain me.

My Self restrains my emotional energy, so that it does not react & drain to a drama. Self restraint requires the energy of patience to tolerate what is happening to me. It is driven by the sub-conscious fear of the damage that my emotional reaction may cause. The restraint or suppression of fear & negative emotion is not healthy.

When life happens by me, I use Self Control.

For life to happen by me, I need to be in control.

Self restraint is reactive, Self control is pro-active.

Self control does not mean being in control of my Self, it is myself being in control of others. It is driven by the belief that only by controlling others can I be in control myself. It is not possible for the Self to control its Self. It is the sub-conscious mind that is either in control or not.

My Soul gives unconditional choice to its Self and therefore never chooses to control its Self. My Self is free to experience life without restraint and with or without needing to be in control.

Honour

Honour is my faith in my own path.

It is an honour to follow my Soul's path for its Self.

Honour is the sum total of what I truly value.

It is an honour to fulfil my true values in life.

Other people honour in me, the qualities that have true value for them.

I honour the qualities in other people that have true value for me.

I can discharge my duty to others honourably or dishonourably.

It is an honour to serve other people when my service is of mutual value.

It is an honour for my Self to serve my Soul on my path through life.

When we are consciously 'on our' journey, we are exclusively connected to life.

It is an honour to be alive.

Being in alignment with my Soul is always an honour.

I honour the path that my Soul creates for my Self.

I graduate through life with honours when I attain the quality attributes of my Soul.

I am able to honour the vision, mission & purpose that is my destiny.

Loyalty & Trust

I am Loyal to someone else's direction.

I loyally follow someone else's path.

My loyalty enables another's trust.

When I need someone to trust me, I need to be loyal to them.

I trust someone who always does as I ask.

When I tell them to do something, I trust that they will do it.

This is their loyalty to me.

They take orders from me rather than someone else.

People are loyal to me when they trust me to lead them where they want to go.

Loyalty & Trust keep groups or teams in a cohesive unit.

They are the strong bond that bind people together.

They are the glue of personal attachment.

I trust those who are loyal and I am loyal to those whom I trust.

July 26, 2016

Natural Health

Health is natural.

Nature is healthy.

The nature of choice allows life to be healthy or unhealthy.

An unhealthy life is an unnatural choice.

It is failing to choose the true nature of the Self.

Being healthy is the true nature of the Self.

Left to its own devices, my body will find a healthy balance.

Natural health is a balance of natural wealth & natural wisdom.

Natural wealth is relative to emotional power.

Emotional power is relative to mental authority.

Mental authority is relative to natural wisdom.

Natural wisdom is innate & intuitive.

My body innately & intuitively knows how to balance its healthy nature.

July 25, 2016

Natural Learning

Natural Learning occurs through personal exploration, experience & discovery.

I experience learning through learning experiences.

Learning experiences happen through all my life.

All of life is a learning experience.

A purpose in life is to learn experience & experience learning.

In absolute reality, I already know everything.

What I do not have is the experience of learning that which I already know.

I only truly know anything through experience.

When I know something experientially, it becomes my truth & it becomes real.

The only Natural Teacher is Nature.

My own nature brings me my learning experiences in life.

It is the nature of life that allows my Self to define & express my own nature through choice.

Learning the nature of my Self in Life is the nature of Natural Learning.

Natural Economics

Basic Economics states that I can have what I can afford.

Natural Economics states that I can afford what I have.

Naturally, I can only afford to others what I already have my Self.

I can only consciously put into my future what I have in my present.

The Economics of Nature is Abundance.

The natural abundance of nature is available to serve my economy.

Natural Economics is driven by Providence.

Providence naturally provides all that is needed for an economic life.

Natural Economics is the Art of Enough.

Providence provides enough of everything as abundance.

It is uneconomical to have too much or too little, not enough or more than enough, scarcity or gluttony, poverty or extravagance.

In an abundant life with a free flowing economy, there is always enough, naturally!

July 23, 2016

Natural Justice

Natural Justice just is, naturally.

It is how Nature balances the books.

Nature balances the books to the standard of the Golden Rule.

The Golden Rule is maintained by the Law of Attraction.

What I do unto others is done unto myself because like energy unto itself is drawn.

The Law of Attraction ensures that everything is maintained in balance, in alignment with the Golden Rule.

With natural justice, there is no judgment, there is no blame & there is no conviction because there is no individual perspective of what is right or wrong.

There is no Judgmental God.

All Men are entitled equally, to sit in judgment of Life or to accept whatever turns up with forgiveness, grace & equanimity.

Natural Justice is allowed to flow effortlessly through life, as a consequence of the Golden Rule delivered in alignment with the Law of Attraction, when Forgiveness is attained.

The Burden Of Proof

The Burden of Proof is always on those who need to be right.

Doing the right thing for others is called justice. When the right thing for another is seen as revenge or compensation, that is what justice means.

It is not possible to have positive proof of a negative action.

I cannot positively prove what someone hasn't done.

It is possible to have negative proof of a positive action.

That is having no proof of what was actually done.

What makes proof confusing is when positive proof is seen as good rather than true.

This makes negative proof bad or even evil instead of being untrue.

What makes proof a burden is the belief about what is right for other people.

Believing that I know what is right for another makes me an ass.

It is not the Law that is an ass or a beast of burden, but my perspective of what I believe is right for other people.

The need to be right places a heavy burden on my Self & my approval of my Self.

An Epitome

An Epitome is one aspect of who I am.

It is a quality attribute that I have attained.

It is a small reflection of my perspective.

It is an expression of my core belief.

It is a statement of my faith in my Self.

It is a revelation of my essence.

It is one part of an epic tome that is the story of my life.

It is an extract from my Book of Life.

It is a moment of light that shines through space & time as my reality.

As the epitome of my Soul, life is divine.

My Soul is the epitome of my Self.

It is the epitome of all that is Good.

My vision, mission & purpose for my life is revealed as the epitome of my destiny.

My epitomes are revealed in intuitive messages of inspired revelations, as signposts on my journey through life.

July 20, 2016

A Pure Thought

A Pure Thought is undivided by positive or negative polarity.

When undivided by polarity, a pure thought is transmitted on a pure wavelength of emotion.

This wavelength of pure emotion is called Love.

Pure emotion is Divine Love that is without duality.

It is the Love that the Soul has for its Self.

Emotion is impure when divided by male or female gender.

It is the choice of gender of my emotional state of being that allows polarity as a perspective.

The polarity of my perspective determines whether the emotion that I am feeling is perceived as positive or negative.

When I overcome the duality of the polarity of my beliefs & my thinking, I unite the genders of my emotional feelings and allow Pure Thought to freely flow.

July 19, 2016

Clarity

Clarity is a quality of a pure vibration of energy.

A pure vibration of energy has clarity.

A pure thought is received with clarity.

Confused thinking lacks clarity.

When I am confused in my thinking, I am without clarity & I get lost & frustrated. Confused thinking causes entropy.

Entropy is the chaos caused by confused thinking.

Chaos is a drama caused by a lack of clarity.

When thought is not allowed to flow freely, it causes entropy.

My resistance to the entropy of chaotic confusion causes inertia.

Inertia is the resistance to flow that is caused by my lack of clarity.

With clarity there is no confusion, no entropy, no resistance & no inertia.

It is going against the flow to try and overcome the confusion that causes the resistance of inertia.

Expansive growth requires that my life flows effortlessly with clarity, in a positive direction, with the presence of each moment present.

That's clarity for you!

July 18, 2016

Diligence

Diligence is a standard of achievement.

It is my standard for achieving other people's objectives.

I am being diligent when I am doing things for other people well.

Due diligence is a tax & a duty.

It is a duty that is owed or due that is taxing when paid.

I follow the path of another with diligence.

Being diligent is the attribute of a disciple.

Being slothful is failing to follow my own path.

Being lazy is failing to follow someone else's direction or do what they want.

Being idle is failing to conform to someone else's bidding fast enough.

Being slovenly is failing to do something to someone else's standard.

When I follow my own path and attain my own fulfilment, life is effortless.

Life flows effortlessly well when I am on my own path.

July 17, 2016

The Balance Of Intensity

The Balance of Intensity determines the drama of a reality.

Eliminating drama from my reality requires its intensity to be balanced & neutral. Life dramas are neutralised when life is balanced.

My life drama is neutralised when the polarity of my emotional energy flows in a purely positive direction.

Polarity flows in a direction that is purely positive when there is no resistance or entropy.

My life is balanced when there is no conflict between my male & female orientation.

There is no conflict when I see orientation as just an attitude or a perspective.

Opposing clockwise or anti-clockwise genders of emotional energy are just a matter of perception & belief.

Perspective is just the direction from which reality is perceived & believed to be true.

With a balanced neutral perspective, the Balance of Intensity is neutral and the flow of life is effortless.

Binary Code

Binary Code is the basic language of computers.

It is also the basic properties of a torus.

A torus represents the energetic motion of all matter.

The energetic motion of a torus determines the physicality of matter.

Binary Code is a One (1) or a Zero (0).

One is the energetic symbol for direction or polarity.

It symbolises the direction of orbit around the toroidal centre.

It can be forward or backward and seen as positive or negative.

Zero is the energetic symbol for orientation or gender.

It is the rotation of the toroid around its line of direction.

It can be clockwise or anti-clockwise and seen as male or female.

A three dimensional torus has a trinary code of a one (1), a zero (0) & a point (.).

The third dimension is the spin of the torus on its axis.

A point is the energetic symbol for flow or intensity.

This is the neutral balance point or its intensity of imbalance called its drama.

Knowing & Certain

When life happens to me, it is unknown & uncertain.

Having no control of the future makes it unknown & uncertain.

When life happens by me, it is known & uncertain.

I know what it is that I choose, but its appearance is uncertain.

When life happens through me, it is certain but unknown.

I have faith that the future will appear in a benign & beneficial way.

When life happens as me, it is both known & certain.

I know my own path & I create it with certainty.

With knowledge of the past, the future is uncertain.

What I intuitively know about the future is a certainty.

When I think I know, I am uncertain.

When I intuitively know, I am certain.

July 14, 2016

Neuropath & Psychopath

A Neuropath follows the path of their beliefs.

The more negative or limiting my beliefs, the more neurotic I become.

The majority of people in our society are following beliefs that are not wholly self-beneficial.

We are all suffering varying degrees of neurosis.

It is only the excessively abnormal fears of a minority that are medically labelled as neurotic.

Neurosis is a character disorder.

Psychosis is a personality disorder.

A Psychopath follows the path of their sub-conscious needs.

My sub-conscious emotional needs determine the path of my sub-conscious actions, which I do without thinking.

I am driven sub-consciously to get my emotional needs met before I can consciously choose what has true value for me.

Only when our emotional needs become extremely negative & confrontational with other people are we medically labelled as psychotic.

My Soul-path is neither the Neuro-path nor the Psycho-path.

Ambivalent

Ambivalent is the state of being lost & confused about which choice to make.

It is the state of being stuck in a duality where neither choice is inspiring.

Duality causes ambivalence.

I am stuck in an ambivalent world of relative dual reality when neither choice of direction makes sense or appears to benefit my Self.

I am ambivalent about being both the victim & the villain.

I am ambivalent about being both arrogant & humble.

I am ambivalent when choosing between gluttony & scarcity.

I am ambivalent when confronted with both wrath & meekness.

Both patience & impatience cause me to be ambivalent.

The choice between a terrorist or a freedom fighter causes me to be ambivalent.

My ambivalence extends to both leaders & followers.

However, when I follow my own lead and choose a third way, my ambivalence disappears.

July 12, 2016

Heart Strings

Heart Strings attach me to what I need emotionally.

What I need emotionally pulls on my heart strings.

My Heart never needs emotional power.

My ego self needs emotional power when disconnected from my heart.

Heart strings are how the ego tries to attach itself to an external emotional power source.

Pulling on someone's heart strings attaches me to their emotional energy.

The ego intuitively knows that the heart is the source of emotional power.

Disconnected from its own heart, it needs to attach itself to someone else as a source of power.

No strings are needed to connect to my own Heart.

A Pure Heart has no strings attached.

July 11, 2016

An Open Solar Plexus

My Solar Plexus is my emotional feeling centre. It connects me to my Soul's power. It is the source of my unconscious competence.

An awareness of the emotional power flowing through my solar plexus allows my competence to become conscious.

Consciously blocking my solar plexus makes my Self unaware of my competence. Sub-consciously suppressing my solar plexus makes me anxious & nervous. Nervous anxiety is caused by false beliefs turning my feeling centre negative.

Negative blocked feelings turn a positive flow of competence into a destructive & fearful flow of incompetence.

Creative competence is destroyed by negative emotions caused by fearful beliefs.

An open solar plexus allows my Soul's power to flow.

Empowered flow is a conscious sign that my intention in life is divinely authorised.

My Soul is open to my ego's intentions.

July 10, 2016

Heart & Mind

With a closed mind, I have a closed heart.

A closed mind is disconnected from its divine authority.

My disconnection from my divine authority disconnects my divine power, which is a problem.

With a closed mind & a closed heart, life happens to me.

For life to happen by me, I need to open my mind to a new way of thinking.

Opening my mind doesn't automatically open my heart.

Running on my ego's authority will require my ego's power, called will power.

With an open mind & a closed heart, I run on will power, which is a challenge.

Life happens through me when I open my mind & open my heart.

When I run on divine authority, I connect to my divine power.

My divine ability then flows through me bringing me opportunities in life.

When my Mind knows with Authority & my Heart feels with power, I see that life happens as me; always has & always will.

July 9, 2016

A Closed Heart

A Closed Heart runs on limited power. It has no conscious connection to its source of emotional power. It has to run on batteries as it is not connected to mains power. It runs on its own power during the day and recharges its batteries when asleep, at night.

As it frequently runs out of power, it needs a kick start from other people. When motivation from other people is not freely available, it resorts to stealing emotional energy.

A closed heart steals emotional energy through control dramas.

A control drama is a sub-conscious strategy that competes for other people's emotional energy. It is a competition between two closed hearts to gain energy from each other.

In every hierarchy in life, there is a power struggle between people with closed hearts.

Disconnected from our true source of emotional power, which is Love; we compete on the ladder of success to gain power from & over other people.

An Open Heart has no such need to compete or succeed.

A Closed Mind

A Closed Mind, like a computer, has a fixed operating system.

The operating system determines which & how the programmes will run.

Our sub-conscious mind determines which programmes & beliefs can operate on our human mental system.

A fixed operating system & a closed mind cannot change its beliefs.

Its beliefs are convictions because it cannot change its mind & think in any other way.

A closed mind cannot accept a different belief system as a viable operation.

It believes in the truth of its own programming, which makes all other operating systems false & inoperable.

A closed mind never allows an upgrade in the operating system.

It may adopt a new compatible belief or programme, but only if it runs on the existing operating system.

It is programmed with the belief that you cannot teach an old dog new tricks.

It cannot find a way to talk to Siri on an iPhone 3.

Sensitive Detachment Allows Compassionate Empathy

When involved in someone else's drama, I resonate with them in sympathy.

I am sympathetic to their drama.

Sensitive Detachment allows me to resonate with empathy.

I have empathy with their life path.

I am empowered on my path that is running parallel to their path.

Detached Sensitivity allows me to share their passion for their path as their companion.

Being mutually empowered, we share our experience with compassion.

Compassion is how I support another on their path by showing them that their passion for their path is empowered.

When I am sensitive to their path, yet detached from their path, my empathy is enlightening & my compassion is empowering.

Being mutually enlightened & empowered, allows us to share our empathy for our passion with empathic compassion.

July 6, 2016

Sensitivity Allows Detachment

Sensitivity is the emotional state of being aware of other people's emotions.

Being aware of another's emotional state of being allows the ability to respond & relate in a positive way.

Sensitivity is being aware of another's moods & emotional needs.

When I am aware of another's moods and what they need emotionally, I can choose who I choose to be in relationship to them.

Sensitivity allows my choice of how I relate to other people.

I choose to relate to all other people with detachment.

Detachment is the state of being independent of other people's dramas.

An attachment is an emotional need that draws me into other people's dramas.

Detachment allows me to guide & support others to see their involvement in their own drama.

A drama is caused by emotional energy that is in conflict.

Sensitive detachment brings my emotional state of being into harmony and out of conflict with other people.

The Essence Of Every Creation

The Essence of Every Creation is an experience.

Experience is essential for the development of the Soul.

The essence of every experience is choice.

Creating a choice of experience is the essence of life.

Life is the creation of a physical, a mental & an emotional experience.

There are always three choices to experience as the reality of life.

A Spiritual Being is a three part essence of body, mind & emotion.

Physicality, mentality & emotionality are the three part reality of every essential creation.

Essentially, I am a Spiritual Creator creating a spiritual reality.

Spiritual reality is a creation of three essential aspects.

It is a triune reality of Love, Light & Life.

The essence of every really creative experience in physical life is emotional love & mental light.

I am essentially a mental thought with an emotional feeling creating a physical experience of love & light in my life.

July 4, 2016

A Bright Idea

A Bright Idea is a Soul's Initiative.

The Soul initiates ideas through its imagination.

Imagination is the Soul's creative ability to initiate new ideas.

All new ideas are first initiated in the imagination at a Soul level of consciousness.

A Bright Idea is full of Light.

Light is the medium on which thoughts are transmitted.

Bright Ideas are thoughts of a high potential.

They have a potential force of great magnitude.

Thus they have a power & authority of great creative potential.

In other words, they are authorised & empowered by the Soul.

They are an idea of the Creator, a creation of the Soul ready for manifestation by the Self.

Creating the Self to manifest Bright Ideas is the Soul's Brightest Creation.

July 3, 2016

A Gut Feeling

A Gut Feeling is an intuitive message from my Soul to my Self.

I am gutted when I miss my intuitive messages.

My feeling centre is my solar plexus. The place of the sun is where my light shines forth as an intuitive message. When my light shines within, I am enlightened. An enlightened message is a gut feeling.

It can be a feeling in my bones, a feeling in my water or a feeling in my gut.

My Heart is the Source of my intuitive connection to my Soul.

I receive intuitive messages of knowing in my mind that I process through my brain. I receive gut feelings in my solar plexus that I also process through my brain. I can process my gut feelings as positive excitement of pure opportunistic joy or I can process a gut feeling as a nervous anxiety or fear.

It depends on what beliefs are pre-programmed in my sub-conscious mind as to whether I interpret my gut instinct as a positive or a negative feeling.

July 2, 2016

The Negative Power Of Victimhood

The belief that I am a victim disconnects my emotional power.

The negative beliefs that I am victimised cause the negative emotions of victimhood.

Negative emotions have no creative power.

As a victim of my negative beliefs, I am powerless to overcome them.

Using destructive negative emotion to fight my fear, expands my fear & my negative feelings.

Fighting fear with anger, fuels my fear, destroys my confidence, increases my victimhood and makes me more angry.

Fear is a powerless belief that causes a powerful reaction to a powerless emotional state of being.

With enough emotional power, I am never a victim of anything.

I am never a victim of having emotional power or being in a powerful emotional state of being.

There is no such thing as a powerful victim.

I am only ever a victim of what I give away my emotional power to, based in what I believe to be true.

Flux

Flux is a state of continuous flow. Infinite space & eternal time allow reality to continuously flow. The Universe is in a state of flux, which allows personal reality to be in a state of flow. Personal reality is a continuous flow of experience that is by nature constantly changing.

Flux can be experienced as a state of order or a state of confusion. This is a choice of personal perspective about the nature of reality. In actuality, life flows naturally due to its state of flux. When flux is seen as a natural state of being, reality flows effortlessly through life.

When I am in flux, I am in the flow of life.

Everything is in a state of flux means new & exciting experiences are able to flow effortlessly to me.

August 31, 2016

A Matter Of Seeing Light

My physical eyes see pictures of light.

The frequency of the photons determines the picture of reality.

The changing frequency of the photons allows the experience of time.

When nothing in the picture changes, reality remains the same and time appears to stand still.

As the picture of reality changes, it creates the effect of time travelling through space or space travelling through time.

In a dual reality, there are always two ways of seeing the world.

I can see photons of light actually and electrons of matter virtually.

Or I can see virtual reality in pictures and actual reality as an experience.

I can see light actually & I can see light intuitively.

I can see the cause of light as electrons or the effect of light as photons.

I can see Light as Consciousness or I can be conscious of light.

I can see photons as the frequency of light energy or I can feel the wavelength of light energy as electrons of atomic matter.

How I see light determines whether my light shines forth or I remain in my shadow.

August 30, 2016

Electrons & Photons

Everything is energy as matter in motion.

Pure energy has neither space-time nor reality.

Energy materialises as a reality in space & time.

Space & Time are energetic properties of matter in motion.

Space is defined by electrons. Electrons define the space that matter assumes.

- Time is defined by photons.
- Photons define the reality of space.
- Electrons define the time of reality.

Reality is defined in space & time by electrons & photons.

In physical reality we convert electrons to photons in a cathode ray tube to realise a virtual reality.

Photons are the frequency of energy & electrons are the wavelength.

In a dual reality world, I can choose to see the photon or the wave because I can't see the electron.

Frequency & wavelength determine the energetic vibration of everything.

Reality vibrates between photons of time & electrons of space.

Energy vibration determines the reality of matter in motion.

My brain translates the vibration of light into pictures of reality called consciousness.

August 29, 2016

The Evoltion Of Man

Man has not Evolved as a species of animal or from a species of animal.

The Human Species in its present form has been on Earth for 200,000 years.

Human DNA has not changed since our original arrival on Earth as Human Beings.

Man is not here to evolve physically but to grow spiritually.

What is evolving is Man's ability to live life in physical form.

As Man's perspective changes & grows, reality evolves as ability grows.

It is our perspective & perception of reality that changes reality in space over time.

The Human Mind is evolving through Consciousness & Thought.

Spirituality evolves as new conscious thoughts redefine the mind.

The Mind evolves as new thoughts evolve through new conscious experiences that allow our perspective of reality to evolve.

It is Human Reality that is evolving through the mind, consciousness & thoughts of every individual Human Being.

August 28, 2016

Belphegor's Prime

Belphegor's Prime is a 31 digit prime number:

100000000000000066600000000000001.

Belphegor is renowned as one of the Princes of Darkness responsible for sloth & diligence.

He is equally known as the Patron Saint of invention & Discovery.

Invention & discovery is what I diligently do on my path, unless I am slothful.

Sloth is the state of being off track, confused & lost

666 is known as the mark of the beast.

The real beast is the ego of Man.

In Belphegor's prime, 666 is equally balanced with 13 zeros on either side & a 1 at either end.

Where 666 equates to Man or the Son of God, 1 relates to God the Father, the zeros represent space or the Holy Spirit.

Man is neutrally balanced in the space created by the Oneness of all that is, the Holy Trinity.

August 27, 2016

Finding Fondness

I am Fond of whatever feels good for me.

I am fond of what meets my needs emotionally.

I am fond of what has true value for my Self.

Absence allows my Self to realise my fondness for whatever is missing in my life. Presence allows my Self to realise my Joy for whatever is present in my life.

Fondness is the feeling of joy that is not presently present.

I feel fondness for a past experience that I am presently projecting into my future.

I feel joy for the experience that is presently presented.

I find fondness in the positive memories of my sub-conscious mind.

I find joy in my connection with my super-conscious mind.

My super-conscious Soul is very fond of its Conscious ego Self.

August 26, 2016

Absent & Present

Absent & Present are opposing states of personal reality.

What is present in my life can be absent from yours and vice versa.

It is an objective matter of personal perspective.

Something is present in my reality when it has been pre-sent.

Whatever is required for my journey through life is pre-sent by my Soul.

It is the Soul's present to its Self.

Something is absent from my reality because it is either not required or it is apparently missing.

When something is apparently missing, it appears to be absent.

It may appear to be absent because I am failing to see it or realise its manifestation.

It is always my choice of perspective to see something as present or absent.

My choice is relative to the presence or absence of my emotional power.

It is my personal emotional power that determines the presence or absence of my connection to my personal provider, my Soul.

August 25, 2016

Out Of Absence

‘Out of Sight, Out of Mind’ & ‘Absence Makes the Heart Grow Fonder’
are opposing perspectives of personal reality.

Out of sight, out of mind has no personal attachment.

When something is absent, my sub-conscious mind doesn't give it
another thought.

When there is no attachment, there is no need to.

When absence makes the heart grow fonder, it is because of my
attachment to whatever I am missing.

When whatever I am emotionally attached to is present, I do not need it
as I already have it.

When it is absent, I start to miss it because I do not have it & I need it.

I only need emotionally what I am attached to, when it is absent from my
apparent reality.

It is not my heart that is fond of what I need emotionally but my id or
sub-conscious mind.

My heart is ever present, it is my awareness of my absence that
disconnects me from my fondness.

August 24, 2016

The Root Of All Happiness

The Root of All Happiness is the contentment of a joyful & fulfilling life.

A Happy Life is determined by how I relate to life.

Life is not about what I get from relationships, from a career or from money.

It is about what I put into life by how I relate to life.

When I relate to life in a happy way, I create the way of a happy life.

When my life is physically content, mentally fulfilling & emotionally joyful, I am happy.

My emotional power determines how I relate to life.

Being content, fulfilled & joyful are all authorised states of being that are empowering. Empowering emotions are powerfully attractive.

They attract relationships that allow money to career effortlessly into my life.

Relationships, career & money are the effect of happiness, not the cause.

August 23, 2016

The Root Of All Evil

The Root of All Evil is not money but our beliefs about money.

When my beliefs about money are not good, I have bad experiences with money.

The belief that money will make me happy is a false belief that limits my happiness.

The conviction that money buys happiness attracts some very evil experiences.

The belief that money allows good relationships to thrive is not true.

When money is the attachment, a relationship is doomed.

Careering after money is never fulfilling.

Buying relationships is never joyful.

There is never enough money to buy contentment.

The root of all evil is the unhappiness that our beliefs cause to become our reality. I cannot buy the contentment, fulfilment & joy of true happiness.

At best, money will buy me only fleeting pleasures.

The more that we career after money, the worse our relationships become.

Only when I find the root of all happiness will money have meaning & purpose for me.

August 22, 2016

Relationships, Career & Money

Relationships, Career & Money are the focus of modern life.

A commonly held belief is that a good career earns lots of money that allows relationships to thrive.

The expectation is that money brings contentment, relationships are joyful & the career is fulfilling.

The reality is the disappointment of discovering that careering after money is not fulfilling & is intensely harmful to relationships.

Modern life is unhealthy and money makes us rich but not wealthy when produced without wisdom.

People are unfulfilled in their relationships & discontent with work when they realise that money cannot buy them joy.

Another commonly held belief is that money gives us power and our career gives us status & authority that enables our relationships to thrive.

The reality is that people with money & status do not have more successful relationships.

They may be content with their money & status but dissatisfied with partners & family.

Happiness requires that both career & relationships are joyful, fulfilling & bring contentment. The pursuit of money is the reason that happiness is so elusive.

August 21, 2016

The Evolution Of Consciousness

The Evolution of Consciousness is through spiritual growth.

The spiritual growth of the Soul occurs through the personal development of the Self.

The Self is conscious of the physical world.

It is not the consciousness of the physical world that is evolving.

It is the awareness of Consciousness that is evolving.

It is the awareness that Consciousness is the creative source of the universe that is evolving.

As the awareness of creative ability evolves, so our individual creative ability evolves.

Soul is infinitely creative in spirit.

Being definitely creative in physical human form is the attainment that is evolving.

It is not Consciousness that needs to evolve but the conscious creative ability of our Self.

As I grow in spiritual awareness, I develop my creative ability.

August 20, 2016

Sweet Dreams

When Dreams happen to me, sweet dreams means no nightmares.

When life happens to me, it can be a problem & become chaotic.

Chaotic problems can be a nightmare & cause nightmares.

When dreams happen by me, they are day dreams.

Day dreams are the challenges that I set my Self for the future.

The dream is sweet but the challenge can become a nightmare.

When I am too busy chasing my day dreams, I am too busy to remember my night dreams.

When dreams happen through me, they are lessons that reveal my opportunities.

Sweet dreams reveal my beneficial path through life.

When dreams happen as me, I am creating my dream reality.

I am manifesting a sweet life in the imagination of my dreams.

I dream of living my ideal life & it becomes my reality.

I am living the dream.

Dreams are always sweet, it is nightmares that are bitter & sour.

August 19, 2016

Megalomania

Mega is high or intense.

A highly intense mania is caused by an addiction to low energy.

Low emotional energy is a low mania & the need for emotional energy.

A highly intense need or addiction for high emotional energy is a mania.

Being deprived of emotional energy to the extreme causes a maniac with a mania.

Low emotional energy causes a mania for high emotional energy.

The purpose of life is not to live at the extremes but to find the balance.

It is the balance that realises one's potential, not the intensity.

Megalomaniacs have intensely polarised & opposing emotional energies & emotional needs.

The need for emotional power manifests as the need to be rich, influential & in control of others.

The need to be grandiose, superior & better than others is reflected in the avarice, bigotry, hubris & arrogance of the megalomaniac.

August 18, 2016

A Good Sport

Good Sport is one that allows freedom of expression.

It allows the expression of pure ability.

Being free to express my ability allows expansive growth of the Soul.

A Good Sport is a person who performs well & competes fairly in their chosen activity.

A fair competition allows equal opportunity to express ability freely. The equal opportunity to express ability freely is the essence of a good sport.

Different sports allow the expression of different abilities.

They allow different abilities to be expressed in different ways, equally & fairly.

The ability to perform to one's potential allows a good sport to compete in a good sport.

August 17, 2016

Winning & Performing

Winning is an emotional need.

Performing is a True Value.

A winning performance is the experience of a winner who performs well and a performer who wins awards.

Awards are awarded to great performers who win accolades for their ability.

When a competitor needs to win, to gain the approval, acknowledgement, praise or recognition of others, they are attached to the outcome.

Needing to win impedes performance.

The pressure of needing to perform well blocks the flow & limits the power.

A winning performance effortlessly flows.

A winner is one who performs to the best of their ability.

Expressing one's best ability is a winning performance.

When I perform to the best of my ability, I am not a loser.

Winning & performing is about the Self & the Soul in mutual co-operation.

When the Self performs to the best of its ability, the Soul wins.

August 16, 2016

I Can Be

I Can Be whatever I choose to be.

This is a role that I play with a personality & a character of my choosing.

I Can Be whoever I choose to Be.

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

An attainment is a state of being that I attribute to my Self.

Before I can choose an emotional state of being, I first have to attain that state of being so that I can consciously attribute it to my Self.

When I attain an attribute of quality it has creative emotional power.

I express the quality of my emotional potential through my expression of who I am being.

- I can explore all aspects of my male & female gender through my personality.
- I can discover all extremes of the polarity of my positive & negative characteristics.
- I can experience pure, natural, prime & divine aspects of who I really am.

I Can Be who I really am or I can make up a character with a personality for the role that I am playing currently in my life.

August 15, 2016

I Can Have

I Can Have whatever I imagine to be mine.

Whatever I can imagine is already mine, has the ability to manifest into my conscious reality.

As time is relative to space & power is relative to authority, where & when it materialises is the question?

My ability to manifest the dreams of my imagination is relative to my emotional power.

My emotional power is relative to my mental authority.

For my manifesto to be made manifest requires the agreement of all three of my minds.

Aligning my sub-conscious, conscious & super-conscious mind accesses the supra-conscious mind of my Creator.

Being a Master Creator requires my alignment with my Creative Source.

When Me, My Self & I are all in agreement, we are at One with our Creation.

I connect to my Divine Creative Source with my imagination.

When I dream the dreams of my Soul, I put my Soul's creative power into action. I can have whatever is in alignment with my Creative Genius.

August 14, 2016

I Can Do

I Can Do anything that I put my mind to, depends on which mind I put to it.

Doing anything requires ability.

The conscious mind is just the observer of the experience of an action.

It is the sub-conscious mind that acquires the ability & the skill to act consciously & instinctively.

My sub-conscious mind first learns a skill & then through conscious practice I learn to master the skill.

All physical skills enable capability.

My capability to do, requires both mental capacity & emotional competence.

Emotional competence is a super-conscious attribute.

Emotional power is relative to super-conscious authority.

Super-conscious power comes with the true value of mastering a skill with an attainment.

Without the authority of the super-conscious mind, the power to continuously practice a skill relies on the efforts of the conscious will.

I can do what my Soul inspires & empowers its Self to do effortlessly, expansively & masterfully.

August 13, 2016

I Don't Want

I Don't Want is my ego rejecting an opportunity for growth.

It is putting a boundary in place by asserting what is unacceptable.

I don't want is a statement that I do not choose this in my reality.

Not wanting something is a negative choice based on a belief or a fear that it is not good for me.

Focusing on what I don't want will attract it into my reality.

I always attract the focus of my thoughts.

The way to not choose something is not to give it another thought.

Joy is the feeling that something is powerful enough to manifest as my reality.

Anxiety, fear or dread also have the power to manifest what I believe that I don't want.

I choose to focus on the beneficial qualities of what I already have not the negative qualities that I don't want.

August 12, 2016

One Is The Day

‘One of These Days’ is a statement of having in the future what I really want today.

It is based on the belief that everything comes to those who wait.

If I work hard enough, long enough, I believe I can afford it, one of these days.

One of these days ‘Lady Luck’ may deliver my dreams.

‘One of Those Days’ is a statement of Murphy’s Law in action.

Murphy’s Law, or Sod’s Law, is the Law of Reversed Action and states that what can go wrong, will go wrong.

When things appear to go wrong for no apparent reason, it is one of those days.

Both statements assume that one is at the mercy of what the day decides to bring.

‘One is the Day’ is a statement of what the day brings is exactly right for me.

I am the Day when I take full responsibility for whatever turns up in my reality.

August 11, 2016

Birth, Life & Death

Birth, Life & Death are a triality of living.

Between birth & death is life.

Birth & death mark the beginning & the end of a life-time.

Life & death are a duality that allows choice after birth.

I can live a little each day or I can die a little each day.

I can think about living each day or I can think about dieing each day.

Constantly thinking about dieing will result in my premature death.

I am born to live, not born to die.

Birth & death happen to me.

Life & death choices are made by me.

Life happens through me as an experience.

Birth, life & death happen as me.

- It is my choice to be born into life.
- It is my choice how I live my life.
- It is my choice how & when I die.

Birth, life & death are essential elements of my evolving lifetimes on Earth.

August 10, 2016

A Level Of Perspective

Consciousness has Levels.

In a dual reality world, we experience four levels of Consciousness:

Sub-consciousness, Consciousness, Super-consciousness & Supra-consciousness.

My level of consciousness determines my level of competence.

I can be consciously or unconsciously competent or I can be consciously or unconsciously incompetent.

Mind has Perspectives.

In a relatively competent or incompetent reality, there are four perspectives of the Mind:

Life can happen to me, by me, through me or as me.

Whether life is happening to me, by me, through me or as me is a personal matter of individual perspective.

- My supra-conscious mind sees life as its Self.
- My super-conscious mind sees life through its Self.
- My conscious mind sees life happen by self action.
- My sub-conscious mind sees life happening to itself.

My level of competence is relative to my level of consciousness that determines my perspective of Life.

August 9, 2016

The Art Of Winning

The Art of Winning is being In the Zone.

In the Zone of Ability, winning is effortless.

Winning is effortless when emotional power is flowing freely.

Emotional power flows freely when it is truly authorised.

When it is an expression of who we really are, emotional power is truly authorised.

My ego's authority does not always allow an expression of who I really am.

In the Now of Time, I express my Presence.

In the Gap of Space, I experience my Potential.

In the Flow of Space-Time, I explore my present potential as a Reality.

With realised potential present, I am a Winner.

Scientifically speaking, ability requires power plus authority.

Artistically speaking, performance requires presence plus potential.

Winning is an Art Form expressed with Ability.

Performance is an expression of my Art.

Competition is an expression of my Need.

August 8, 2016

The True Value Of Winning

Winning has value.

There is no value in losing.

The value of winning is praise, reward, approval & the acknowledgement of being better than all others.

Praise, reward, approval, acknowledgement & being better than others are all emotional needs. They all attach me to the need to compete & the need to win. Overcoming any need to win is the gateway to experiencing the true value of winning.

The true value of winning is the expression of the excellence of our own ability.

The ability to channel our own authorised power has the true value of excellence.

Excelling as an expression of my true value as a Human Being, is why I am here.

To excel as a Human Being, expressing one's essential Beingness, is the true value of winning.

August 7, 2016

A True Winner

A True Winner never loses.

Winning & losing is a duality of relative ability.

The one with the most ability wins, the rest lose.

A True Winner does not compete as there is no need to win.

Overcoming the need to win allows winning to flow effortlessly into reality.

A True Winner doesn't try to win.

A True Winner knows that they cannot lose.

A True Winner is neither a good loser nor a bad loser.

A True Winner is not a loser.

A True Winner always performs to the best of their ability.

When an opponent proves to have the better ability, it is an opportunity to increase one's own ability.

The better the opponent the better the opportunity for improving one's own best performance.

The best performer has the better power, the better authority & the best ability. Every loser is hindered by the duality of winning & losing & the need to compete.

A True Winner performs to the peak of their power, authority & ability.

August 6, 2016

The Rules Of Life

The Rules of Life are optional.

Life has no inherent rules.

Rulers make rules.

Rules subject Subjects to straight lines of perspective.

Rulers draw straight lines of perspective for their subjects.

Rulers make the rules for their Subjects to follow without deviation.

We all have our own exclusive, individual & unique Life Path.

Each & every path is straight & narrow.

There are no rules to following my own path.

Following a Ruler will take me off track & commit me to a common path.

Making my own rules commits my Self to a fixed path.

The ego's will rules over a false path.

My Soul's path has no rules.

I just follow the guide-line of my inspired revelations.

August 5, 2016

The Sole Soul

The Sole is the one.

Le Sol is the sun.

The One Sun is the Source.

The Source is the Light.

The Light Allows Life.

Life Allows Love to flow.

In the Flow is the Soul.

The Soul is the One.

That allows the Life of Love & Light.

The sole Source of love, light & life is the Soul.

The Source Of Unconditional Love.

The Source Of Unfulfilled Light.

The Source Of Unlimited Learning.

The Source Of Ultimate Life.

I Am my Soul.

August 4, 2016

The Evolution Of Perspective

Perspective evolves through personal growth.

The evolution of a species occurs over time.

The evolution of perspective changes as Individuals spiritually grow.

Personal growth occurs as personal perspective evolves.

When I perceive that life is happening to me, evolution is just a theory.

When I cause life to happen by me, I evolve my perspective to perceive a more beneficial outcome.

When I allow life to happen through me, I experience my greatest opportunities for spiritual growth.

When life evolves as me, it is because of the personal development of my Self.

Evolution is an ongoing aspect of life. Neither life nor evolution happen by chance. Life evolves through the evolution of individual perspective. If we all shared the same fixed perspective, neither change nor evolution would, or could, occur.

August 3, 2016

The Intensity Of Thinking

My Soul transmits pure thought frequencies to its Self.

Pure frequencies of thought are transmitted on pure wavelengths of emotion called Love.

My sub-conscious Id receives pure thought & transmits personal thinking.

My personal thinking is filtered through my personal programmes called memories.

It is then passed to my conscious ego as an opinion, a belief or a conviction, determined by the intensity of my mental programming.

The character of the thinker determines how the frequency of thought is divided by positive or negative polarity.

The personality of the thinker determines how the wavelengths of emotion are divided by male or female gender.

The extent of the division of the polarity & the gender of my thinking determines its intensity.

The intensity of my thinking determines the inclination of both my perception & my perspective in life.

We are all inclined to think this or inclined to think that relative to our beliefs about whatever is occurring.

My Soul has no individual perspective, perception or inclination; it leaves that to my conscious Self to choose.

August 2, 2016

Descension

Descension is a journey into Life.

At the birth of my life, I descend into a dual reality world of relative opposites.

It is an experience of conflicting opposing energies that I have chosen to explore & discover in physical life.

From my descension into a pit of negative suffering, I ascend a mountain of positive opportunities.

Ascension & Descension are a duality on the rollercoaster of life.

Descension into duality allows the opportunity of finding balance through neutrality from the dramas of physical life.

It is an opportunity to discover, explore & experience who I choose to be in a reality that I have really chosen to be in.

Descension is the opportunity to bring Heaven down to Earth.

It is the opportunity to live in peace in a world of conflict that can be a real Hell.

August 1, 2016

Co-Incidence & Synchronicity

Co-Incidence happens to me.

A co-incidence is an unexpected or unexplained event that happens by chance. A beneficial chance event often happens to me co-incidentally in an unexplainable way. An expected normal event is an incident.

An unexpected super-normal event is seen to be a co-incidence.

Synchronicity happens through me.

Life flows effortlessly through me with synchronicity.

I am in time & intimately experiencing what is occurring.

I am synchronised with my vision for my life & my destiny.

Synchronicity allows me to intuitively see that I am on track.

This allows Providence to be my provider.

When life happens by me, my ego self is the provider.

The proviso is that I provide for my Self, myself.

When life happens to me, providence is a co-incidence.

When life happens by me, providence is a proviso.

When life happens through me, providence is synchronistic.

When life happens as me, Providence is an everyday reality.

September 30, 2016

A Free Connection

A Free Connection connects me to my freedom.

The freedom to create requires creative choice.

Choice & Creativity both require emotional power.

A Free Connection connects my Self to the Source of my own emotional power. Connecting to other people's emotional power is an attachment & a need that comes at a cost.

Other people are not there to freely supply my emotional energy indefinitely.

I am authorised to freely connect to my own power.

Following another's authority will attach me to their power, which will disconnect me from my connection to my own creative power.

A secure attachment will motivate me to tolerate & endure a basic survival in life.

A free connection empowers my Self to choose, create & live my ideal life.

September 29, 2016

A Secure Attachment

I have a Secure Attachment with someone who, or something that, unconditionally meets my emotional needs.

With an insecure attachment, I become very insecure & emotionally needy. Being emotionally insecure causes dramas that can cause lasting traumas. Avoiding dramas & overcoming trauma requires a secure attachment to whatever meets my emotional needs.

A co-dependent relationship is a bond between two people that is a secure attachment. The most common bond of secure attachment in a co-dependent relationship is called marriage.

A marriage remains secure as long as the co-dependent bond remains emotionally attached.

A secure attachment between a counsellor or therapist & their client is a strategy that may be financially lucrative but is ethically non-conducive to good practice.

When coaching clients, sensitive detachment is more mutually beneficial & productive than a secure attachment.

September 28, 2016

A Healthy World

A Healthy World is the creation of my own perspective.

When I have healthy thoughts, I do healthy things and I am healthy.

My outer world is a reflection of my inner world.

My inner world is a projection of my thoughts & emotions.

Healthy frequencies of thought are transmitted on healthy wavelengths of emotion.

When I know that my inner world is healthy, I feel healthy & I see my perception of my healthy world.

Living in a healthy world full of physically, mentally & emotionally sick people requires sensitive detachment.

When I know that I create my own reality, and I know that I am creating a healthy reality, then that is my personal experience.

What other people create & experience is of no consequence to my reality.

September 27, 2016

A Toxic World

The belief that I live in a toxic world is a toxic belief.

Drugs are chemical substances with either a toxic or a medicinal effect.

A chemical substance affects the physical body in one of three ways:

It can be medicinal, it can be toxic or it can be inert and have no actual effect.

Pure water is a chemical substance containing hydrogen & oxygen that is seen as inert being neither medicinal nor toxic.

It is only when I am dehydrated that water becomes the best medicine.

Air is a chemical substance of mainly nitrogen & oxygen, one is seen to be inert and the other seen as essential to life.

The best medicine for stress & over-work is fresh air not just pure oxygen.

Fresh food is neither toxic nor medicinal unless I am starving to death and it becomes my best medicine.

When I believe that I live in a healthy world, neither toxins nor medicines are either essential or necessary for life.

September 26, 2016

Intuitive Healing

Intuitive Healing is my awareness of what my body needs to bring it back into balance.

Knowing what I need to bring my body back into balance requires an understanding of what is causing the imbalance.

A healthy body is in mental & emotional balance.

Re-balancing emotional energy allows my Self to feel good.

I cannot feel good & be out of balance.

Feeling good is my natural state of being healthy.

Unhealthy thinking causes bad feelings & negative emotions.

Unless I have a healthy perspective of life, I am thinking myself to unwellness. When I believe that I am well, I feel well.

When I believe that I am unwell, that becomes my experience.

Healthy feelings always accompany healthy thoughts.

Thoughts never follow feelings, that is negative thinking re-inforcing negative feelings.

Knowing that I am well allows my Self to feel well & be well, you see.

When I intuitively see, know & feel my well-being, I am intuitively healed.

Anticipation & Expectation

When life happens by me, I expect it to arrive.

Whatever I cause to happen, I expect to happen.

Whenever it fails to happen, I am disappointed.

When life happens to me, I live in hope that I won't be disappointed.

When life happens by me, it also happens by others.

When I expect others to deliver life as I want it, I am often disappointed.

When life happens through me, I allow it to also happen through other people.

It allows other people to deliver beyond my wildest expectations.

When I anticipate life happening through me, it does.

Balanced anticipation is joyful.

Joyful anticipation is more powerful than intense expectation.

Intense expectation can result in intense disappointment.

Just feeling joyful anticipation empowers it to arrive.

Expectation & disappointment are the opposing positive & negative polarities of my joyful anticipation.

September 24, 2016

Vagrance & Extravagrance

Vagrance is the state of having less than enough.

It is being in scarcity with too little of everything.

A Vagrant is one who has few possessions & no permanent home.

They have less than is the norm in their society.

A Vagrant may be a wanderer but a wanderer or a Nomad may not be a Vagrant.

Extravagance is the state of having more than enough.

It is being in gluttony with too much of everything.

A glutton is one who is extravagant in lifestyle & material possessions, not just food. It is having much more than what their society considers to be enough.

Both vagrance & extravagrance are judgments made by others about others.

No one ever considers their self to be either vagrant or extravagant.

We are all attempting to experience life the best way that we know how, considering our circumstances.

September 23, 2016

Life Is A Project

Life is a Project, when I allow it to be.

When life happens to me, I am subjected to it.

When life happens by me, I have objectives to achieve, attain or accomplish.

When life happens through me, I allow the project to unfold.

My life is projected before me, to realise & experience.

Life is a three dimensional projection of reality in a matrix of possibilities.

How I project my reality is my project.

When life happens as me, I am the project director & I am the projector operator.

I direct the project & I project the project in the direction of my choice.

I choose the subject of my project & I choose the objective of my project.

The subject of my project is my vision.

The objective of my project is my purpose.

The project, and my mission in life, is to align my vision & my purpose.

Fulfilling my project has true value for me.

My life project is to fulfil my destiny.

September 22, 2016

My Insane Controller

My Insane Controller is my sub-conscious Id.

It is deemed to be insane when it reacts extremely irrationally.

The id panics when emotional energy becomes very low.

Panic attacks are an irrational effect of a rational cause.

When facing an intense energy drain, the id panics & over-reacts in an irrational way to restore emotional balance.

Emotional balance requires balanced emotional energy.

To regain emotional energy, the id creates a drama to control other people and gain their emotional support.

My Insane Controller assumes the role of either a Poor Me or an Intimidator.

As a poor me, the id gains emotional support through sympathy.

The Id receives sympathy relative to the degree of physical or mental illness being suffered.

Insanely, the id sees illness as being emotionally beneficial when it elicits sympathy from others.

When sympathy is not forthcoming, the id resorts to intimidation & threats to secure the energy that it needs.

Treating the id with apathy will be seen as intimidation by an intimidator.

The insane controller is not thinking rationally.

The more emotionally needy the id becomes, the more insane the control drama that it creates for its Self.

The insane controller refuses to be controlled.

It will only respond to compassion & empathy.

September 21, 2016

Emotional Needs Are Non-Negotiable

Emotional Power is essential to life.

Without emotional power there is no physical ability.

It is mentally & physically debilitating.

An emotional need is an absence of power that cause an absence of ability. The essence of emotional power is that when I don't have it, I need it. When I need it, it is non-negotiable.

I essentially need it because it is essential & it is the essence of life.

The controller of my emotional power is my id.

My id is my sub-conscious ego sense of Self.

My id does not negotiate with my conscious ego.

Neither my own nor anyone else's.

When my emotional power is low, my id takes over; it takes control.

The ego is a rational controller of my experience.

The id is an irrational controller when working with irrational beliefs.

Trying to control an irrational controller is not a rational strategy.

The only option is to meet the emotional demands of the id, until the ego is restored to mental authority.

September 20, 2016

Subject & Object

Subject & Object are a duality.

Subjectively, I am the subject of an objective life.

Objectively, a subjective experience is the object of life.

A subjective life is personally experiential.

I personally experience my objectives in life.

The object of life is to experience my objectives.

I subjectively cause my reality to happen.

The objective is to experience the effect of what I subjectively cause to happen.

The objective of my life is my subjective experience of life.

When I object to the experience I am subjected to, I experience resistance, intensity & drama. I am the cause of my own objectionable objections.

When I subject my Self to problems, objection is the subject of my experience. When objects are the focus of my life, I get lost within the material world of physicality.

When subjects are the focus of my life, I get confused by my need for power over other people.

September 19, 2016

Clockwise & Anticlockwise

Clockwise & Anticlockwise are a duality of spin, rotation & orbit.

In absolute reality there is no duality as there is no opposing perspective.

Duality is an effect of relative perspective.

A choice of perspective causes duality.

Duality allows a choice of clockwise or anticlockwise perspective.

The hands of a clock appear to rotate clockwise.

When seen from behind the clock appears to run backwards or anticlockwise.

Similarly the Earth spins on its axis in a clockwise direction when viewed from the northern hemisphere.

When my perspective shifts to a southern hemisphere view from below Antarctica, the Earth appears to spin anticlockwise.

From the perspective of the northern hemisphere, the Earth's orbit of the Sun appears to be clockwise.

A perspective of the Earth from the bottom of the Sun would view it as orbiting anti-clockwise.

Similarly it would depend on whether I was standing on the top or the bottom of the Sun as to whether the Sun appeared to be spinning clockwise or anticlockwise.

Whether the Solar System is rotating around its axis in a clockwise or anticlockwise direction would depend on the perspective of the viewer being in front or behind the path of the Sun on its orbit around the galactic centre.

September 18, 2016

Meeting My Maker

I am not dieing to meet my Maker.

I am living to meet my Maker.

My Maker makes me alive.

Living is an opportunity to experience who I really am.

I am the Creator of my own reality. I am my own Maker.

I really am making it up as I go along.

It is the figment of my imagination that creates my real experience.

I really am experiencing a reality of my own making.

I am choosing to meet my maker through the experience of life.

The choice of my ego Self is to be in alignment with my Divine Soul.

My Soul makes every opportunity to be at one with its Self.

Meeting my Maker is a process of realising who my Creator is.

I really am making all this up, any way that I choose.

September 17, 2016

My Rational Detachment

My Rational Detachment is with my Exclusive Path.

Knowing that I have an exclusive life path allows my Self access to my vision, mission & purpose for this life-time.

To know my life path requires an awareness that makes sense.

I have to see life intuitively in order to consciously experience it with awareness. To consciously choose my path requires an awareness of my intuitive senses. There are many paths available for my ego Self to follow. Only my Soul's path is a unique & individual experience.

This is the path of rational detachment with my emotional connection.

When I am exclusively sensitive to the paths of all others, I can choose to allow them to follow their own paths without resistance.

What I choose for others becomes available to my self.

Detached from the dramas that are present on other people's paths, my life flows effortlessly along my own path.

As I do unto others, so it is allowed unto my Self.

This is the logic of the Golden Rule applied with rational detachment.

September 16, 2016

My Emotional Connection

My Emotional Connection is to Source.

Source is the source of my Divine Authority.

My divine authority connects my Self to my emotional power.

My emotional connection is to my true mental authority.

When I am being my True Self, my emotional power is authorised & I am empowered.

My emotional state of being empowers, or disempowers, my emotional connection to life.

My empowered path flows as empathy.

In empathy with my True Self, life flows effortlessly through me and I flow effortlessly through life.

On my path, I align with my exclusive vision that emotionally connects my passion for my life.

With the compassion of my Soul, I feel the joy of my truly valuable experiences in life. My emotional connection to my power is allowed by my mental connection to my authority when in my True Mind.

This enables my physical ability to live my life well.

Any connection that I have to either people or things is an emotional attachment, not a divine connection.

September 15, 2016

Emotional Sensitivity

Physical Sensitivity uses the five physical senses.

Emotional Sensitivity uses my three intuitive senses.

I cannot see emotion with my eyes, hear it with my ears, smell it, taste it or touch it.

I experience emotion intuitively.

My emotionally sensitive intuition connects my awareness of my state of being.

It is my awareness of my own emotional state of being empowered that allows my sensitivity in relationship to others.

Knowing another's emotional state of being allows my empathy to flow. Feeling another's emotional state of being allows my compassion to flow.

This is how I realise my compassionate-empathy, you see.

Compassionate-empathy allows emotional experiences to be shared with sensitive-detachment, whilst enjoying a mutually exclusive connection to each other's enlightened inspiration.

September 14, 2016

In Connection

I am In Connection discovering the purpose, exploring the vision & experiencing the mission for my life.

Communication with my Source requires my being in connection.

In communication with Source, I hear my messages.

My present messages give my direction in life with clarity.

My clear connection allows my path to effortlessly unfold.

When I connect to my clear authority, I directly access my power.

I connect with my power when I see my alignment with my purpose for my life.

The purpose of my power is to be effortlessly enabled.

A disconnected life is disempowering and full of resistance, intensity & drama.

I can choose to connect or choose to disconnect.

Being In Connection is the state of realising & experiencing who I really am.

September 13, 2016

On Detachment

I am On Detachment experiencing my mission in life.

Being on Detachment requires the severance of my connection to my Source. Returning to Source is not my mission.

I will return automatically at the end of my life.

My disconnection from Source is just an illusion of my reality.

Connecting to Source is part of my mission.

Experiencing the reality of my disconnection allows my choice of connection. Being connected to Source allows me to receive guidance on my journey. Being exclusively connected allows my detachment to be exclusively mine.

Being sensitive to all other people allows me to allow them to follow their exclusive paths.

Allowing others to follow their path allows me to follow mine without resistance.

I choose an effortless detachment without resistance, hindrance or drama.

September 12, 2016

A Sensitive Emotional Connection

A Sensitive Emotional Connection is the choice of the female ego, in a dual reality world.

Sensitivity feels the emotional state of being of other people.

Emotionality feels the reality of my emotional state of being.

Connectedness feels the potential of my divine power.

This can be seen by others as caring, nurturing & unselfish.

It can be sub-consciously experienced as an irrational inclusive attachment.

Irrationally attaching to others in an inclusive way will not ground my sensitive emotional connection to my source.

Irrational sensitivity will eventually render me insensitive.

Attached emotionality will lead to my becoming unemotional.

Inclusive connectedness will result in my becoming disconnected.

When my sensitivity is detached, my emotion is rational & my connection is exclusive, I am able to fully ground & complete my potential in a dual reality world.

September 11, 2016

An Exclusive Rational Detachment

An Exclusive Rational Detachment is the choice of the male ego, in a dual reality world.

Exclusive means: I choose to do it my way.

Rational means: I have rated my options & I discern the best way for myself.

Detached means: I do not conform to the needs or passions of other people.

This can be viewed by the sub-conscious as focused, strong willed & selfish.

In a dual reality world, there is always a choice of opposing perspective.

Other people may see my exclusive rational detachment as disconnected, unemotional insensitivity.

I may be consciously unaware of the emotional needs that I am being sub-consciously driven to meet in an inclusively, irrational & disconnected way.

The more that I deny my female energy, the more extreme my need becomes to find my sensitive, emotional connection to my True Self.

September 10, 2016

Healing The Self

When life happens to me, it can be acutely unhealthy.

When life happens by me, it can become chronically unhealthy & even critical.

Only when I allow life to flow through me will healing occur naturally.

Healing occurs naturally when life flows effortlessly.

I do not need to be healed from a healthy life.

Healing an unhealthy life can only be done by the Self.

Healing the Self is not something that I can do but something that I allow. Trying to heal myself is a statement of ill health.

Allowing my health to flow through me is a statement of being healthy.

Health is a powerful emotional energy that is required to be mentally authorised.

The only way to Heal the Self is to stop blocking natural healthy thoughts & emotions from flowing freely.

September 9, 2016

Saints & Miracles

To qualify to become canonised as a saint, one must perform at least two miracles. In actuality, nobody performs miracles.

If I am performing a miracle, life is happening by me.

Miracles never happen by me. The ego is not powerful enough to perform miracles. Miracles are not something I can perform on another person.

Miracles happen either through me or as me.

When I see life as a miracle and allow it to flow through me, it is miraculous.

When life happens as me, miracles become an everyday occurrence.

Saints are canonised on their ability to heal other people.

The act of healing another person is seen as a miracle.

Nobody has the ability to cause another to be healed.

Healing is not something that can be done to another person.

The best that a saint can do is to facilitate the self healing of another person.

It is only my True Self that is capable of healing my ego Self.

The only way to canonise anyone is to connect them to the power of their own divine authority. I canonise another when I connect them to their own divine authority, not by calling them a Saint.

September 8, 2016

Saint Or Mother

A Saint is the opposing role to a Sinner.

In the eyes of the church, a Sinner is someone adjudged to do wrong.

A Saint is someone who does good deeds for others.

The Christian religion defines good deeds as virtues & bad deeds as sins.

Saints are virtuous & good, Sinners are sinful & bad.

Spirituality sees sins as male energy & virtues as female energy.

There is no judgment in spiritual reality only in religiosity.

The female virtues of humbleness, humility, kindness, caring, pleasing, poverty & duty are all the virtues of a True Mother.

Sins are the male energy of an assertive leader or Father.

Virtues are the female energy of a nurturing Mother or follower.

As female virtues are seen to be good, they are also the qualities attributed to a Saint.

The Christian distinction between a Mother & a canonised Saint is that a Saint is required to have performed two proven miracles to be awarded that qualification.

A Mother just has to give birth to children.

The exception to the rule is Mother Theresa who is a Saint & a Mother without ever giving birth to her own children.

September 7, 2016

A Parable

A Parable is a story.

Par is average.

Parables are written by people with average ability for people with average ability.

Average physical ability has average mental capacity to understand with average emotional competence .

Paradoxically, parables appear to contain miracles, not average ability.

Average ability disallows miracles.

Physical ability requires both emotional power & mental authority.

Average emotional competence does not have enough mental authority to perform miracles.

Miracles are normal events for extra-ordinary people.

Allowing miracles to flow into my life requires the capacity for above normal competence that allows super-natural capability.

Above average emotional power authorises my intuitive connection that allows my super-normal ability to live an extra-ordinary life.

Those with the eyes to see will see this intuitively.

All the rest will have to listen to the parables.

September 6, 2016

A Photon Of Light & A Magneton Of Love

A Photon Of Light is an electro-magnetic energy.

It is not just visible light that exists as a photon but the entire electro-magnetic spectrum.

The electro-magnetic spectrum allows a choice of energy frequency.

A choice of frequency allows a thought.

Every photon of Light is a moment of thought in time.

A Magneton of Love is an electro-gravitational energy wave.

It is not just physical matter that has gravity.

All wavelengths of magnetic energy are similarly attractive.

A choice of energy wavelength allows an electro-gravitational spectrum of Love.

A particular choice of wavelength is called an emotion.

A magneton of love is a feeling moment in space.

A photon of Light & a magneton of Love are the frequency & the wavelength of every vibration of Life that is manifest in the form of an electron of matter.

September 5, 2016

Aspects Of The Self

I have a Mental Self, an Emotional Self & a Physical Self.

My Mental Self is Mind, Consciousness & Thought.

My Emotional Self is Emotion, Awareness & Feeling.

My Physical Self is Body, Conscious-Awareness & Experience.

My conscious-awareness of physical experience requires the feeling of emotional awareness that accompanies every thought of a conscious mind. With all nine aspects of my Self, I actuate my Real Self.

My Real Self is the creator, the creation & the experiencer of the reality that is being created & experienced.

My Conscious Self has the physical experience of emotionally feeling its mental thoughts.

My Sub-conscious Self has the mental awareness of the physical & emotional competence & needs of the body.

My Super-Conscious Self has the conscious-awareness of the essence of who I am Being.

My Supra-Conscious Self is the True Self of my Soul Truth & my Sole Reality.

September 4, 2016

A Life Path

A Life Path is the path I follow when life happens through me.

A strategic plan will determine my dedication & commitment to my chosen fate.

My life path is the path along which my destiny unfolds.

It is my destiny to allow, approve & accept my path as my own.

My life path leads to my destination.

When I travel through life on my path, life happens through me.

When life happens to me or by me, I appear get off track.

It is my fate to be off track as a positive experience.

It is my doom when I see being off track is a negative experience.

My life path is illuminated by my vision for my life.

My vision for my life identifies its purpose.

When on my path, I am fulfilling my purpose & my life is being fulfilled.

It is filled full of opportunities for my personal growth.

My Life Path is my Soul's journey through life for its Self.

It is a journey of the Self, chosen by the Self that is guided by the Soul.

September 3, 2016

A Strategy

A Strategy is part of a strategic plan.

It is how I deliver items on my agenda.

My agenda is my list of what I need to do to get to where I want to be.

My strategy is my plan of how I determine that I will get there.

When life happens by me, I have an agenda and I will need a strategy to determine how I will achieve it.

When coaching someone from to me mode to by me mode, I help them plan their strategy.

The coaching skill of strategising identifies where they are now, where they want to be & how they choose to get there.

A strategy requires determination, dedication & commitment to deliver it.

When life happens through me, the only strategy is to have no agenda, no to-do list & no agenda.

September 2, 2016

A Magneton

A Magneton is a wavelength of magnitude.

It is the motion of a magneton that determines specific gravity.

Gravity is specific to the magnitude of a magneton.

The specific magnitude of a magneton determines the gravity of its attraction.

Like magnetons unto their self are drawn.

Magnetons are the quanta of attraction.

Like magnitudes of wavelength are attractive.

Unlike magnetons are non-attractive.

A magneton can be felt to have a wavelength of magnitude or relative density due to its specific gravity.

A photon can be seen to have a frequency of force due to my thought about it.

An electron has a known reality due to the potential of its vibration.

September 1, 2016

Integral Enlightenment

Integral means whole. Enlightenment is conscious-awareness.

As I become more aware of my consciousness, I become more enlightened.

I become more enlightened as I connect with the awareness of who I really am.

I am here in life to explore, discover & experience who I really am.

As I explore, discover & experience newer aspects of my Self, I become more enlightened.

The aspects of Light that I am not grounding in physical reality, determine my individual shadow Self.

My ego Self is an independent & separate part of my Divine Self.

Becoming whole is integral to my enlightenment.

Being enlightened is integral to my integrity.

Integral Enlightenment is the process of bringing my Self into integrity with my Soul.

October 31, 2016

Confirmation

Confirmation is the transformational period between life happening by me and life happening as me.

It is a confirmation of the ego Self being in alignment with the Soul.

A time of becoming sure of who I really am.

It is when I confirm that there is more to life than is being commonly experienced.

It is confirmation of what I know intuitively to be true, instead of what I think or believe to be my truth.

It is my connection to my inner guidance that confirms my life path for my Self.

It is an expression of the pure emotional states of being that confirm I am a powerful Being.

My life is confirmed by my approval of who I am being, my allowing of what is allowed for my Self & my acceptance of whatever providence is providing.

I confirm that there is a purpose to my life, which is aligned with my personal vision and has true value for my Self.

My life is the confirmation of my expansive spiritual growth.

October 30, 2016

Bear In Mind

To Bear In Mind is to tolerate a belief.

I tolerate & endure a belief that I bear in mind.

I bear the burden of what I bear in mind.

Bear in mind that a Bear is wild & dangerous.

Bear in mind that bearing children can be fraught with pain & problems.

I consider the negative consequences of whatever I bear in mind.

I do not bear in mind any opportunities that may arise.

The beliefs that I bear are a beast & a burden on my life.

Bear in mind that a Bear Market can be a financial disaster.

Bear in mind that your beliefs create your reality as my beliefs create mine.

Bear in mind that personal perspective has a bearing on reality.

Bear in mind that the reality of your experience is born out of the perspective of your beliefs.

Bear in mind that the burden of responsibility is your own to bear.

October 29, 2016

The Enunciation

The Enunciation is the 4th Initiation of Physical Life.

It is when I state who I am & why I am here in physical reality.

I state my purpose for this life-time.

I declare my vision for my life.

I announce what has true value for my Self.

I confirm that my confirmation allows me to become who I really am.

In my Enunciation, I spell out who I am.

I make a clear statement of intent for my Self, the intention for my Self.

Life happens as me, as I live my life as my Soul intends.

Living my life is my Sole Intention.

I am the witer & the author of my own Book of Life.

The Book of Enunciation is my version of my reality as experienced by my Self.

I announce & acknowledge that I am a spiritual Being having a physical, mental & emotional experience called life.

Actually being a Spiritual Entity in Physical Incarnation is my Enunciation.

October 28, 2016

The Four Initiations Of Life

The 1st Initiation is into a conscious physical body at Birth.

This is the Initiation of Earth or Soma when life happens to me & I develop Strength.

The 2nd Initiation is into the liquidity of the sub-conscious mind called Baptism.

This is the Initiation of Water when life happens by me as I develop Nouse.

The 3rd Initiation is into the super-conscious breath of the heart, which is called Confirmation.

This is the Initiation of Air, breath, wind, gas or Pneuma that confirms my allowing the core emotions of my source to flow through me.

The 4th Initiation is into the supra-conscious spiritual plasma called Enunciation.

This is the Initiation of Fire that spells out the unity of the Self as the Soul when life happens as me.

Earth, Air, Wind & Fire are aligned as the Soma, Nouse, Pneuma & Psyche that is my Strength, my Mind, my Heart & my Soul of my Physical, Mental, Emotional & Spiritual Life.

As I determine whether life happens to me, by me, through me or as me; I initiate a new strategy in the evolution & development of who I really am.

October 27, 2016

Life Force Energy

Life is an aspect of Universal Energy.

It is the experience of Love & Light.

Universal Energy has a Light force, which with a magnitude of Love allows the potential for Life.

The force of an energy vibration, relative to its magnitude, determines its potential for life.

Light is a force of Authority that has no Ability without a magnitude of Power.

Reiki is a light force that requires the emotional power of the practitioner to empower its potential for life healing.

It is not the symbols that empower reiki as an energy but the emotional state of being of the healer.

Will power is a life force energy that is not empowered with love.

The less love I have, the more I need to force life.

When I am inspired with the power of love, no will power is necessary.

With a magnitude of love, life has the potential to become effortless.

A magnitude of pure power always accompanies a force of true authority.

Following my true path with authority is the most empowering experience of life.

October 26, 2016

Lifting The Veil – Part 2

The Veil is actually a creation of other people's belief that the physical world is absolute rather than relative to an Individual's perspective.

Further attainments required are:

13. Knowing that you are the creator of your own reality.
14. Developing an intuitive sense of emotional awareness.
15. Becoming conscious of your own spiritual awareness.
16. Knowing that your essential purpose in physical reality is for the expansive growth of the Soul.
17. Being able to connect to your own source of pure emotional power.
18. Accepting the unlimited guidance & support available to create your own version of reality.
19. Consciously conceiving & realising the magnificent vision that you have conceived to be realised in this life-time.
20. Experiencing the beneficial joy of this journey in relative physical dual reality.
21. Knowing & approving that the veil was put there by you and for you, for a purpose.
22. Realising the purpose of the Veil, as this is the only way to lift it.

October 25, 2016

Lifting The Veil

Lifting the Veil allows the ability to live in a higher dimension of reality.

The following attainments assist in the lifting of the veil:

1. Being grounded in three dimensional physical reality.
2. Hearing your own messages of guidance.
3. Loving & accepting your Self for who you really are.
4. Freeing your Self from the mass induced trance of powerless living.
5. Recognising your Self as the creator of your own reality.
6. Living with clear boundaries & distinctions.
7. Openly expressing emotional feelings.
8. Understanding your own levels of confidence, worth & esteem.
9. Knowing that the physical & non-physical realms are all one reality.
10. Faithfully trusting your own intuition.
11. Having a set of core values that overcome all fears & limiting beliefs.
12. Seeing life as happening through you, as you.

October 24, 2016

The Veil

The Veil is the invisible curtain that divides the physical world from the realms of spirit.

Lifting the veil both requires & reveals an awareness of the spiritual world of energy.

The veil creates an unawareness of our spiritual reality.

When completely lost in the reality of the physical world, the veil becomes a brick wall that blocks our ability to see our true path.

It can be seen as a raging torrent that is too dangerous to cross.

Or a deep ravine whose walls are impossible to climb.

The veil is a creation of our own personal perspective based on our individual beliefs about existence.

The reality of the veil is relative to our own perspective of life.

When I believe that the veil does not exist, it cannot be lifted.

October 23, 2016

Bemoan & Begrudge

I Bemoan a toleration that is difficult to tolerate.

I bemoan my displeasure at having to endure a toleration.

My displeasure is a complaint.

I bemoan my complaint when I complain.

I Begrudge tolerating another's tolerations.

I begrudge pleasing someone else by doing what they believe that I should, I must, I ought to or I have to do.

I complain when I have a problem that is becoming difficult to tolerate.

I bemoan the fact that a situation is no longer tolerable.

I begrudge another's toleration that is no longer tolerable.

When I do not bemoan another's negative action, I will begrudge the negativity of their action.

I shouldn't ought to bemoan another's tolerations.

I mustn't have to begrudge another's tolerations.

October 22, 2016

Holding A Grudge

A Grudge is a stuck emotion.

An emotion that is stuck is always negative because it is not flowing.

A stuck emotion is not being expressed freely & positively.

When I am forbidden to express my own perspective, I will hold the emotion as a grudge.

A grudge is an emotional cancer.

The more I hold onto a grudge the larger & the more malignant it becomes.

I begrudge tolerating someone else's tolerations.

I begrudge having to do what I believe I shouldn't.

I begrudge what I ought to do and feel I mustn't.

I begrudge being told what I should do when I know I ought not to.

Tolerating another's tolerations causes a grudge.

I hold a grudge when I am stuck between a rock & a hard place when other people's tolerations are my problem.

October 21, 2016

A Super-Abundance

A Super-Abundance is a surfeit or a glut.

It is having more than enough of anything.

I cannot have more than enough of a good thing.

More than enough is too much, which is not a good thing.

Abundance is the natural state of the Universe.

The natural state of the universe is abundant energy.

The energy of abundance can be experienced in an abundant number of ways.

Abundance is enough of everything, I cannot have too much.

I cannot have too much of a pure experience.

I can have a super-abundance of an impure energy, an impure experience or an impure emotion.

I can have too much positive or negative energy.

I can have too much male or female energy.

A super-abundance of emotional energy can be overwhelming or debilitating.

An intensity of emotion that is not in balance & equilibrium can be too much to endure. In a dual reality world, abundance is a pure emotional energy whereas super-abundance is an intensely polarised experience.

October 20, 2016

Participation

Participation is a Party in Cipation.

Cipation is being in the flow.

I participate in the flow with a party of people.

I join a party of people in the flow of life.

I flow with life when I participate with other people.

Life is designed to be a party.

I take part in life when I participate.

I can participate in life as a spectator.

As a spectator, the party happens to me.

I can participate in life as a participant.

As a participant, the party happens by me.

I can participate in life as an observer.

As an observer, life happens through me.

I can participate as the creator.

As the creator, life happens as me.

I have chosen to participate in life.

How I participate in life is my choice.

I can choose to flow with life or resist it.

I can choose to be a spectator, a participant, an observer or the creator of my own life.

October 19, 2016

Doing Nothing Well

Doing Nothing Well requires emotional power.

With the emotional power of Contentment, there is nothing that I have to do.

There is nothing I have to do because I have enough of everything.

When I have enough of everything, I am content.

Doing nothing well requires me to be well.

My well-being allows me to do nothing well.

I can just enjoy being well.

There is nothing that I have to do because there are no tolerations in my life. With no tolerations in my life, I am problem free.

Being problem free allows my opportunities in life to effortlessly flow to me.

Doing nothing well allows me to accept all my opportunities as they arrive.

I accept every opportunity to be well, to be content and to be happy with my life.

Doing nothing well is the way to experience being everything well.

October 18, 2016

Being Authentic

Being Authentic is being my Soul.

My Soul is the Author of my Book of Life.

It is the Entity that is my Real Self.

Being Authentic is my Self being Real.

It is being who I really am by choice.

I am being who I choose to be in reality.

When I am being who I really choose to be, I am being Authentic.

I am being Authentic when I am being true to my Self.

I am experiencing the reality of my true Self.

As my author entity, I am authentic.

In my Book of Life, I am Happy & Well.

When I am being healthy, wealthy & wise, I am being my authentic Self.

When I am being content, fulfilled & joyful, I am on my authentic Path.

When I am awake, aware & alert, I am alive in my authentic Life.

Being Authentic is living the life path of my Self.

I am being the Entity that is the Author of my Life.

October 17, 2016

A Mental Blockage

A Mental Blockage inhibits capacity.

It inhibits the capacity to connect to pure thought.

A mental blockage is the symptom of a disconnected sub-conscious mind.

Isolated thinking is only as pure as the sub -conscious beliefs & the programmes on which it runs.

A mental blockage causes an emotional blockage.

Fears & limiting beliefs restrict the flow of emotional power carried by pure thoughts.

An inhibited or blocked mental capacity restricts emotional competence.

A mental blockage is the incapacity caused by impure thinking.

Impure thinking has a negative polarity.

When mental energy flows in a negative direction, it causes a mental blockage.

Only pure thoughts have the freedom to flow effortlessly into my life, once I allow them to.

October 16, 2016

As A Rule

As a Rule, we tend to do unto others as they have done unto us.

This is because our sub-conscious programming is based on our past experiences.

I have been taught from an early age to stand up for myself and give as good, or bad, as I get.

Disconnected & unawakened from the Presence of Source, we tend to project into our future a set of actions that are based on our past experiences.

We are taught to avenge our misfortune and take sweet revenge on those who trespass against us.

In a christian society, we adopt the old testament teachings of an eye for an eye & a tooth for a tooth, rather than the 'Good News' of the Gospels containing the 2nd Commandment of Jesus.

The 2nd Commandment of Jesus Is the Golden Rule.

As a rule, we are told to Love thy Neighbour as our Self.

As a rule, we are not taught how to love our Self.

Instead, we learn how to hate our Self.

As a rule, I dislike others in the way that I am unlike my true Self. As a rule, we are not being unto others as we would choose others to be unto us.

October 15, 2016

Goodness & Righteousness

Goodness is the attainment of the expression of the pure emotion of Love.

Righteousness is the attainment of the expression of a pure thought of Light.

Love is the female gender of the energy of Life that is pure Goodness.

Light is the male gender of the energy of Life that is pure Righteousness.

When Goodness & Righteousness are harmonically balanced, life is ideal.

My Light shines & my Love flows.

Love & Light in their pure state have no polarity.

It is the thinking of an individual ego's perspective that gives a choice of polarity to each thought.

It is the perspective or polarity of an Individual's thinking that sees life as bad or wrong instead of good & right.

Overcoming the potential evil of seeing life with opposing polarities of perspective requires my Self to personally & individually overcome the dualities of a relative physical existence.

Only by giving up my judgment of what is apparently right or wrong, & good or bad, can I attain Goodness & Righteousness in my life.

October 14, 2016

Right & Good

Right is a beneficial Cause.

Good is a beneficial Effect.

Right actions cause good effects.

Wrong actions cause bad effects.

The Right Way is the beneficial path for my Self, which is good for me.

My ego Self discerns the right way for itself based on my sub-conscious beliefs that are founded on my past experiences.

My Soul guides its Self on a beneficial path of expansive growth.

From my Soul's perspective, there is only the path of goodness & righteousness, which the Self is here to learn & experience.

From the ego's perspective there appears to be a wrong path, which causes bad & detrimental effects.

The Soul continues to send the same learning experiences for its Self until the ego chooses to change its perception of what is Right & Good from the perspective of Love & Light.

The Soul knows that wrong & bad fears & false beliefs attract in life wrong & bad experiences. This is right & good for the Soul to have the learning opportunities for the expansive growth that it seeks for its Self.

October 13, 2016

Right & Wrong

Right is what other people have told me is beneficial for me.

What other people believe is right for them, they believe to be right for me.

Wrong is what other people believe will be detrimental to them.

Other people are only interested in what they believe might be detrimental to them.

As long as whatever I am doing is not detrimental to other people, they really have no interest in what I am doing.

Other people are generally not interested in whether what I am doing is right or wrong for me.

They only take an interest in what I am doing when they believe it to be wrong because it will be detrimental to their experience of life.

Without the fears & concerns of other people, there really is no right or wrong; just my choice for my Self.

October 12, 2016

Cause & Create

I Cause an effect. I Create a creation.

I am the creation of a Creator. I effect a cause.

I can be the creator, the creation or both.

I can be both the creator of the creation & the creation of the creator. I can be the cause or I can be the experiencer of the effect.

I am the cause of my own experience. My experience of the effect, affects the cause. How I perceive the cause affects the effect & the outcome. The cause is the focus of my perspective based on my belief about the outcome.

A good cause causes a good outcome whereas a bad cause does not. The effect is how I perceive the experience. Creativity is never bad.

An experienced Creator does not cause either a good or a bad effect.

I cause an effect when I do not see my Self as the creator of the experience.

As the Cause, I experience the effect, one way or another.

As the Creator, I am the creation of my own way.

Every creation is created with good intent.

In absolute reality there is no bad Creator & there is no wrong Intent. In relative dual reality, every good cause can have a good or a bad effect.

Cause & Effect is a creation of the Creator.

October 11, 2016

The Real World

Most people believe that the world is real and that they live in the real world. They believe that their experience of the world is a real experience. They believe that fantasy & fiction exists in books & films but is not a true perspective of the reality of their world. They believe that anyone whose beliefs differ from theirs is not living in the real world. They believe that their perspective of the real world is the real perspective of the world. They believe that in the real world everyone has their own perspective of what is real and that they share the same perspective of what is real with everyone else. They believe what they have been taught that there is only one reality and their version of reality is the real one. Very few people believe that reality is the effect of their thinking and is therefore caused by their perspective and their beliefs about reality. They prefer to believe that reality causes their beliefs about the world not that their individual beliefs about the world create their own unique experience of their own personal reality. Everyone has their own unique perspective of the reality of the world that they are individually creating, yet most believe that reality is happening to them. Even those who consciously make life happen by their own endeavour fail to acknowledge that they are causing their own real experience of the world. Most people believe that they are at the effect of the reality of the world. Only a small minority of people know that the reality of their world is a matter of their own choice & making. Most people think that the minority of people who think they are creating their own reality are not living in the real world.

October 10, 2016

A God Given Right

God is by definition the Creator of this world.

We all live in a relative world of right & wrong.

God, whoever God is, created the world & the ability to be right or wrong.

The ability to be right is therefore God Given.

So is the ability to be wrong.

God created Man with the ability of choice.

It is the relative dual reality world of God's Creation that allows choice.

It is the ability to choose that allows both right & wrong.

I always choose what is right for me.

Choosing not to have what is wrong for me is also a choice.

Whether anything is actually right or wrong is a matter of individual perspective. My judgment of what is right or wrong, for myself or others, is purely down to my perspective of how I see life.

I was not born with the right to be right, only the right to my own choice.

It is my God given right to choose that allows my Self to make a right choice or to perceive my choice to be wrong.

October 9, 2016

Credible

Credible means believable.

When I believe my own beliefs, I am credible.

I believe my own beliefs when I own my own beliefs.

When I own my own beliefs, I am living a credible life.

A credible life follows a uniquely individual & exclusive path.

When following my own inner guided path, I am living an incredible life.

My inner credibility comes with my core beliefs that are my absolute truth. With inner credibility, I connect intuitively with unconditional faith in my path.

With credibility, I believe in my Self as my Soul believes in its Self.

I am living the credible truth of my Soul.

The presence of my Soul allows my clarity & direction on my path.

Following my credible path allows an incredible life to unfold.

The transparency & accountability of my Soul allows my Credibility in life.

October 8, 2016

Accountable

Accountable means being able to account for one's experiences in life.

I am accountable only to my Self when I follow my own path of destiny.

I am accountable to other people when I follow their path and my fate.

I am accountable when I am able to account for my life.

When my Book is balanced, I am accountable.

I account for my life when I know my vision, mission & purpose is my account of my life.

When I live my mission in life with purpose in alignment with my vision, I deem my Self accountable.

When my life is fulfilled with true value, I am accountable for my actions & my experiences.

I hold my Soul accountable for my direction in life.

My Soul accounts for each step that my Self takes in life.

The Law of Attraction is my Chief Accountant.

My Soul is the Author of my Book of Life.

The Books are balanced with the Golden Rule.

I am the unsung hero of my life.

October 7, 2016

Transparent

Transparent means that there is nothing blocking the Light.

Being transparent is allowing one's light to shine.

It is my shadow that blocks my light.

Being in the shade of my shadow is being disconnected from the authority of pure Light.

Pure Light is pure thought that emanates from a super-conscious Mind.

Being transparent allows pure super-conscious thought to flow through my Self. When my Light flows through me, I am being transparent.

Thought is being communicated across from my parent entity to my ego Self. Everything in life becomes trans-parent & clear when I am connected. It is my impure thinking based on my linear beliefs & programming that blocks my light, causes my disconnection & puts me in the shade.

Without transparency, I am a shadow of my true Self.

October 6, 2016

The Source Of My Authority

The Source of my Authority is my Mind.

My Conscious Self has the authority of choice.

It is authorised to choose whatever it chooses.

However, every choice is not necessarily authorised.

When I am in two minds my choice is not empowered.

Only my Super-conscious choice is authorised.

My super-conscious choice has the authority of my Soul, which is empowered.

My super-conscious Mind knows my destiny and my life path.

My sub-conscious mind has the authority to manage my physical body without any higher knowledge.

My sub-conscious programming is not always aligned with my super-conscious choices.

It is the perspective of my ego's conscious mind that sees my effortless path or my chaotic existence.

It is always the perspective of my mind that either connects or disconnects the authority of my choice.

When my conscious mind is aware that my sub-conscious mind is aligned with my super-conscious mind, I am truly aligned with the Source of my Authority.

October 5, 2016

The Source Of My Power

The Source of my Power is my Self.

The question is, which Self.

Disconnected from my True Self, my Soul, my sub-conscious Self is responsible for providing my emotional power.

My sub-conscious Self is responsible for meeting my emotional energy needs.

My emotional energy is my power.

Disconnected from my Soul, I need emotional power.

I connect with my true source of power when I connect with my Soul.

When I connect with my Soul, I connect to my emotional power.

I connect with my Soul by being my Soul, by being my True Self.

Being my Soul connects me to the source of my power.

The Source of my Power is my True Self.

Being my True Self, being true to my Self, is being the Truth of my Soul.

I express the Truth of my Soul by being my Soul, my Self.

Every aspect of my Self is an expression of Love or an expression of my lack of love for my Self, which causes my need for love.

Love is a powerful emotional state of being.

I am truly powerful when I love my Self as my Soul loves its Self.

My Soul expresses pure love when I am being my Self.

October 4, 2016

Principle & Principal

A Principle is a basic belief or assumption.

Principles are the beliefs assumed by families to be their truth.

A Principle is a simple belief that a family believes is simply true.

Families stand on their principles because their beliefs form the foundation of what they believe to be true.

Principally, whatever we believe to be true becomes the truth of our reality and our experience.

A Principal is the one that is ranked highest in importance.

The Principal assumes the starring role.

It is being the chief in rank & leading others that follow.

The Principal of the Family upholds the family Principles.

The Head of the Family determines the beliefs that the family holds as their truth.

It is the Principles of the Principal that determine the reality of each family's experience.

October 3, 2016

Attachment Styles

Attachment Styles are the different ways that we attach to other people to get our emotional needs met.

There are different styles of emotional attachment:

Assertive Attachment is the style of the Intimidator, whose drama is to assert control over others.

Rational Attachment is the style of the Interrogator, who needs information & answers to control others.

Sympathetic Attachment is the style of the Poor Me, who needs others to sympathise with their pain.

Insensitive Disconnection is the style of the Aloof, who needs to disconnect to gain the attention they need.

Unconditional Attachment is the style of the Dependent, who needs unconditional emotional support.

Secure Attachment is the style of the Co-dependent, who needs the security of mutual support in their relationship.

Inclusive Attachment is the style of the Inter-dependent, who needs groups of people to meet their needs.

Principle Attachment is in the style of the Family, who are the principal source of emotional support.

Ethical Attachment is in the style of our own Culture, who are our own kind & with whom we feel most comfortable.

Moral Attachment is in the style of our Religion, who need the moral guidance & support of the church to feel safe.

Disconnection from our emotional attachments is called Detachment, which allows an Inter-developmental connection to an exclusive path of destiny.

October 2, 2016

Unemotional & Disconnected

Unemotional is being emotionally unaware of my own feelings.

Being emotionally unaware disconnects my emotional feelings for my Self.

Unemotional people can be very rational.

Disconnected is being intuitively unaware.

Being disconnected is being unaware of my intuition.

I am unaware of my intuitive senses when I am disconnected.

I neither feel, know or see my life intuitively.

I am disconnected from my intuition & my intuitive authority.

This assists my ability to be unemotional.

My disconnected mental authority disconnects my emotional power.

I am both emotionally disconnected & unemotionally disconnected.

Avoidance is the prime characteristic of being unemotional & disconnected.

It requires emotional power to connect to the beneficial flow of life.

October 1, 2016

Mindless

Mindless means unauthorised.

The capacity of the mind is authority.

Authority is an empowered choice.

When my choice is empowered, it is authorised.

The authority of my super-conscious mind is always empowered.

The authority of my sub-conscious mind is often compromised by my beliefs.

Mindless behaviour results from sub-conscious fears & limiting beliefs.

It causes unconscious incompetence.

I would never consciously act mindlessly.

Incompetent behaviour is a mindless action that is not empowered with authority.

I am motivated to act mindlessly when I am low on emotional power.

Without authority, the mind has less power and is less competent.

The less power I have, the more mindless my behaviour.

The more pure my beliefs, the more authority they have & the more mindful I become.

November 30, 2016.

Heartless

Heartless means disempowered.

My Heart is my emotional connection.

I connect to my emotional centre through my heart.

My heart is my power source.

Emotionally connected to my heart, I am empowered.

Disconnected from my heart, I am disempowered.

Emotionally disconnected, I am heartless.

The less heart I have, the more emotionally disconnected I am.

My emotional disconnection from my heart renders me insensitive to other people.

The more insensitive I am to other people, the more heartless I become.

The more rational I learn to be, the more unemotional I become & the more heartless I am.

It is my rational choice that disconnects my emotional sensitivity & makes me heartless.

It is my emotional awareness that empowers my sensitivity to other people.

I cannot be emotionally empowered & heartless.

November 29, 2016

Soulless

Soulless means uninspired.

I am inspired by my Soul to live life.

Soul is the essence of who I am.

My Soul is the essence of my inspiration.

Soul is the essential aspect of my Self.

I am less of a person without my Soul.

The weaker my connection to Source, the more soulless I am.

The more soulless I am, the more uninspired I am.

Inspiration is my creative spark.

My Soul is my inspiration & my creative spark.

Soul is the essential energy of creativity.

The essence of creativity is my Soul connection.

My Soul inspires my creative ability.

I am never inspired to be destructive.

It is a soulless life that is destructive.

Soul destroying activity is soulless & uninspiring.

My Soul is never destroyed & never uninspired.

It is only my ego Self that can be soulless.

November 28, 2016.

A Rock

A Rock stands fast against the flow.

It is grounded in physical reality.

It survives the test of time.

It is steadfast in its outlook on life.

When overwhelmed by the flow of life, I need a rock to anchor myself to physical reality.

When I am a rock for other people to rely on, I can get stuck myself.

I do not have to be a rock to be grounded in the flow.

A rock can be a hard place to be.

It is the fate of every rock to be worn down & reduced to dust.

A rock gives up its flexibility of choice.

It weathers all seasons without flexibility or compromise.

As a rock I cannot change my perception over time.

I cannot perceive another reality that is not set in stone.

November 27, 2016.

Heart, Soul, Mind & Strength

Heart, Soul, Mind & Strength are my four way connection to Universal Energy.

I am at One with the Universe & at one with my Source when universally connected.

My Heart is my emotional connection to Source.

It connects me to the power of my emotional Beingness.

My Soul is my spiritual connection to Source.

It connects me to the spiritual essence of my Entity.

My Mind is my mental connection to Source.

It connects me to the authority of the Vision of my Destiny.

My Strength is my physical connection to my Source.

It grounds me to the capability of each Present Moment.

When I am Being Present to the Destiny of my Entity, I am Universally Connected.

My four way connection allows a clear vision of who I really am on my journey on Earth. I am connected to the power, authority & ability of my Creative Self.

My universal connector empowers the purpose of the essence of my spiritual destiny. This is how I Love the Lord my God.

November 26, 2016.

To Err Is Human

To Err is Human, is an error of human thinking.

A Human is a perfect Being experiencing an imperfect reality.

Human reality is experienced in a world of choice.

This world of relative dual reality allows individual choice.

Choice allows us to see the world as either perfect or imperfect.

It allows human beings to get it right & get it wrong.

The error of human thinking is to confuse the gender of energy with the polarity of energy.

Polarising male & female energy makes men & women right or wong.

The gender of energy allows a choice of perspective & perception, which is perfect.

An imperfect choice of polarity allows male & female characteristics to be good or bad.

Polarity allows human error.

From a higher perspective, nothing ever goes wrong.

November 25, 2016.

Man's Laws

Man's Laws govern how Man behaves.

Human behaviour is caused by human beliefs.

Humans believe that they need laws to ensure good behaviour.

Our beliefs create the reality that we are experiencing.

Physical actions that result from mental thoughts & emotional feelings are always aligned with God's Law of Attraction.

We always experience the effect of how we feel about our actions relative to what we believe to be occurring.

The physical action of life is designed to be the effect of the emotional love of our inspired thoughts.

God's Law has no polarity & no judgment, it just is.

Human behaviour can be judged as either positive or negative relative to beliefs & perspective.

To ensure that all Men share the same beliefs & perspectives, Man passes laws. Man's Laws define right action based on right thinking, without emotion.

Unfortunately, many laws of man constitute wrong thinking, false beliefs, fears & prejudice. Man's laws often prove Man to be an ass & a beast with a burden. God's Law is immutable & divine. Man's laws, even when set in stone, are not.

November 24, 2016.

God's Law

God's Law governs the reality of the physical universe.

The physical universe is governed by the Law of Attraction.

The Law of Attraction states that Like Energy unto itself is Drawn.

This means that energy of a particular vibration attracts & is attracted to all other energy of the same vibration.

This Law of energy is the fundamental cause of all matter & motion in a space-time-reality.

The energy of matter in motion is called its vibration.

The motion of energy in matter is called its frequency.

The matter of energy in motion is called its wavelength.

Vibration, frequency & wavelength are the three dimensions of energy that allow a three dimensional space-time-reality of energy & matter in motion.

Reality is the energy of motion in matter.

Time is the motion of matter in energy.

Space is the matter of energy in motion.

God's Law allows Creation to be Created by a Creative Creator.

A wavelength of emotional love is the power that authorises a frequency of mental thought with the ability to create a vibration of physical life.

November 23, 2016.

Tireless

Tireless is a state of being freely active.

It is a way of acting that is less tiring.

Effort is tiring.

Effortless is tireless.

Problems are tiring.

Problem free is tireless.

Fear is tiring.

Fearless is tireless.

Pain is tiring.

Painless is tireless.

I tire when I drain energy.

Tolerating pain, fear, effort or problems is tiring.

Being painless, fearless & effortlessly problem free allows work to be tireless.

I tirelessly act with empowered inspiration.

I tirelessly do what has true value for me.

I tirelessly fulfil my vision with purpose.

I tirelessly approve, allow & accept my destiny.

November 22, 2016.

Being Transparent

Being Transparent allows the Light to shine through me.

When life happens through me, I allow my Light to be transparent.

When I am blocking the Light, I am being my shadow Self.

Trans-parent means 'through the parent'.

I am the child of my Soul.

My Soul is my parent, the Lord my Father.

When my Soul's vision shines through my Self, I am being transparent.

Being transparent allows other people to see who I really am.

It allows a true projection of the vision of my true Self.

There is nothing to hide, once I reveal my Self as being transparent.

Life happens through me effortlessly.

November 21, 2016.

Memory Loss

Memory is never lost.

All of my personal experiences are recorded in the annals of time, for eternity.

Nothing is ever lost, it is just mislaid or mistaken.

What I mislay is my ability to recall my memory at will.

I mistake my reality when I rely on my will.

My will has no power of recall.

What I have is a disconnection from my super-conscious mind.

Memory is an unconscious competence.

My super-conscious mind recalls everything.

When my conscious mind loses its connection to its super-conscious ability, it relies on the sub-conscious mind for its direction.

When the sub-conscious mind believes that it can lose its memory, it does.

Whatever the sub-conscious mind believes, it experiences.

Memory loss is a belief.

My beliefs create my experience of reality.

November 20, 2016.

Dementia

Dementia is the state of being demented.

I am de-mented when I am mentally disconnected.

I am demented when I am not in my right mind.

The belief that there is a right mind creates the existence of a wrong mind.

I cannot have a wrong mind but I can have a mind that holds wrong beliefs.

It is my belief about my mind that determines how my mind works.

When my mind believes that it is a physical brain, it will explore it to see how it works.

When I believe that I lose my mind as I get older, I create that very experience.

In actuality, I cannot lose my mind but I can lose the ability to use my mind well.

When I believe that my mind is in my brain, it will naturally deteriorate as I get older.

As my body deteriorates, my brain will deteriorate & my mind will deteriorate unless I have a clear distinction between the two.

My right mind is super-conscious & eternal. It never gets old & it never forgets. In my right mind, I am connected.

Being mentally disconnected leads to dementia.

November 19, 2016.

Transformation

Transformation is the process of renewing the experience of life.

I renew my experience of life when I change my perspective of how life occurs.

When I challenge & change a belief, I transform how I see life.

When I change how I see life occurring, I transform my experience of reality.

I realise that I am creating the reality that I am experiencing.

When I change my beliefs, I change my thinking and I transform the energy that I am expressing.

Transforming the vibration of my energy attracts a different experience as my reality.

When I vibrate with expansive energy, I attract an expansive experience.

When I transform my negative energy into positive energy, I renew my experience as beneficial.

I bring my life into balance transformatively when I unite my male & female energy.

When I transform the vibration of my life, I empower the energetic experience of my life.

Transformation is an energetic process that does not require a physical change in form.

November 18, 2016.

WISE

W.I.S.E. is an acronym for W. IS. Energy.

Wise Questions start with a 'W'.

Thoughts & questions are energy.

Questions that start with a 'W' are powerful & wise.

What, When & Where question the Reality of Time & Space.

What is a matter of Reality.

When is a matter of Time.

Where is a matter of Space.

Who is a question my Soul asks my Self.

Why is a question my Self asks myself.

Who am I is the most powerful question.

Knowing who I am requires wisdom.

How is not a wise question.

Ask not how but Who?

How is a rational question.

Who is an emotional question.

Rational knowledge is no substitute for emotional awareness of intuitive knowing.

November 17, 2016.

Meditation

Meditation is a communion between the Self & the Soul.

It brings into alignment the thoughts of the Soul with the consciousness of the Self.

The Soul transmits & the Self receives on the frequency of alpha brain waves.

An awareness of Soul transmissions allows individual personal messages to be received.

My Soul is continuously guiding its Self on a journey through physical reality.

When my ego self is guiding itself, it is in sub-conscious communication on a frequency of theta brain waves.

Tuning out the theta frequency of the sub-conscious mind allows me to tune into the alpha frequency of the Soul.

Meditation is Me in Di Tation or me in two way communication with my Essential Self.

Asking a question in prayer allows an answer in meditation.

Prayer with meditation allows two-way communication between my Self & my Soul.

Before I receive an answer, I am required to ask a question.

November 16, 2016.

Disconnected

Disconnected is a negative default attribute.

I am never disconnected from life, while alive.

I am only ever disconnected from my source of mental authority, which connects my emotional power.

The Source of my power & authority lies at the Heart of my Beingness.

Being disconnected is being heartless.

The less heart that I have, the more disconnected I am from my emotional power.

When I am disconnected from my true source of power, I attach myself to other people's emotional energy.

When I am being aloof, I pretend to unattach myself from others to gain their energy.

When entrained with negative disconnected people, I am unemotional & insensitive to those who do not serve me or those I do not like.

It is my insensitivity & aloofness that attaches me emotionally to people whom I dislike. It is my disconnection from source energy that allows the experience of being unemotional, aloof & insensitive with other people.

In actuality, I am always connected at a Soul level to all other people.

My Soul is never disconnected.

November 15, 2016.

Disallowing

Disallowing is a negative default attribute.

I am being disallowing when I am blocking my allowance.

My allowance is an attainment that I receive when I allow it.

Disallowment is my negative default attainment of blocking my providential path.

I would never consciously disallow my life path & my destiny.

I sub-consciously block my own path when I am unaware of my destiny.

In actuality, my path is never blocked.

It is always my perspective that is out of alignment.

It is my intuition that I am blocking.

I align with my inner guidance intuitively.

My intuition allows me to see, feel & know my path clearly.

Disallowing my intuition allows me to get lost, confused & very frustrated.

November 14, 2016.

Disapproval

Disapproval is a negative default attainment.

I default to disapproval when whatever turns up is not to my liking.

Whatever is not perfectly suited to my liking receives my disapproval.

When I believe that life should be perfect, I disapprove of any imperfections.

I disapprove of any fault in my reality that does not meet my approval.

My belief that a perfect world is possible as my reality, allows imperfection to exist.

I disapprove of whatever drains my emotional energy.

When I am disconnected from my source of emotional power, there are many opportunities to feed my disapproval.

Whatever fuels my disapproval, I see as a problem & a toleration.

I do not see my fear & my limiting beliefs as the cause of my disapproval.

When I disapprove of a perfect world, I allow my ideal reality to manifest.

November 13, 2016.

Unconditionally Accepting

Being Unconditionally Accepting allows life to flow with approval.

I approve of life with gratitude & appreciation of my allowance.

Whatever conditions I put on life, I will tolerate as my experience.

When life is conditional on it flowing to me effortlessly, I will tolerate whatever arises.

When I place no conditions on my giving & receiving of life, I approve of it flowing effortlessly to me as my allowance.

I am in gratitude & appreciation of whatever occurs as beneficial for my Self.

When I see whatever occurs as beneficial for my Self, it is; you see.

Conditions cause tolerations that require tolerance to tolerate them.

Unconditional approval allows my acceptance of whatever turns up in my life.

It means that I never turn down an opportunity because I see it as a challenge or a problem.

When I am unconditionally accepting of life, I am unconditionally accepting of all opportunities in life.

November 12, 2016.

Approving & Allowing

Being Approving is being unconditionally giving.

When I unconditionally give my approval, I am being Approving.

I withhold my giving from that which I disapprove.

Disapproval disallows my giving.

Disallowing my giving disallows my receiving.

Being Allowing is being unconditionally receiving.

When I unconditionally allow my allowance, I am being Allowing.

When I am being disallowing, I disallow my allowance.

I am required to be allowing, to allow my allowance & get my allowance.

I have to get being allowing to allow & get my allowance.

When my unconditional giving & receiving are in balance, I am being unconditionally Accepting.

November 11, 2016.

Depression

Depression is an emotional pit of despair.

I despair of my need for emotional energy.

With depression, my emotional power is depressed.

The greater my depression, the greater the emotional pit into which I have fallen.

Depression is the effect of the programme of limiting mental beliefs & fears that cause my downfall.

Limiting mental beliefs & fears cause emotional needs.

Conflicting emotional needs make it impossible to meet my emotional need for power.

When the sub-conscious mind is in conflict & unable to meet its need for emotional power, it depresses the will to act.

Confronting my conflicting beliefs & becoming aware of my emotional needs that need to be met is the only way out of my depression.

The only way to remove the emotional hole in my life is to fulfil it with emotional energy.

When I fill my life full of what I emotionally need, I overcome my depression.

Depression is the result of my sub-conscious conviction that I cannot have what I need emotionally.

November 10, 2016.

Trying

Trying is always hard.

The more difficult the task, the harder I have to try.

Trying hard is a toleration.

I believe that I have to try hard to be successful.

Trying to overcome problems is always difficult.

Trying to overcome a toleration is a problem.

I am trying to do something that I am not empowered to do.

I need motivation to try harder.

When inspired to act, I do not have to try & I do not need motivation.

I just do whatever I am empowered to do.

When I stop trying, I allow my competence to flow through me.

Trying uses physical force driven by mental will to achieve results.

Will power is mental, not emotional.

With a magnitude of emotional power & a mental force of authority, the potential of my physical ability is enabled; without even trying.

November 9, 2016.

Stress

Stress is a conflict of authority.

When the conscious ego is in conflict with integrity, it causes stress.

It is not stress that takes me out of integrity, it is being out of integrity that causes stress.

The Mind is in integrity when it is whole & undivided.

When my mind is divided by a conflict of authority, I am in stress.

My conscious mind is stressed when the beliefs held by my sub-conscious are out of alignment with my super-conscious true Self.

Trauma is my intense experience of being out of integrity.

It is extremely traumatic being intensely separated from my Soul's integrity.

Being out of integrity is a toleration.

Being in an intense drama is intolerably traumatic.

When there are no tolerations, there are no dramas & there are no traumas.

I am only ever stressed by what I am tolerating.

I am only ever tolerating someone else's beliefs or someone else's authority.

Accepting the truth of my own authority is never a toleration & never stressful.

November 8, 2016.

Respect

Respect is about how I see Life.

When I see life as a problem, I am using my sense of physical sight only.

I see all the problems & imperfections of who I am as a physical being.

I need people to respect who I am to value my Self as worthy.

When I feel unworthy of life, I need other people to respect me for who I believe that I am.

When I re-look at who I am as a spiritual being, I know who I really am with my intuitive sense of seeing.

I re-spect my Self when I re-look at who I am being in my spiritual reality.

I realise that other people can only respect the aspects of my Self that I love & respect myself.

When I see life as an opportunity, I see all the opportunities in my life and I have great respect for life.

When I respect life, life has great respect for me because how I look at my life determines how I experience my life.

When I see life in a way that is respectful, I no longer need respect from other people because life looks after me.

November 7, 2016.

The Power of Negative Energy

Energy has great power, irrespective of its polarity.

Negative energy is emotional power that has a negative polarity.

Positive polarity has the power of creativity.

Negative polarity has the power to be destructive.

A positive polarity is empowered by the Soul's authority.

A negative polarity is driven by the needs of the ego's will.

When the ego's will is not aligned with the Soul's authority, it has a negative polarity.

The negative polarity of the will expresses its power in three different ways.

When the will is driven by an emotional need, it will get angry when it is not met.

When the will is driven by a false belief, it will not tolerate the arrogance.

When the will is driven by a drama that is caused by a lack of power or authority, it will get frustrated.

Powerful negative beliefs cause powerful emotional needs that cause powerful physical dramas to play out in life.

November 6, 2016.

Frustration

Frustration is the inability to do what I choose to do.

When my intention is thwarted, I get frustrated.

Frustration is insufficient will power, which is intolerable.

Trying to do what I cannot do is a frustration.

Frustration is caused by a lack of authority that depletes emotional power.

It is my inability to empower my will effectively.

When my will is not empowered, I get very frustrated.

Frustrated ability has neither authority nor power.

It is my fears & my limiting beliefs that undermine my authority.

I am frustrated by my lack of emotional competence caused by my limited mental capacity.

Intuitively feeling the power of my own intuitive knowing is the antidote to overcoming frustration.

November 5, 2016.

Intolerance

Intolerance is the inability to accept someone else's direction.

Following a path that someone else has directed can become an intolerance.

Being told to follow a direction that is not of your choosing is an intolerance.

An intolerance is the inability to tolerate someone else's belief that their belief is right for you.

Intolerance is angry will power.

It is a statement that if you continue to drive me this way, I will get angry.

Arrogance causes intolerance.

When I am intolerant of a situation, I get arrogant.

When other people are arrogant, I find it intolerable.

Intolerance is the lack of emotional space between two people.

It is the inability to tolerate what is occurring in my life or who I believe to be causing it.

November 4, 2016.

Anger

Anger is unauthorised power.

It is the mis-directed power of the sub-conscious mind.

Anger has a negative polarity that mis-directs its emotional power.

Intolerable frustration leads to anger.

Anger is caused by frustrated will power.

Will power is a mental belief that is driven by an emotional need.

I will do this because emotionally I need to do this.

I will have this because I emotionally need this.

When I cannot do or I cannot have whatever I desperately need, I get intensely impatient or angry.

Anger is the corrupt power of a corrupted sub-conscious belief or programme.

The sub-conscious mind justifies anger as the only means of getting what it wants & needs.

The paradox of anger is that it is a powerful emotion caused by a sub-conscious belief that I am impotent & powerless when I cannot do & have whatever I want.

November 3, 2016.

Mind Power & Heart Power

The Power of my Mind is mental will.

The Power of my Heart is emotional inspiration.

Inspired emotion empowers my action.

When my intention is an aspiration, I will need will power to motivate my Self.

My will power is determined by the conviction of my beliefs.

The more that I am driven by my beliefs, the more I am driven by my emotional needs.

The more mind power I will need, the less heart power that I have.

Empowered inspiration comes from my Soul at the heart of my Being.

This is the source of my inspired intention.

I am inspired by my Soul to fulfil my destiny.

The power of my mind will determine my fate.

The more determined I am, the more convicted my mind is to my fate.

My heart is the source of my Soul's power.

I am connected to my heart power when I am being inspired.

I am empowered when I am expressing the true nature of my Soul.

I am disconnected from my source by the powerful mind of my egotistical personality & character.

What my Will will Be, will be my fate or my destiny.

November 2, 2016.

Assist Or Help

I Help someone to try to do what they are failing to achieve.

I help others to solve their problems & meet their challenges.

Nobody ever needs any help to take their opportunities.

Though, they may need assistance to see their best course of action is an opportunity.

I can use my experience & knowledge to help other people to live life my way.

This will never assist them on their own path.

Nobody ever needs any help to get off track.

Assistance may be necessary to get someone back on track.

I Assist someone by hearing their messages.

I assist someone to connect to their own power.

I assist them to see their own direction.

I assist them to clarify their own intentions.

I assist someone to see what is right for them.

I assist them to know intuitively their right choice.

I may give advice to help another or I can advise another to see their path with my assistance.

An Assistant always follows the choice of the Master.

A Helper tries to lead the way by helping.

November 1, 2016.

The Paradox Of Authority

The Paradox of Authority is:

To have authority, I am first required to give up my authority.

To become a leader, I first have to become a follower.

To become a creator, I first have to become the creation.

It is the authority of the leader that creates the path.

We all have the authority of choice.

We are all free to choose.

The question is: Whose choice am I following & who's creating my path?

The paradox is that my choice is authorised but not all of my choices are authorised.

Only my inspired choices are empowered.

Only my empowered choices have the authority of my Soul.

Whereas my ego is authorised to choose, not all of my ego's choices are authorised.

Only with the authority of my Soul can I create my Self as a leader who is following my own path.

Only as the Creator can I lead with the authority of Choice.

Only when I follow my authorised leader can I truly be the creator of my own path.

December 31, 2016.

The Metaphor Of The Bull

My belief about life determines my experience of life.

My experience of life echoes my experience with a Bull.

When I am afraid of life, I get bullied.

When I run from life, the bull will chase me.

When life happens to me, the bull is the villain & I am its victim.

When life happens by me, I lead the bull by the nose.

I put a ring through its nose & lead it into tame submission.

The victim of life becomes the bully of the bull.

When life happens through me, I take the bull by the horns.

I confront my fears & demons as I see my truth in the bull's eyes that neither is the victim nor the villain.

I hit the bull's eye in life.

I connect with the bull, my inner heart centre, and score a direct hit with my life.

When I learn to live in peace, I leave the bull in peace to fulfil it's own purpose in life.

December 30, 2016.

Ability & Potential

Ability & Potential are gender opposites.

They are the male & female aspects of a reality that is both physical & spiritual in nature.

Ability is the nature of physicality.

Potential is the nature of spirituality.

Physical ability aligned with spiritual potential allows creativity to flow with integrity.

Potential ability is relative to a force of authority with a magnitude of power.

My physical ability is a mental force of authority empowered by a magnitude of emotion.

When the magnitude of my emotional feeling is aligned with the force of my mental thought, the potential of my physical ability is enabled.

Physical reality allows spiritual potential to be realised.

Spiritual ability is just a potential until it is physically enabled.

The physical ability to realise spiritual potential is called creativity.

The creative potential of spirit is realised through the power of imagination that is the potential of all physically enabled human beings.

December 29, 2016.

Freedom & Control

Freedom is a magnitude of female power flowing in space.

Control is a force of male authority causing entropy in time.

Will power is the force of a male ego in authority.

The male ego seeks the power to control at will.

The female ego nurtures the spirit of freedom.

An unbridled free spirit is empowered.

Controlling spirit disables its authority & disconnects its power.

The thoughts of the Soul flow freely, unless they are controlled by the thinking of the Self.

The Soul is free and allows the Self to free itself from control.

The ego seeks to set itself free by being in control.

The Soul is in control, whether the Self sees itself as free in life or enslaved in life.

Being free, being controlled or being free to control others is the choice of the ego's perspective.

As a Golden Rule: When I seek to control others, others seek to control me and when I allow others their freedom, others allow me mine.

December 28, 2016.

Authority & Magnitude

Authority & Magnitude are gender opposites.

Authority is the measure of the force of a frequency of thought.

Magnitude is the measure of the size (length) of a wavelength of emotion.

A Divine Thought in Divine Time has a force of authority called Wisdom.

Divine Love is a magnitude of emotion called Wealth.

Wealth is a divine feeling of the magnitude of Love.

Wisdom is an intuitive knowing that has the authority of Light.

Wise authority is enlightening and allows a magnitude of empowering wealth.

A magnitude of female power is attractive to a force of male authority.

When male authority is balanced with a magnitude of female love, it is a powerful force.

The magnitude of my power is inversely proportionate to the force of my authority.

December 27, 2016.

Power & Force

Power & Force are gender opposites.

Power is a wavelength of female emotional energy.

Force is a frequency of male mental energy.

In a relative dual reality world, where energy is divided by gender, frequency & wavelength are inversely proportional. Therefore, the more power I have the less force I require & the more force I apply, the less power I have.

Effortless power requires no external force & experiences no resistance.

An intense force of conviction is called will power but it has no power of its own. The force of will is called effort. When confronted by resistance, I have to make an effort. The greater the conviction, the greater the resistance & the greater the effort required. The Law of Reversed Effort employs emotional power instead of mental force.

The ego has a force of mental authority that is inversely proportionate to its magnitude of emotional power.

This means that the ego's emotional state of being determines the magnitude of its power, not the force of its beliefs.

When the ego's choice is relative to the Soul's choice it is connected to the force of authority of the Soul's power.

December 26, 2016.

The Formula For Creative Energy

The Formula for Creative Energy is e to the power $i\pi + 1 = 0$.

'e' denotes expansion, interest & appreciation.

It is Euler's Number with the formula $(1+1/n)$ to the power n .

It is an irrational number equal to 2.71828.

'i' is an imaginary potential equal to the square root of one.

' π ' is a constant of two dimensional space.

It allows the measurement of the magnitude of constant space.

It is an irrational number equal to 3.14159.

'1' is the singularity of the Universe.

'0' is the wholeness of Complete Oneness.

Life is a paradox of the duality of everything (0) & nothing (1).

Out of the singularity of nothing, everything is created.

The expansive (e) potential (i) of love (π) from the singularity of the ether (1) creates the opportunity for Divine Oneness (0).

The reality (e) of time (i) & space (π) allows the duality of nothing (1) & everything (0).

The force of energetic light (i) & the magnitude of energetic love (π) allows the potential for expansive life in a universe (1) of Oneness (0).

The authority of the mind (i) & the power of emotion (π) enables the ability of the body in individual (1) integrity (0).

December 25, 2016.

Three Aspects Of Love

Three Aspects of Love are:

Awareness, Emotion & Feeling.

Emotion is the Energy of Love.

Feeling is the Motion of Love.

Awareness is the Matter of Love.

The Energy of Love is a vibration of awareness that has a wavelength of emotion with a frequency of feeling.

Feeling an awareness of emotion is the prerequisite for Emotional Intelligence.

Intuitive feeling is how I connect to my awareness of emotional love.

An intuitive feeling is an emotional awareness of the Soul's love for its Self.

An emotional feeling is the ego's awareness of its Self.

Intuitive awareness is the Self in alignment with the Soul.

Pure energy in motion is a matter of emotionally feeling an awareness of the Soul.

Impure energy in motion is the personal perception of a disconnected ego.

An awareness of emotional feeling connects my Self with the power of pure Love, that is my Soul.

December 24, 2016.

Continuous Reality

Continuous Reality is a flat line.

Reality is a continuous vibration.

A continuously pure vibration has no wavelength or frequency, it is flat.

When reality comes to life, it attains a wavelength & a frequency.

It has a frequency called Time that has a speed & a distance.

It has a wavelength called Space that has a speed & a time.

In a continuous linear three dimensional dual reality, frequency is inversely proportionate to wavelength.

Therefore, the more frequent the Time, the less Space in Reality and the faster the speed, the shorter the distance.

Similarly, the longer the Space of the wave, the slower the Time in Reality and the slower the speed the longer the time.

Time in Reality is 'Now' & Space in Reality is 'Here'.

Continuous Reality is the flat line of nowhere, until I am now here to bring it to Life.

December 23, 2016.

Three Aspects Of Light

The Three Aspects of Light are: Consciousness, Mind & Thought.

Mind is the Energy of Light. Consciousness is the Matter of Light.

Thought is the Motion of Light.

The Twelve Aspects of Spirit are:

Love, Light & Life in Energy, Motion & Matter as a Wavelength, Frequency &

Vibration of Emotion, Mind & Body. The Energy of Light is a Frequency of

Mind with a Wavelength of Thought as a Vibration of Consciousness.

When the energy of Light has a frequency of mind relative to its wavelength of thought, it allows consciousness to vibrate in tension.

It allows the thought of a conscious mind to be an intention.

Physical consciousness vibrates in tension with its frequency of mind inversely proportional to its wavelength of thought.

This allows a creative conscious potential where all possibilities exist as a manifestation of mind & thought.

An individual & exclusive perspective of Light emanates as Consciousness from the Thought of the Universal Mind.

Individual consciousness is relative to the exclusive thoughts of a unique mind.

My perspective of Consciousness, Mind & Thought creates my reality.

December 22, 2016.

Pure Light

Pure Light is an unfiltered frequency of Thought.

When thoughts are filtered through a limited perspective, they are tainted by beliefs.

Any perspective that is tainted by a belief has a limited capacity.

Impure thinking, caused by fears & limiting beliefs, reverses the polarity of a thought.

Pure Light flows through Life, without resistance.

Impure thinking blocks the flow of pure thought.

Polarised light casts a shadow.

My limiting beliefs & fears are the effect of living in my shadow.

My shadow forms when my ego blocks the pure light of my divine thoughts.

I live in the shadow of my impure thinking until I challenge my beliefs and I come to know the truth of Pure Light.

December 21, 2016.

Pure Love

Pure Love is an undivided wavelength of emotion.

Love is pure emotion, pure energy in motion.

It is pure spiritual power.

Impure love is divided by gender & polarity, which causes intensity.

When Love is divided by male & female gender, I can choose to love it or hate it.

I can like it or dislike it, embrace it or loathe it.

When Love is divided by positive & negative polarity, I can choose to love it or fear it.

I can flow with it in love or against it in fear.

When Love is divided by gender or polarity it gains an intensity.

The intensity of impure love is either a passion or a desire that I lust for or I need.

Choosing love or lust raises the intensity of my passion & desire.

Choosing lust, hate or fear increases the intensity of my life dramas.

The purity of my Love is a wavelength of emotion that is relative to the frequency of my thought & the purity of its Light.

The impurity of my hatred, lust & fear is relative to the impurity of my perspective of Life.

December 20, 2016.

Fool Hardy

Fool Hardy is the nature of the ego that is driven by its needs.

A fool is one who makes irrational choices.

Irrational choices are driven by emotional needs and cause intense dramas.

Irrational dramas are the effect of emotional unawareness combined with an absence of rational logic.

It is the will of the ego that is hardy.

Will power is a hard force meeting an immovable objective.

When I am foolishly stuck, I need to be foolishly hardy.

Being stuck disconnects my emotional power.

Using will power drains my emotional energy reserves.

Draining my emotional power is fool hardy.

The harder the force of the ego's will, the greater the energy drain & the more foolish the action.

With the Light of my Soul's authority, I employ gentle wisdom to reconnect to my emotional power source.

December 19, 2016.

Reality & Illusion

Reality & Illusion are a matter of perspective.

From the perspective of my sub-conscious id, my beliefs are real.

My opinions, my convictions, my anxieties, my worries, my problems, my pain & my fears are all real.

From the perspective of my conscious ego, only what I physically experience is real, the rest is an illusion.

Non physical reality is a projection of my creative imagination.

From the perspective of my super-conscious entity, physical reality is an illusion of my own creative imagination.

I am experiencing an illusion called reality and I am experiencing the reality of that illusion.

Reality is the experience of the present moment of here & now.

It is relative to space & time.

I am here in space, now in time, experiencing my own unique reality.

Everything else, past & future, is just an illusion created by space & time.

December 18, 2016.

Being Memory-Less

Being Memory-Less allows my Self to be Mindful.

My memory allows me to do what I believe that I ought to, I should, I must & I have to do.

These are all tolerations of the ego Self.

Memory helps me to plan the future based on what happened in the past.

It allows me to project my future with an 'if' and object to my future with a 'but'.

The more I remember my past, the more mindless I become in the present.

Being mindful is being present in the now.

I do not need memory to be mindful, unless that is, I forget to be present.

Memory is a function of my sub-conscious programming.

Intuition is a sense of my super-conscious mind.

An all knowing & all seeing mind has no need of a memory.

My mindful presence allows my intuition to flow.

With more intuition, memory becomes less important.

I intuitively remember my future when I consciously overcome my memories of the past.

Being memory-less allows me to be intuitive more.

December 17, 2016.

Being Memory Free

Being Memory Free is not an accepted state of being.

It is called having memory loss.

I am never memory less, I am either remembering or forgetting.

I apparently either store my memory or I lose it.

I either remember or I forget.

I can be forgetful but not rememberful.

I either remember less or I forget less.

I am never free of memory when it resides in my brain, but a problem with my brain can cause amnesia.

I become a prisoner of my memories or a victim of my amnesia.

Either way, I am not memory free.

When I remember my past, I forget my future.

When I remember the future, I forget the past.

Either way, I am mindless to the present.

Being mindful of the present allows me to be memory free.

Mindfulness overcomes the memories of the past that block my remembrance of the future.

It allows me to become memory less, memory full & memory free.

December 16, 2016.

Verbal Communication

Verbal Communication is how we communicate on a physical level.

Physical body language is a non-verbal communication.

When disconnected from our higher thoughts & our intuitive feelings, verbal communication is vital on the physical plane.

On the physical plane, verbal communication is an inter-change of thinking.

I communicate verbally what I think is happening to me and what I am intending to happen by me.

Verbal communication is how I engage with others to share a communal experience of reality.

It is how I express my mental energy in either an emotional or an unemotional way to others.

Mental energy without emotion is a rational verbal communication.

Mental energy expressed with irrational emotional energy is a negative verbal communication.

Verbal communication is not required to express pure emotion.

Emotional awareness allows communication to be intuitively non-verbal.

December 15, 2016.

Sensitivity Is Key To Communication

Sensitivity is Key to Communication.

Knowing someone's emotional state of being enables good communication.

Communication is an energy exchange between two people.

When I am sensitive to a person, I allow my energy to flow with theirs.

I allow my thoughts to resonate with their thoughts.

When I am insensitive, I disconnect the flow & block the communication.

An awareness of my own emotional energy empowers my awareness of another's emotional energy.

My awareness of another's emotional energy opens up a channel for communication.

When I connect to another sensitively & emotionally, we are in energetic communication.

Energetic communication on both a mental & emotional level allows verbal communication to flow effortlessly.

Emotional awareness is the key to communicating with sensitivity.

December 14, 2016.

The World Is Full Of Energy

Gas & electric, petrol & diesel, wood & coal, food & water are all fuels.

They are matter and they do matter but they are not energy.

The Energy of our World is Reality.

The Energy of Space & Time determine our individual, unique & exclusive Reality in this World.

When my space is limited & my time is limited, I experience a limited reality.

In a continuous life, space is infinite, time is eternal & possibilities are endless.

A world full of energy has spirit.

Spirit is the energy of Life in this World.

The spiritual reality of energy is that it is a physicality with a mentality & an emotionality.

The emotional energy of Love is the power that connects to the mental energy of my Light that is the authority to experience the physical ability of my Life.

The creative energy of our world is Consciousness.

Consciousness creates the reality of our choice in a world that is full of creative energy.

December 13, 2016.

Energy Coaching

Energy Coaching guides & supports our connection to the vital energy of life.

The vital energy of life is called Love & Light.

Love is the power to be well & Light is the authority to be happy.

Being well happy is an ability of life when we are awake, alert, aware & alive to the vital energy of Life.

The energy of Life flows through everything when it is free from blockage.

Unblocking our mental & emotional dramas allows the energy of life to flow effortlessly through us.

Energy Coaching facilitates an effortless connection to the energetic flow of Life that is governed by the Law of Attraction.

How the Law of Attraction is working in our own personal life is revealed through energy coaching.

Choice is the energy of Consciousness.

Energy Coaching connects exclusively to the conscious choices that allow individual opportunities to flow effortlessly into life.

It allows life to be lived on purpose, without leaving anything to chance.

Becoming awake, alert, aware & alive to a continuous flow of opportunities in life is guided & supported by the sensitive detachment & emotional intelligence of the Energy Coach.

December 12, 2016.

Energy Is Attractive

Energy is Attractive to like vibrations of energy.

Vibrations of energy attract like vibrations of energy.

Energy is defined by its vibration.

A singularity is energy that has only one vibration.

It is a singularity because that vibration of energy attracts the only vibration of energy.

In a dual reality, energy is divided by frequency & wavelength.

In a relative duality, frequency is inversely proportional to wavelength.

Relativity divides frequency by polarity & divides wavelength by gender.

The polarity of a frequency relative to the gender of a wavelength determines the intensity of its vibration.

Opposing genders of the same vibration are attractive.

Opposing polarities of the same vibration are repulsive.

Duality allows energy to attract & repel with relative intensity.

It is this choice that allows energy to be attractive or not.

It allows Consciousness to emerge from the Singularity of Source Energy.

December 11, 2016.

Empathy & Compassion

Empathy & Compassion are the energy of sharing experience.

Empathy is an aspect of my male energy.

Compassion is an aspect of my female energy.

They are gender perspectives of the same sharing energy.

When I share with empathy, I know my enlightened path.

When I share with compassion, I feel my empowered way.

I intuitively feel my empowered way when I am sensitive to my emotional connection.

I attain compassion when I am being sensitive, emotional & connected.

I intuitively know my enlightened path when I am exclusively detached & rational.

I attain empathy when I am being exclusive, detached & rational.

With both empathy & compassion, I intuitively see my vision for my life.

With compassionate empathy, I am sharing my vision with my Soul.

With empathic compassion, I am sharing my vision with another Soul.

December 10, 2016.

Freedom Of Perspective

With Freedom of Perspective, I have the freedom of choice.

I always have freedom of choice, but my perspective determines whether I exercise that choice freely.

Unless my perspective is that of a spiritually free person, I am a slave to my perspective.

I am a prisoner of a three dimensional physical life of relative dual reality.

I am confined by the beliefs that form my perspective & a victim of my fears.

When I believe that I am a victim of life, I am.

When I believe that I have to make life happen, I do.

When I am being faithful to my path, I am.

Only when I am consciously creating my life, with awareness of my spiritual path, is my perspective free.

Unless I know that I am free to create & experience my own reality, I am not.

Unless I perceive the path of effortless flow, I will resist it.

When my perspective is blocked, so is my path.

When my perspective is free, so am I.

Freedom is just a perspective!

December 9, 2016.

A Debt Of Gratitude

A Debt of Gratitude is created by the belief in an eye for an eye.

It is the belief that one good turn deserves another.

When someone does something for which I am grateful, I am obliged to return the favour.

I place myself in emotional debt to another.

An emotional debt can only be experienced by someone who is emotionally disconnected & insensitive.

Gratitude is a positive emotional energy.

A debt is a negative mental construct.

When I believe that I owe someone something, I am in their debt.

Gratitude is only a positive experience & an asset when it is expressed.

It is the inability to express emotion that puts oneself into emotional debt.

An Expression of Gratitude is a powerful emotion.

A Debt of Gratitude is a mental belief of one who is emotionally suppressed.

December 8, 2016.

A Life Path Experience

A Life Path Experience is the Spiritual Journey of my Destiny.

It is a physical life, along a mental path, as an emotional experience.

A mental or emotional life along a physical or emotional path as a physical or a mental experience is my fate.

It is not the spiritual journey of a life path experience that is my destiny.

A physical path as a mental experience is about what I do & what I achieve in life.

A mental path as a physical experience is about what I have & what I accomplish in life.

An emotional experience along a mental path in a physical life is about what I spiritually attain.

When I overcome the emotional experiences of life I disconnect from my spiritual path.

My destiny is to attain the mental fulfilment of conscious-awareness of my emotional states of being joyfully happy that I experience in the contentment of my physical life.

I learn who I am when I discover why I am here in my Life Path Experience of the spiritual journey that is my Destiny.

December 7, 2016.

The Need To Be Heard

Being Heard is an emotional need.

It is caused by the belief that there is only one reality.

With only one reality, I believe that there is only one way to live in that reality.

When I believe that my way is the only way, I like to tell others the way.

When I need to be needed, I need to tell others the way.

When they do not listen, it drains my emotional energy.

I drain emotional energy when I believe that I am not being heard.

When I need to be heard, I need to herd other people in my direction.

When I need to be needed, I need to be the shepherd to the sheep.

When I need to be heard, I need people to acknowledge that they hear me.

When other people hear my way & acknowledge my way, it justifies my way as being right.

When I need to be right, I need to be needed & I need to be acknowledged, I also need to be heard.

December 6, 2016.

Reality, Nature & Life

The Reality of Nature is called the Weather.

This is the study of the emotional or meteorological nature of the Earth.

The Life of Nature is called Biology or Botany.

This is the study of the animals & plants that inhabit the Earth or Natural World.

The Reality of Life is called Science.

It is the chemistry of the physical nature of the World.

The Nature of Reality is relative to Space & Time.

Infinite Space & eternal Time allow the experience of a continuous Reality.

The Nature of Life is relative to Love & Light.

The potential nature of life is equal to the force of light & the magnitude of love that is being expressed.

The Life of Reality is called a life-time.

It is an individual, unique & exclusive path of personal choice from birth to death & incarnation to incarnation.

The Reality of the Nature of Life is an open book of blank sheets of paper with infinite possibilities of fulfilment.

December 5, 2016.

Dreamtime

Dreamtime is the non-reality of non-linear time.

It is when the unconscious mind experiences non-linear space travel.

Travelling in non-linear space-time is the experience of dreamtime.

Dreamtime is not consciously processed through the brain.

It is the sub-conscious, non-physical, experience of mental beliefs & emotional needs.

The more disconnected I become from my super-conscious reality, the more my dreamtime becomes a nightmare.

My beliefs create my reality in dreamtime as well as linear time.

Bugs in my belief system cause bugs in my dreams.

The chaos in my dreamtime is relative to the chaos in my real life.

As my sub-conscious mind becomes a mirror of my super-conscious thoughts, my dreamtime really does become a time & a reality of my dreams.

December 4, 2016.

Ph, Pi, Phi

Ph is the potential of energy.

The potential of energy is its balance & meaning.

In a binary system, the balance is .5 between 1 & 0.

Pi is the potential magnitude of energy.

It is a matter of diameter times circumference of whole energy.

Phi is the potential force of energy.

The force of energy is golden & beneficial.

Force is an energy of Goodness that can be divided by polarity.

Magnitude is an energy of Greatness that can be divided by gender.

Potential is an energy of Gentleness that can be divided by intensity.

Ph is a matter of measuring balance, gentleness & potential of magnitude & force.

Pi is a matter of measuring space, greatness & magnitude as a force of potential.

Phi is a matter of measuring goodness, beauty & force with a potential magnitude.

Force/magnitude is a constant potential \sim Ph

Potential/force is a constant magnitude \sim Pi

Potential/magnitude is a constant force \sim Phi

The infinity of a constant force & magnitude allows an infinitely expansive balanced potential.

December 3, 2016.

Five Dimensions Of Perspective

A One Dimensional Perspective is Infinite.

It sees only the singularity of infinity.

A Two Dimensional Perspective is Definite.

It sees a definite duality, a definite choice.

A Three Dimensional Perspective has Meaning.

It sees the mean or the balance between the duality.

A Four Dimensional Perspective has Reason.

It sees the reason for a dream reality.

A Five Dimensional Perspective has Purpose.

It sees the purpose of a personal vision.

An infinitely, definite, meaning, reason & purpose are the five dimensions of perspective.

When I know that life is infinite, I can define it.

When I know that life is definite, I can see the meaning.

When I know the meaning of life, I can see with reason.

When I know the reason for life, I can see my purpose.

I overcome infinity when I define my experience.

I overcome duality when my experience has meaning.

I overcome my nightmares when my dreams have a reason.

I come into fulfilment when I see the purpose of my life experience.

When I define my meaning, reason & purpose as the same thing, I will stay infinitely lost in the dual reality of life.

December 2, 2016.

Four Levels Of Weakness

Being Weak is being unable.

Weakness is my inability to act.

Strength is my ability to act with inspired & empowered authority.

The inspiration of my Soul, the power of my Heart & the authority of my Mind enable my strong physical action.

Uninspired action disempowers my authority & renders me weak.

Emotional weakness disempowers me.

Mental weakness unauthorises my choice.

Spiritual weakness uninspires me.

Physical weakness disables me.

Incompetence is an emotional weakness.

Incapacity is a mental weakness.

Incapability is a physical weakness.

Emotional strength is the empowered competence of self-worth.

Mental strength is the enlightened capacity of self-confidence.

Physical strength is the enabled capability of self-esteem.

Spiritual strength is the inspired creativity of my authentic Self.

Any spiritual, emotional, mental or physical weakness will block my creative inspiration.

December 1, 2016.