

A photograph of a wooden boardwalk with a teal railing. The railing is made of vertical panels held together by metal bolts. In the background, there are several palm trees and other greenery under a blue sky with light clouds. The text is overlaid on the railing.

How To Not Follow The Rules (Without Breaking The Rules)

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How To Not Follow The Rules: ***[Without Breaking The Rules]***

Following the Rules requires an in-depth knowledge of the Rules. Without an in-depth knowledge of the rules, I can break the rules without knowing that I am doing so. The most common excuse for breaking the rules is an ignorance of the rules, which is never a good reason.

This book is about knowing & knowledge, not ignorance. It is about not breaking the rules; as opposed to breaking the rules and getting away with it. It is how to not break the rules when not following the rules.

Every rule has a loop-hole, except one: The Golden Rule.

The Golden Rule is an absolute, universal law, whereas every other law is relative and man-made. I cannot not follow the Golden Rule without breaking it, this alone makes it the exception to the rule.

The rule is that every man-made law can be followed, can be broken or can be not followed. Not following a rule is not the same as breaking a rule. Any rule that does not apply to me, is one that I do not follow.

In this book, I will explore what a rule is, why we follow rules, why we break rules and how to not follow rules without breaking them. I will also explore what rule to follow, what rules not to follow and what rules to break.

The answer to what rules do I break is simple - none.

Breaking other people's rules crosses their boundaries and makes them cross. It puts me in conflict with them. Being in conflict with someone's boundaries is always a drama and always has a negative outcome. The only purpose of a drama is to teach me to avoid it. Being in conflict with my own standards is also a drama and is never beneficial for myself. Whether I am playing out a drama caused by myself or someone else, it is never beneficial to anyone.

Breaking my own rules is as bad as breaking other people's rules. As we will discover, for many people there is no distinction between their rules and everyone else's rules. Unless we have consciously chosen the rules under which we will live our life, we are living under the rules that other people have given to us.

So what is a rule?

As A Rule

A Rule is defined as a course of action.

A ruler is designed to draw a straight line, in a direction that defines a course of desired action. A clearly defined course of action has a standard, as a rule.

A rule defines a standard of behaviour that is acceptable to a Ruler.

A Ruler is the Authority that determines a rule. The ruling class is the authority that determines the rules for the classes whom are ruled.

The ruling class has ruled that they make the rules for everyone else to follow. They have decided that their boundaries, the standards of behaviour that they find acceptable, by other people, should be enforced as rules that others must follow.

The authority to enforce standards of behaviour onto other people is justified as being the only way to keep people safe & secure. The only authority that our rulers have, is the authority that we allow them to exercise. We give others the power to exercise their authority over us, by obeying their rules.

The first rule that a Ruler exercises is, as a rule, the rule that rules must be obeyed.

Enforcing the rule that all rules must be obeyed usually requires force. To this end, Rulers need an army to enforce their boundaries and a police force to enforce their standards, as a rule of law.

In this way, the people are seen to obey the law, rather than to obey the ruling classes or their Ruler. Laws are seen as being beneficial to their obedient followers and detrimental to any disobedient followers.

Disobeying rules and laws is seen as breaking a rule or a law, and judged by the Rulers and the Law Makers to be wrong.

In a civilised society where most people choose to obey the law and not break the law, there is no alternative but to follow the rules; or is there?

The Rule Of Law

A Rule of Law is a standard designed to ensure that a society's citizens are law abiding. A law abiding citizen lives within the boundaries set by the law makers of their society.

A boundary is a standard of other people's behaviour that is deemed acceptable to ourself. When a Ruler imposes their boundaries, as standards of behaviour for other people, they are called Laws.

Common people in society have neither the authority nor the privilege of either making or enforcing their boundaries onto other people by law.

Law Makers, as a rule, are seen to make laws for the benefit of the people within their society. In doing so, they are setting the standards of behaviour of the people in society in alignment with their own boundaries.

In this way, the people in society are not taught to set their own standards of behaviour, neither are they taught to set their own boundaries.

As will become very clear:

The setting of personal boundaries in alignment with personal standards is essential in being able to not follow the rules without breaking the rules.

The rule of law determines how I must behave without any regard for my own personal choice. This imposition of authority takes away my choice and my personal authority. In a law abiding society, I have no authority to determine my own standards of behaviour and the boundaries that I find acceptable behaviour by other people are not legally enforceable by me. Only the Law Makers have the authority to enforce the standard of general behaviour for other people, which is their boundary and not necessarily their standard.

In a Democracy, the Ruling Elite and the Law Makers are not the same people. In practice the Rulers decide the Law and the Law Makers enforce the Rules through what is termed as a Justice System.

The Rulers of Society deem this to be acceptable in the name of Democracy. Democracy is believed to be Government by the People, via a democratically elected Government of the people. The people democratically vote for a candidate that is nominated by the Ruling Classes. Once elected to Government,

they represent a Political Party and are directed how to vote in alignment with the 'whip' of their Party's Ruling Elite. Being elected to Parliament is not being elected to Government. Being elected to Government happens only with the private consent of a society's ruling elite.

Government means control. The purpose of a government is to impose standards of behaviour onto members of its society in the name of law & order. The act of agreeing to this system automatically deprives the Individual of their own authority.

When each and every Individual defers their personal authority to a higher authority, in the name of democracy, they forfeit their ability to not follow the rules without breaking them.

When I elect for someone to determine my standards of behaviour for me, I must abide by whatever rules they impose onto me. By breaking their rules, I am breaking the trust that I have given to them. I am contravening my own boundary that makes it acceptable for another to determine my own standards of behaviour.

When my own boundary declares it unacceptable for other people to determine my standards of

behaviour, voting in a democratic election is an act of gross hypocrisy and personal negligence.

By voting in a Government Election, I am declaring as my boundary the acceptability of other people to choose and to enforce their standards of behaviour as mine. Consequently, if I break a Statutory Law imposed by Government, I cross my own boundaries by not conforming to Government Standards.

In this scenario, I have no third choice. I either follow the rules or I break the rules, and I am punished accordingly.

If you vote in democratic elections, continuing to read this book is an act of self-hypocrisy, which will be mirrored to you as the hypocrisy of a system that appears to be a complete ass. You will have no access to any loopholes in the law, and you will have to accept your just desserts.

The Hypocritical Rule

As a rule: Hypocrites practice Hypocrisy.

Hypocrisy occurs when a person's actions do not align with their personal beliefs. When the standard of my personal behaviour does not align with the boundary of what I believe is acceptable behaviour by other people, I am out of integrity and practicing hypocrisy.

When someone is expecting me to conform within the boundaries of what they deem acceptable behaviour but are acting in a different way, to a different standard, they are being a hypocrite.

When I expect someone else to behave well, when I am behaving badly, my perspective is mis-aligned and my actions as a rule are hypocritical.

In general, most people are unaware of their own hypocrisy because neither their personal standards, nor their personal boundaries are their own.

It is impossible for me to align my boundaries with my standards when I do not know what they are and I do not personally own them. We all default to hypocrisy, whether we are aware of it or not, unless we are actually walking our talk to a consciously acceptable standard that aligns with the boundaries we set as acceptable for other people's behaviour.

When I deem hypocrisy to be an unacceptable standard of behaviour: It is unacceptable for me to impose a boundary, which others cannot freely cross, unless that boundary aligns with my own personal standard of behaviour.

Only a hypocrite can behave in a way that is personally believed to be wrong for others. Making rules and setting standards for other people is hypocritical when others are not allowed to impose rules and standards on to me. Assuming authority over other people is hypocrisy when I disallow others their authority, in favour of my own.

We all have a sense of our own authority and to deny our sense of personal authority disallows our ability to set our own personal standards of behaviour. We conform by default to the hypocrisy of other people's boundaries, enforced by them as being our commonly approved standard.

The common definition of a hypocrite is one who does not follow their own rules. This definition assumes that everybody makes their own rules, which they do not. It mistakes someone's rules with someone's standards, and mistakes someone's standards with their boundaries.

Every action is a personal behaviour that can be measured with a standard. When I believe that my

standard of behaviour has an acceptable quality, I believe it to be, as a rule, my standard.

The Golden Rule of Standard setting is to behave unto others, to the standard that you yourself choose for others to behave unto you.

In this way, we use other people's behaviour to discern our own standard of behaviour. To not do so is by definition - hypocrisy.

The Golden Rule of Boundary setting is to approve only as acceptable, other people's standards of behaviour that align with one's own.

To not do so is equally hypocritical.

Boundaries As A Rule

As a rule, boundaries are not a rule. They rarely follow a straight line.

National boundaries are protected by International Law. Nations protect their boundaries with armed forces and enforce their boundaries with armed force. Enforcing personal boundaries with armed force is only permitted as long as the force is reasonable. Unarmed force is deemed more reasonable than armed force, for the civilian population.

Reasonable force is only deemed acceptable against villains, not victims. It is therefore necessary in law to prove yourself to be the victim of a villain when using any reasonable force. It is never deemed reasonable in law, for a villain to use force. Victims are deterred from using force in favour of letting authorised personnel, who police the law, to reasonably enforce the law.

Enforcing personal boundaries without the need to call in the police is an art; which requires tact and diplomacy, not force. The biggest dilemma that is faced when someone crosses your boundaries, is how to enforce them without using force.

When my personal standard is peaceful behaviour, force is no longer an option. The challenge is how to confront a transgressor, without being in conflict. International Law has declared War to be illegal. This is why all nations now call their armies - defence forces. All wars are now fought on the basis that all sides are defending their boundaries. Boundaries are no longer just physical frontiers, they have become a nation's right to uphold their beliefs as a standard for all other nations.

Historically, nations fought each other to obtain more territory or land. With the land came more people under the jurisdiction of the Laws of the Land. It is the Ruler of the Land and their Land Owners who fight for the right to make the laws that determine the rules under which common people live in their Land. The more land you have, the more people you have to fight in your army and forcefully confront any single person or nation that is not willing to adopt your international rules of Law, as their standard.

The Laws of the Land have become the boundaries that the Rulers of that Nation declare to be acceptable behaviour for everyone. The standards of behaviour that they have deemed to be acceptable, for everyone under their jurisdiction, are by definition their Nation's boundaries.

In the modern era, boundaries are no longer a metaphorical line on a map. They have become the actual standards of behaviour, imposed by law, on all of its nation's subjects.

A Nation's Boundaries are the acceptable standards of objective behaviour expected of its Subjects, by its Rulers.

In our world today, whether Government is seen to be Despotic or Democratic, Communist or Autocratic, Socialist or Plutocratic; it enforces its Boundaries, by Law, on the people of its own Nation.

It is the nation's rulers who determine the objective identity of its Subjects and the standard to which its subjects identify with their behaviour.

The boundary of a nation is the extent to which its Rules are enforceable by Law and the Boundaries of a Nation are the acceptable, or unacceptable, standards of behaviour that are enforceable on its people, by Law.

The boundaries that we impose on any visitor to our nation are the same as the boundaries that are imposed on every resident of our country. This is because the standards of behaviour expected and enforceable by law are the same for residents as they are for visitors. All people within the jurisdiction of a country are treated as being equal with regards to the

standards of behaviour, called boundaries, that are imposed on them by law.

The purpose of an International Court of Justice, which has no national boundaries, is to impose standards of behaviour, by law, on a global population; irrespective of nationality.

A Jurisdiction without Boundaries, imposing boundaries on both Individuals and Nations, is by definition the epitome of Hypocrisy. It is taking hypocrisy to an elite level, which is aligned with the standard of behaviour of an elitist mentality.

Once all international boundaries are under the ownership and directorship of one Ruling Elite, national boundaries like personal boundaries will no longer, by their international laws, be legal.

As a rule, nobody imposes boundaries onto other people, for the benefit of other people; they are always for the benefit of the Individual imposing the boundary.

The Paradox Of Boundaries

The Paradox of Boundaries is that they are both good for me and bad for me. They can both work for me and work against me.

The purpose of a boundary is as a rule to draw a line between myself and others to express the extent of the sovereignty of my personal choice. My personal sovereignty is my individual authority to make my own choice. In a free world, the personal authority to make a sovereign choice is essential for each Individual. Freedom of choice requires an entity to have sovereign authority. This means that personal choice is supreme and maintained as a Golden Rule. I cannot have the free authority of choice as an individual sovereign entity, unless I allow all other individual entities the freedom of their own supreme, sovereign, authority, of choice.

“As I allow unto others, others will allow unto me”.

Boundaries are beneficial when every Individual in a Sovereign Nation adopts the same standards for their own behaviour and the same acceptable boundaries of other people's behaviour. This ensures that all citizens are in agreement and can live within their national boundaries in peace and harmony.

Historically, any persons contravening the beneficial boundaries of the common people were banished as outcasts from that Land. Today, the only place to banish outcasts to is the National or State Prison System.

Boundaries are therefore beneficial when I agree with what is acceptable behaviour for myself and other people but detrimental when I choose with my sovereign authority of choice to choose a different standard for either myself or other people.

Boundaries only work with the agreement of all Individuals within a national boundary, who comply with that nation's boundaries.

The imposition of a nation's boundaries and national laws as a standard, by its very nature, deprives the Individual of their own sovereign authority. Sovereign Authority becomes the remit of a National Government. The only choice that remains for each Individual is to either agree or disagree with the rules and laws determined by the Government as beneficial or detrimental for themselves.

My boundaries, the acceptable rules under which everybody else behaves, are decided by either a beneficial or a detrimental government, relative to whom I voted for in a democratic election.

It is important to remember that when I vote in any election, I am deferring my sovereign choice of

personal boundaries to a higher authority to decide the common standards of personal behaviour within a sovereign nation. Whereas, I may find this behaviour acceptable as my own standard and as an acceptable boundary for all others, I am by making this choice both exercising my personal choice and giving away my personal choice.

The only way out of this paradox, is to personally choose my own standards of behaviour and my own boundaries as my own sovereign entity.

Electing to vote is electing to conform to the standards, boundaries, rules & laws imposed by a controlling government legislature. We do this as a sovereign nation to ensure our own security, to the detriment of our own freedom.

Security As A Rule

Security, as a rule, is the opposite of freedom. Security & freedom are the gender opposites of the same energy vibration. I can choose to experience the freedom of my own choice of standard or the security of someone else's imposed standard, which is their boundary. Alternatively, I can choose the freedom of my own standards with the insecurity of being unable to enforce my own personal boundaries. The inability to enforce our own personal boundaries effectively and legally, is why we sign up to government policing & control. Most people find it impossible to enforce their own boundaries themselves, especially when their boundaries & their standards are out of alignment. This is why they choose to vote for a government whom they believe will keep them safe & free. Instead they get a controlling government that promises to keep them safe & secure. In political theory, following the rules by law of government is supposed to keep us safe & free, whilst breaking the law results in being securely locked away in prison. Understanding the distinction between safety & security is key to making a third and different choice.

The opposite of safety is danger or risk. With security, I am in danger and at risk of losing my freedom.

I can choose to follow the rules, break the rules or follow my own rules without breaking the law.

To not follow other's rules without breaking the law requires me to be safe in my freedom of choice without being secured or tied to another's authority.

I choose to be free & able to cross other people's boundaries without conflict or causing them offence.

In actuality, I am only ever at risk or in danger when causing offence to another person. Other people only take offence when I threaten their boundaries with my unacceptable standard of behaviour. When I can safely say that my standard is to never behave in a way that offends another, I can assure my own safety and secure my own freedom.

When my standard clearly states that it is unacceptable for me to be offended by others, I can freely choose to never take offence, no matter how extensively my boundaries are crossed. For my standard of never being offended to align with my boundary, my boundary is required to be so extensive that nobody is able to cross it. The only standard of behaviour that certainly allows one's boundaries to be

so extensive as to never be crossed, is called Unconditional Acceptance.

The Standard Of Unconditional Acceptance

Applying the Standard of Unconditional Acceptance requires unlimited emotional power. This immediately sounds like an attainment that is impossible to attain. Fear not is the reply!

Fear is an intensely limiting mental belief, which limits emotional power and is a problem in physical life.

Whenever I experience a problem in life, it is a toleration and an emotional energy drain. When I experience no energy drain, there is no fear and I see the opportunity that I have available to me as a new choice in life.

The key to becoming unconditionally accepting is 'choice'. When I limit my choice, I limit my power. When I defer my choice, I defer my mental authority, which disconnects my emotional power. When I authorise my choice, I empower my choice. My emotional power is relative to the authority of my choice. Making authorised choices is the way of unconditional acceptance.

The way of unconditional acceptance is being accepting of whatever turns up. When I unconditionally accept whatever turns up, it is always an acceptable opportunity. It cannot be an opportunity unless it is acceptable. If what turns up

appears to be unacceptable, it is a problem that I will have to tolerate.

Tolerations are an emotional energy drain, which is always unacceptable. Tolerating any situation in life is a sure sign that I am not unconditionally accepting of it.

Conditional acceptance always requires a solution to the problem, which temporarily relieves the toleration by stopping the energy drain. When I conditionally accept a problem, it is because I have a solution in which I can dilute the problem and tolerate the toleration. Tolerating a problem is never beneficial. Only opportunities are unconditionally beneficial and therefore unconditionally acceptable because no detrimental effects are perceptible. When no detrimental effects are perceptible, I feel the beneficial power of every inspired opportunity. Every inspired opportunity is unconditionally acceptable.

Unconditional acceptance allows unlimited opportunities to flow into one's life. To allow only opportunities to flow into my life requires that I see everything that flows into my life as an opportunity to accept, not a problem to tolerate.

With unconditional acceptance comes unlimited power, which allows unlimited opportunities in life to occur.

The paradox is that I need unlimited power to accept unlimited opportunities, which flow into my life with unlimited power because they are unconditionally acceptable. However, when I need unlimited power, I don't have it because I only need what I believe that I do not have.

The belief that I do not have unlimited emotional power instantly disallows unconditional acceptance of any opportunity because I am perceiving the problem of needing, instead of the opportunity of being accepting.

In the same way, the belief that I do not have the authority to choose, instantly disallows my ability and freedom of choice.

It is the choice to give away and limit my authority that disallows and limits my power. I cannot see my life from its true perspective when I am seeing it through the eyes of other people's authority. When I live under other people's authority, it is because I need their power to motivate me to solve my problems, which their adopted beliefs & boundaries are causing me. The standard of my life experience is relative to how limiting other people's beliefs are to my perspective of what is beneficial for me.

It is in the adoption of other people's beliefs as to what is principally, ethically and morally right that I limit the ability of my own emotional power & mental

authority. When I need other people's emotional power, in order to conform within their boundaries, my life will experience one toleration after another, trying to solve the problems of the conditions that those other people place on my ability to operate under their power.

Operating to other people's standards means operating to their choice of authority, which requires the motivation of their financial power. When I am disconnected from my own empowered inspiration, I need the motivational power of my peers, which is usually money. In this way, money has become synonymous with power and those with unlimited money are believed to have unlimited power.

In actuality, it is never money that affords unlimited power but the belief that people with money have unlimited power by the people who both need money and emotional power.

It is always our belief that drives our behaviour that determines what we experience to be real in our life. Fear, pain & problems are real in our life because we realise them to be an experience in our life.

Personal authority, personal power and personal opportunities become standard in my life when I realise that they are a matter of personal choice.

When I realise that adverse conditions are a choice; which causes pain, fear & problems; I also realise that unconditionality is the real effect of taking the opportunities enabled by the power of one's own authority. The only condition on which every opportunity in life is presented, is that it is acceptable.

Whether anything is acceptable, tolerable, intolerable or unacceptable is always a matter of the perspective that influences our personal choice.

Choice Is Relative To Perspective

To not follow other people's rules, without breaking other people's rules, requires a change in personal perspective.

Other people's boundaries are relative to their perspective of what is occurring in their life. In general, people choose to follow other people's choice of boundary as long as they perceive it to be beneficial for them. It is common to rebel against a boundary that is deemed to be detrimental to oneself and try to replace it with a different boundary.

Different perspectives allow different standards for behaviour and a choice of different boundaries. A boundary is the limit at which other people find my behaviour unacceptably intolerable. From childhood, we push the boundaries to see what is either tolerated or is not tolerated by other people. In this way we learn that boundaries are unique to every individual, as the level of patience or tolerance is different for everyone. With emotional intelligence, we come to realise that patience & tolerance, like acceptance, are relative to personal emotional power. As an Individual's emotional energy rises and falls, so does their level of patience, tolerance & acceptance.

With limited emotional intelligence, we just learn to avoid crossing people's boundaries when they become either impatient or intolerant. Alternatively, we learn to use the anger of our own extreme impatience, or the fury of our own extreme intolerance, to forcefully ensure that our standards are delivered, so that our boundaries are not crossed. This is the control drama of a greedy Intimidator, which is designed to get Poor Me to please them. Being the victim of having to conform to someone else's boundaries always makes them the villain. Every victim & villain control drama requires a hero to make the peace and avoid further conflict. Our justice system appoints Judges to determine who is the villain and who is the victim and enforce their ruling with the statute of the Law. The perspective of the Justice System is that they are always the Hero, never the Villain and certainly never the Victim.

With the perspective that I am a victim, there will always be villains in my life to ensure that my perspective aligns with my experience of reality. The only certain way of moving out of Victimhood is to never see anyone, including oneself, as a Villain. Victimhood is the consequence of a perspective that life happens to me. When what is occurring in my life is a problem, I am a victim of the problems that are

happening to me. Whether the cause is accidental or the effect of someone else's actions, I am the victim of the circumstances that I am facing. Of course, I am only a victim of the detrimental problems that occur because, by definition, I am the beneficiary of whatever opportunities occur.

When I change my perspective to life happens by me, instead of to me, I take control of my own choice of action. Perceiving life to happen by me, requires me to take responsibility for my own actions. When I am unable to see that I am responsible for whatever is occurring, I default back to the perspective that life is happening to me. Taking responsibility for my own actions requires my patience & tolerance of what goes wrong; in the knowledge that when I perceive life to be happening by me, less things appear to go wrong.

In the main things still go wrong because I am doing things my way but to someone else's standard and within someone else's guidelines, timescale or boundaries. Operating within someone else's boundary, guideline or timescale is operating in their authority, instead of my own. Operating under someone else's authority always compromises my power. Things always go wrong when I run out of emotional power because when I run out of emotional power, I fail the challenge to do it my way.

When I fail the challenge to do it my way, there is no opportunity for success. My success is successfully doing it my way. Successfully doing it someone else's way is their success, not mine.

Successfully changing my perspective from life happens to me, to life happens by, allows me to take control of my choices and to do it the best way that I believe that I can. Everyone always operates to the best of their ability when allowed to do so, in the best way that they can, within their own guidelines and timeframe.

Unfortunately, doing the best that I can often falls short of either my standard or someone else's standard. No matter how hard I try, I can still fail to meet the required standard.

When Life Happens By Me

Life happens **by** me when I do it my way.

The most common reason for not doing it my way is other people's standards, boundaries & rules.

We are taught, from an early age, to do it ourself in the way that other people show us is best. Standard practice is best practiced the way other people have taught us. This ensures it is a common standard that most people adopt. It also conforms to a common boundary that makes other people's similar behaviour acceptable to me. We adopt a common standard of behaviour because when we behave like other people behave, they seem to like us because we are like them and we are operating within the boundaries that they deem to be acceptable.

Whilst operating to someone else's standard pleases them, it does not always please ourself. This causes a dilemma as to whom do I please, myself or others? Should I be selfish and please myself or unselfish and please other people? Behaving to my personal standard pleases me and behaving within other people's boundaries, pleases them.

The way out of any dilemma is to choose a third way, which is the subject of another of my books.

When I do it my way, the choice of being selfish or unselfish is mine. Most people choose to do it their way without being selfish but don't really know how. The easy way out is to adopt other people's ways and standards as one's own. In this way, we tend to selfishly do it our way until we hit the boundary of someone else's displeasure and are forced to unselfishly change tack or track. We either selfishly attack their standard as bad or unselfishly backtrack on our standard as wrong. Both are negative actions, which are neither aligned nor in integrity with our true self.

Being permanently unselfish helps to keep the peace; mainly because other people calm down when we adopt an unselfish perspective. It also makes other people permanently selfish. The more unselfish I become, the more selfish other people appear to be. The more selfish I become, the more unselfish I expect others to be. Subjectively, I see myself as pleasantly unselfish and objectively, I see others as either pleasantly considerate or unpleasantly inconsiderate. The problem is that we consider other people in alignment with our own selfish or unselfish perspective; which is in alignment with our own beliefs, standards & boundaries.

When life happens by me, I have to make a choice. I have to make my own choice and I have to choose

my own beliefs, my own standards and my own boundaries; all with careful consideration for the wellbeing of both myself and other people. Unless I do this by myself, I will become the victim of life happening to me in alignment with other people's beliefs within the boundaries of other people's standards. Adopting a selfish attitude for my perspective will bring me into conflict with other people's boundaries; and perceiving to adopt an unselfish approach to others will revert my perspective back to the experience of life is happening to me, not by me.

By me appears to be the selfish way and life appears to happen to me when I am being unselfish; because when I am being unselfish, I allow other people's standards of behaviour to override my boundaries. Personal freedom cannot exist within the boundaries of other people's rules and standards, neither can it exist within the security of one's own comfort zone. When life happens by me, my intention is to create a comfortable, safe and secure environment in my life; which is called my comfort zone. My motivation for creating my own comfort zone is usually my perspective that other people's boundaries are not sufficiently pleasant for me to feel comfortable, safe & secure.

In 'to me' mode, I try to avoid victimhood by being pleasing & humbly conforming to other people's boundaries as my standard.

In 'by me' mode, I can choose to exclude from my comfort zone anyone who threatens my safety, security or comfort. Alternatively, I can choose to expand my comfort zone and enable everyone else to live in harmony with myself.

I can choose the unselfish way of a pleasing humble ego, the selfish perspective of a greedy & arrogant ego or I can choose the expansive way of unconditional acceptance, by being true to my Self.

- When I behave to other people's standard, within the boundaries of whatever they decide is acceptable, life happens to me
- When I behave to my standard, within the boundaries of what other people have decided is my standard, life happens by me
- When I behave to my own standards, in alignment with my own boundaries, life happens through me
- When my standard is to be unconditionally accepting & boundary free, life happens as me

Being True To My Self

Truth, as a rule, is a straight line. I speak my truth and I walk my talk when my standards align with my boundaries. But how do I know whether a standard is a true standard and how do I know my true Self?

When I raise my standard, does this mean that my previous, lower standard was false?

True & false are just a judgment based on a perspective of myself. When my perspective is that my standard of my experience is applied by me, it appears to be true but it can prove to be real but not really true.

The true reality is that truth and reality are not the same.

Truth as a rule follows a straight line through space, in time. Reality is relative to space & time. This means that my reality of space-time differs relative to my place & time. I can follow a truly positive time-line through life or choose by default a truly negative experience in real time. When I veer off course at tangents or turn backwards in time, I end up in the wrong place at the wrong time. Really awfully bad experiences in life are not the true path that I consciously choose for myself, by myself. They can appear to really happen to me but I do not choose

for them to truly happen by me. What appears to happen to me is real and what I choose to happen by me, is true. Unless that is, it's not.

Unfortunately, what I choose to truly happen by me, doesn't always happen the way that I really choose it to and wrong things can badly happen to me.

Making choices based on my own limited beliefs causes a limited ability of being truly happy with the result. Any chance or opportunity to take action is subject to chance, which means that unfortunately I can experience a problem. When I perceive the ability for life to happen by me, I can be lucky or unlucky, fortunate or misfortunate because things can happen by either chance or design. Unless my design is true, there is a chance of misfortune and bad luck.

Whether I perceive life to be happening either to me or by me, problems can occur and things can go wrong.

What is required is a perspective that allows life to always run true, where every chance is seen to be an opportunity and when every experience of reality is seen to be truly acceptable.

When I see life as effortlessly flowing through me, instead of to me or by me, everything that happens in my life is certainly beneficial.

I see life through the eyes of my true self and I experience the reality of being true to my Self. My real self is always on track and proceeding in truth on my rightful path through life. When life flows effortlessly through me, I flow effortlessly through life. I am following the golden rule and as a rule, my life experiences are golden.

My perspective creates my reality, so only a true perspective creates a true reality and only a positively beneficial perspective creates a positively beneficial experience of life. My life experience becomes positively beneficial when I see my life as a certainly beneficial experience.

The Golden Rule

There are many versions of the Golden Rule because there are many perspectives that define it. There is a version of the golden rule in every major religion in the world. In Christianity it is the 2nd Commandment of Jesus, which is:

“Love thy Neighbour as thy Self”

or

“Do unto all others as you would have all others do unto you”.

As a rule, this means align your boundaries (the behaviour acceptable from other people) with your standards (the behaviour acceptable for yourself).

To love our neighbour as our self requires that we first approve the standard of love that we have for ourself, so as not to disapprove of the standard of love that is missing from other people.

We need other people to love ourself when we do not have enough love for ourself. Without enough love for myself, how can I give enough love to my neighbour? Loving our neighbour starts with loving our Self and Loving my Self requires my being True to my Self.

Doing unto others in a loving way requires emotional power that I have, not emotional power that I need. My emotional need for friendship, and the company of other people, is a statement of wanting their love because I need it. The standard of friendship is that I give you the love that you need if you give me the love that I need. Friendship is a dependency on love that I need, not love that I share; when what we are sharing is our mutual need for emotional energy. When you give me the love that I need, you are my friend. When you forcefully take the love that I have, you are my enemy. My best friend is the person who meets most of my emotional needs. My worst enemy is the one who steals all my emotional energy. In reality, most people need other people's emotional energy before they have enough love to return it. Loving thy neighbour then requires our neighbour to love us first. The standard as a rule becomes "Do unto others as others do unto you". If my neighbour pleases me, I am pleasant to them. If my neighbour is not friendly, neither am I. In the absence of unconditional acceptance of all other people, there is no unconditional love for all other people. Unconditional love is conditional on there being unconditional love in every human relationship. When a human relationship is dependent, co-dependent or inter-dependent; it is

dependent on the sharing of need, not the sharing of love. It is divisive sharing, not expansive sharing and we have learnt many divisive ways of sub-consciously getting what we need emotionally; when we are disconnected from the innate power of our true Self. The real challenge in life is how to make the golden rule my standard when I do not have the emotional power to do unto others, what I need them to first do unto me. Even when I am motivated to meet other people's emotional needs, the problem is that I am trying to do the golden rule instead of being it. The opportunity here is to see that the ability to do anything, requires enough emotional power to be present. Without enough emotional power, I always fail every challenge and I fail to meet my true standards; which as a rule makes my boundaries unenforceable.

When I change my standard to: As a Golden Rule I choose to be in relationship with all others as I choose for them to be in relationship with me. I choose to have enough love for the people with whom I allow to share their love with me.

For my boundary to be aligned with this standard, it is unacceptable for me to give away my emotional power to either poor & needy people or arrogantly greedy people. When I truly love my Self, I am empowered to share that same love with all other

people that share that true love for their Self; by being true to their Self. Unless another is true to their Self, I cannot trust them to be in a true relationship with me, by relating their truth with me.

My true standard of behaviour is relative to my state of being, whilst I am doing whatever I am doing. To do something well, I am required to be well & good when I am doing it. Well-being & Goodness are emotional states of being that I feel when I am doing something well.

My standard is to feel good when doing whatever I am doing.

Otherwise doing good & doing it well become someone else's boundary, because I am working to their standard and not mine.

Other people tell me how good I am relative to how well they want me to behave. I tell myself how good I am by how well I feel, whilst I am doing whatever I am doing. Feeling content & fulfilled means that I am happy with what I am doing. When I define my standard of behaviour with a positive emotional state of being, I never fail to meet every challenge in life. With positive emotional power, I never fail any objective.

I am always the victim of insufficient personal emotional power, when I am relating to whatever I am

doing with negative emotional energy. Negative emotional energy means that there is no love in it because my heart is not in it.

It is not in my heart to meet either the emotional needs or the behavioural standards of other people.

My standard is to meet my own emotional needs myself and allow other people every opportunity to do the same.

In alignment with the golden rule, I allow all others to follow their own path in life because it is unacceptable to me for another to not allow me to follow mine. I allow all others their choice, not mine.

The parable of the Fisherman who teaches others to fish, supersedes the standard practice of giving 'fish' as charity to feed the poverty of the unfortunate victims of life. For every Preacher of their Way, there are 5,000 others waiting to be fed.

I allow all others the opportunity to learn from me but I never preach or tell another what they should do, ought to do, have to do or must do. My standard is to always allow others to make their own free choice.

We are taught that: "As we sow, so shall we reap", but without the intuitive 'eyes' to see the true meaning, we can only listen to the parables.

- We are taught to give charity to victims of a perspective that poverty is happening to them.
- We give hope to those who believe that a better life can only happen by 'learning to fish for themselves'.
- I have faith that my own life will become beneficially ideal when my perspective allows it to be so. There is always an abundance of fish in the sea, for me.

Faith, hope & charity are three different choices of perspective in life that are determined by how we 'see' our own reality occurring. Without the intuitive eyes to see our own perspective of life, we will default to the perspective that others have shown to us. Instead of being or doing unto others as we would have them be & do unto us, we do unto others as others do unto us and as others have taught us to do unto them; in alignment with their rules, their laws, their morals, their ethics, their principles & their standards; which are in alignment with their beliefs and their perspective but not necessarily their behaviour.

Whatever I perceive to be real in my life becomes my perspective of how life is occurring to me. I realise that life is happening the way it occurs to me.

As a Golden Rule:

When life happens to me:

“I do unto others as they have done unto me”

When life happens by me:

“I do unto others as I would have others do unto me”

When life happens through me:

“I am being unto others as I choose others to be unto me”

When life happens as me:

“Providence provides perfectly, in alignment with how I choose to attract it to my Self”

The Law of Attraction is always working in alignment with my own personal perspective of life.

I always experience the reality that I think is real because it is a real experience; but when it aligns with other people's standards, it is not necessarily true.

Other People's Standards

Other people's standards are what I believe that I should do, I ought to do, I have to do & I must do.

- What I have to do, is a Principle Standard given to me initially by my parents or my guardians.
- What I ought to do, is a Moral Standard given to me by my church or my religion.
- What I should do, is an Ethical Standard given to me by the philosophers of my society.
- What I must do is a Legal Standard imposed by my government.

As a Rule: Principles, Morals, Ethics & Laws are all standards or disciplines imposed on me by other people; as their boundaries, of my good behaviour.

On principle, from an early age, I have to do what my parents tell me to do. In a functional family, the parents provide the physical & emotional needs of their children, which are required for their mental development. In a dysfunctional family, by definition, there are insufficient physical & emotional resources to satisfy a child's normal mental development. Dysfunctional children are 'at risk' of breaking the

rules; in their frustrated search to push the boundaries of what is or is not acceptable, as their behaviour. The dramas that they initiate are their sub-conscious way of getting the emotional energy that they need from other people.

In principle, it is the parents who decide what is either beneficial or detrimental for & to their children.

Morally, my religion, or the religion of my family or society, determines my behaviour to be either moral or immoral. It is their judgment of what they believe their judgmental god has declared to be right or wrong. In the name of God, these are the moral guidelines that determine whether we are immortal saints or mortal sinners. Apparently, the good go to heaven and the bad go to hell.

Virtuous behaviour allows an inclusive attachment to the church and is what everyone ought to do, to be righteous. Sinful behaviour results in an Individual's excommunication from their church. Virtuous people have a conscience, which tells them right from wrong. Con-science means against science, which religious teaching usually is.

Morally, the church leaders decide what is good, bad or evil, not the scientists.

Ethically, science determines what is right or wrong. Originally ethics were the intellectual reasoning of Philosophers. Modern Science is no longer philosophical, believing life to be either physical, chemical or biological. Although science, medicine & law still practices ethically, only philosophy teaches it. Ethics are the standard practice of businesses & professions, which tell professional business people what they should do; in order to be busy & professional. Many choose to practice ethically and many do not, preferring to remain legal rather than ethical. Business Accountants continuously search for ways of not following the rules, without breaking the rules; such as legally avoiding tax, without illegally evading tax.

Legally, governments determine laws. Laws tell us what we must do, usually by telling us what we must not do. Governments prefer not to tell us what to do, because in their experience people do not like to be told what to do. Politics is the art of government, which means controlling their people. It is the ability to get the people's behaviour to a standard that is generally acceptable to the People, but mostly acceptable to the Government. Laws determine what the people must or mustn't do in order for the Government to be in control of the people.

A Choice Of Standards

Choice by definition is not standard, it is variable. When I adopt the standard choice, I believe it to be the acceptable standard so any other choice is unacceptable. I am not brought up in the belief that standards are variable. Mostly we experience that standards are something that are given to us by people in authority. We are seldom given the authority to set our own standards. We experience standards that are set by an external authority and we have no authority to challenge them, or so we are led to believe.

Authority is choice and my choice is my authority.

Not making my own choice, denies the presence of my own authority. In truth, we rarely follow our own authority, we follow the discipline of other people's standards to ensure that we do not cross other people's boundaries. We follow the authority of the Authorities, who are our Judges, our Politicians, our Scientists, our Bishops & our Lords.

Judges uphold our Laws, Politicians uphold our Principles, Bishops uphold our Morals, Scientists uphold our Ethics and our Lords uphold our Etiquette.

Etiquette is the standard of behaviour adopted by the Aristocracy, which is now called the Elite. The Elite, to be elite, require their own elite set of standards, as they choose to behave differently to the general behaviour of people with common standards.

The irony is that only a select few Individuals have chosen their own set of elite standards that allow them to not follow other people's rules. This practice was historically reserved for the upper ruling classes.

They formulated laws in a way that allowed a privileged minority to access their own loop holes.

This allowed them to not follow the law without breaking it. No privileged Ruler would ever make laws that restricted their own freedom of choice. There has always been a Royal Prerogative, which puts the elite above the Common Law that governs the Common People.

Not following the rules without breaking the rules is not a common practice, it is an elite practice that requires an elite set of standards that determine the authority of one's own choice.

I cannot give away my authority of choice and behave to my own standard. I stand in my own authority when and only when, I behave to my own good, beneficial & positively rightful standard.

The question is: How do I know that my own standard is truly mine and that I own it?

Knowing What Is Good For Me

I was told at an early age that if I know what is good for me, I should do what I am told. From my own experience, it wasn't always good for me.

So how do I know what is good for me?

It would be very good to know what is very good for me because following the rules does not always feel good and breaking the rules, although it may feel good, can have very bad consequences.

The important word here is knowing. When I think that I know what is good for me, I am using my intellectual reasoning or my rational logic. I am logically reasoning with my intellect to seek the best solution to any problems that have happened to me or by me. I am consciously using my stored knowledge, from my previous experiences of the past, to determine my best course of action for the future. My rational logic usually tells me that what was good for me in the past is best for me in the future. I believe that what was a safe, secure & comfortable option in the past will maintain that status quo and keep me within my comfort zone.

Fear is my warning sign and I believe that my fear of breaking the rules will keep me safe.

Fear never feels good. Fear influences my wrong decisions. A negative choice with a negative feeling will always have a negative outcome.

Only a positive choice with a positive feeling, will have a positive outcome for me.

As we all have our own unique perspective of life, based on our own individual experiences of life, we each have our own exclusive feelings about life. Feelings are emotional, not rational. Our intellectual reasoning has learned to override our emotions. When I suppress my emotions, I have no way of telling how I feel about a choice until the consequences of that choice happen. Our emotions have become something that happens to us, not by us.

Our emotional feelings are not rational, they are intuitive but we have been told that they are irrational. Our education system teaches only rational knowledge, to the detriment of our intuitive knowing. As a rule, intuition is banned in educational establishments. If I am unable to show or prove how I came to my answers, they are not listened to and dismissed as a guess. Intuition is believed to be an intelligent guess, which is counter-intuitive to a

scientific rational intellect that sees emotion as irrational.

Seeing emotion as logical, is an intuitive perspective.

What I can see without my physical sight is called insight, which is intuitive. Intuition connects me exclusively to my insightful imagination, which is the source of my creative ability. Our education system does not encourage creativity, it encourages the discipline of inclusive conformity; not exclusive informity.

We all get an inclusive education, unless we go to an elite Public School and get an exclusive education. Informity is not in our dictionaries. It means: A means of being informed or given information. How do I know this? Intuitively of course. It came from my creative imagination as an innovative insight, using my own initiative.

Rational thinkers believe that there is only one source of information, which they believe is a rational education. We are taught existing knowledge that has been authorised to conform to what others believe that I should, ought to, have to and must know. I am encouraged to think for myself, as long as I do not have any original creative thoughts. Initiative, imagination, insight, innovation, ingenuity, invention

& intuition are not skills that can be taught; so they are excluded from our educational curriculum.

In a world of mathematical science, the art of creativity has become reduced to painting, poetry, pottery & cooking because only our five physical senses of sight, hearing, taste, smell & touch are recognised as empirically provable.

Our three intuitive senses of seeing (without eyes), feeling (without touch) & knowing (without prior knowledge), have been universally suppressed by the absence of any emotional intelligence within our educational establishments. As a rule, big boys don't cry and never show their emotions.

Without intuition, I cannot certainly know what is good for me because I cannot certainly know what feels good for me, so I cannot certainly see the best choice for me. I can see for myself, only with my physical eyesight when I have lost the ability to see for myself with my intuitive insight. I can only know what I have prior knowledge of, when I have lost my sense of intuitive knowing and I can only feel with my physical touch when I have lost my emotional sense of intuitive feeling. My mind constantly overrides my instinct when I believe it is in my brain and not in my gut. In the battle of the sexes between the heart & the mind, the brain has most definitely declared itself the winner.

A Conflict of Genders

The battle of the sexes has historically been won by masculine superiority. Rational, male logic takes precedence over female, emotional intelligence, irrespective of the sex of the Individual.

It is my logic that is either male or female, because my sex is either masculine or feminine.

Many Individuals are currently very confused as to their physical sex because they have not been taught the emotional intelligence to understand the gender of their mental & emotional energy vibration.

As a society, we have not yet learned how to either study or measure our emotional energy, so we have no understanding of its gender. We only have an understanding of our physical sex; our comprehension of which, is becoming more & more confused. A transgender person is confused by the male or female gender of their energy, irrespective of whether their sex, as defined by their X & Y chromosomes, is masculine or feminine.

Without the emotional intelligence to intuitively see a distinction between the physical sex of a person and the emotional gender of their energy, male masculinity and female femininity are believed to be just the gender of our sex.

Emotional intelligence and the ability to see our own non-physical attributes, attainments & qualities is intuitively innate. This means that we are all born with intuitive potential, but most people lose it by the time they attend school.

Remember, the education system was originally designed just for boys, with male rational logic, not for girls; who were deemed to be the inferior sex. Girls have competed with boys for decades, to deny their whimsical, irrational female behaviour in favour of adopting the educational standards of a male orientated education system.

In school, we are taught about the matter of matter and the matters that matter, in a male dominated world. Energy has become completely confused with fuel. We have been told that we get our energy from the fuel that we eat called food. We get our security & comfort from the fuel we burn to provide the energy of heat & motion. We have become very proficient at the art of turning matter back into energy to use as fuel, with absolutely no understanding of how to creatively turn the energy of thought into what ideally matters for our Self emotionally.

We all intuitively know that Happiness & Wellbeing, the most important ideals in life, are innate and will never be sourced from our external physical world.

The physical world is there in reality for us to ground our emotional happiness and wellbeing as a physical experience. We do this by being Happy and by being Well as an expression of our own innate Beingness. This is something that is very difficult to do in a society that is totally out of balance.

Fighting for equality for the sexes is not the answer.

Choosing the equanimity and balance of our emotional energy is the only way to empower ourselves to take back our own mental authority, which allows us our own mental choice of action and our own choice of standard for each behaviour.

Equanimity means equal animity. Animity, as I intuitively know is the gender of our female anima or our male animus. Whether you believe that Carl Jung, discovered it, intuited it or made it up, is a matter of your own personal perspective.

With the emotional intelligence to know, feel & see the gender of my energy, I become aware of whether it is empowering me or disempowering me in either a positive or a negative way.

Positive & negative describes the polarity of my energy vibration, relative to my experience of whatever is occurring. When something feels good it is perceived to be positively beneficial and when it feels bad, I believe it to be negatively detrimental for

me. When I know something is right, it feels good and when I think something is wrong, it feels bad. You see, I can only know and feel my positive & negative polarity with my intuition because it is not intellectually reasonable to the rationale of either science or education.

Only with intuition can I study the Ontology of my emotions and bring the polarity & the gender of my thoughts & my feelings into balance, harmony & equanimity.

Not following other people's rules, without my own inner conflict, requires the equanimity of my own Inner Peace.

Attaining Inner Peace

Inner conflict never feels good.

Inner peace is a good feeling because it allows me to love my Self, as I am not in conflict with myself.

When I am the victim of life happening to me, I blame other people for the conflict in my life. From my perspective, they are the cause of the conflict in my life. If they are not directly causing my grief, it is their beliefs, their standards or their behaviour surely that is.

When life is happening by me, I am the cause of my own conflict and what I do unto others, others do unto me. I am in conflict with people who hate me or appear to be at war with me. When I do not love myself there are, as a rule, an endless line of people queueing up to show me the absence of love that they have for themselves and for me. I attract people who are either similarly or opposingly in conflict with life, as I am. The more that I try to do good by other people, the more I seem to get it wrong. With an endless number of people to please, all I experience is their constant disapproval. When I project my inner conflict into the outside world, I experience all of the dramatic conflict that exists in the outside world.

When we all behave to the same standards, we all

reap the same rewards and we all die by the same sword. We all identify with other people's problems, whilst being jealous of their opportunities.

The happiness & wellbeing of my inner peace flows from within me, out into the outside world. It flows through me, neither to me nor by me. Actually, inner peace does flow right by me and avoid me, when I am unhappy and in conflict. Peace flows through me when there is nothing to stop, resist or disallow it. The way to allow inner peace to effortlessly flow through me is to not get in its way.

My standard is to surrender to the peace, instead of surrendering to the conflict.

I cannot make peace with the outside world unless I am at peace with my inner world. All inner conflict is mental by nature. My nature, or my normal way of being, is either in alignment with my truth or it is not. As I think, so am I being. When I think from a negative perspective, I experience negative emotions. Only when my thoughts are positively beneficial are my emotional experiences a true expression of my Self. When my thinking is biased in favour of one gender of emotion, to the detriment of the other, I am out of balance and in conflict with my self.

Favouring the polarity preference of one emotional gender over another, always puts my inner balance out of harmony.

By the Law of Attraction, nature is always self-balancing. It is the fundamental nature of like energy to be drawn unto like energy.

The only reason for my ego sense of self to be out of balance with my True sense of Self, is the limited perspective of my own thinking being in conflict with the inspired revelations of my own empowered Thoughts.

The inner guidance and support of my own intuitively empowered thoughts continuously flow through me, when I allow them to do so.

When Life Flows Through Me

Life is destined to effortlessly flow, infinitely, eternally & continuously. It flows eternally through time, infinitely through space and continuously through reality. Life in space-time-reality continues with me and without me, it flows within me and without me. I can flow with it or without it. This is the reality of a life that allows choice.

In a life that allows choice, my choice is to allow life.

When I allow life to effortlessly flow, it unfolds in a beneficial way because I am not getting in its way. It flows by me, when I try to control it and it flows through me when I let go of control. Whatever I control, I restrict and the outcome can be very chaotic and detrimental.

Effortless flow is always positively beneficial. It is neither hard nor soft, neither strong nor weak. There is no entropy, no inertia, no resistance, no chaos. Chaos is not a theory, it is the consequential reality of facing too many problems in life. Problems are the consequence of facing too much resistance in life. Entropy is the consequence of not learning my lessons in life and inertia is the consequence of not making choices in life.

Making good choices in my life requires the guidance and support of my intuition. When a choice feels good, I know it is right and I can see my opportunity to follow an effortless path.

The way of an effortless life flows to a definite formula. When I am in the flow of a providential life, I am hearing my messages of guidance and taking my opportunities. When I do not hear my messages, life will challenge me to learn a lesson. When I do not intuitively see my lesson, I believe that I have a problem. When my intellect is unable to reasonably solve my problems, my life starts to move into chaos. The entropic nature of chaos eventually leads to a disaster occurring in my life. I intuitively know that I am facing certain disaster but I am not intuitively hearing my messages and I have insufficient emotional energy to face the challenges that I desperately need to learn. I feel the fear, which is my own resistance to flow. My fear is that life is not flowing beneficially, which is a problem.

A standard belief of most people is that problems need to be solved. Trying to solve problems, whether mine or other people's, keeps me in problem mode. The challenge of becoming problem free is the most beneficial lesson in life to learn. The lesson is to see whatever is occurring as a challenge, not a problem. The challenge is to see whatever is occurring as an

opportunity. When I see every opportunity, I succeed in the challenge and claim my inheritance of an effortlessly beneficial life. When I miss the opportunity and fail the challenge to learn my lesson, I see what is occurring as a problem. When I fail to solve my problems, I descend into a chaotic depression that always ends in disaster.

The lesson is that my intellectual reasoning will take me out of chaos, 'by me' solving my problems, but it will not help me learn the lessons nor hear my messages, which intuitively flow 'through me'.

Becoming problem free is simply a matter of allowing myself to not have them. I am not avoiding problems, not denying my problems, not ignoring my problems, I am seeing them as a potential opportunity that I am being challenged to take. The lesson is always about my shift in personal perspective. Learning to shift my perspective from a negative problem to a positive opportunity requires that I challenge and change the beliefs that are driving my behaviour. Unless I take the opportunity to challenge other people's standards that underpin other people's behaviour, I cannot challenge and change their beliefs to allow my own beliefs to empower my positive standard for my actions.

Truly-selfish beliefs empower positively beneficial behaviour, when performed to a good standard that is right for me because it intuitively feels good.

The opportunity to learn my own effortless path in life, by taking the challenge of becoming problem free, requires that I own my own standards by me rewriting my own rules.

As a rule:

- Disaster is catastrophic
- Chaos is a bad experience
- Problems are a toleration
- Problem free is a good choice
- I accept that life is a challenge
- I approve of every opportunity
- I allow life to effortlessly unfold
- An effortless life is certainly beneficial

When I accept that life is a challenge, I no longer tolerate life as a problem.

When I approve of every opportunity, I succeed in every challenge.

When I allow life to unfold through me, without offering any resistance, it does so in a beneficial way.

Learning to be accepting, approving and allowing is the effortless way to experience an ideal life.

The Standard Of Normal

Standard behaviour is often confused with normal behaviour. Abnormal behaviour is not the standard that is acceptable to other people. Imposing our boundaries onto other people normalises their behaviour to a common standard. It is normal to behave to a standard that other people expect. Other people expect me to behave to their acceptable standard, otherwise they see me as abnormal. Normal has become the standard that all people commonly expect of other people. Common standards become the norm and normal behaviour becomes the standard.

The normal standard of behaviour is to disapprove of what appears to be a problem, so as to disallow it happening because, as a rule, that would be unacceptable.

The normal standard of behaviour is to not allow others to do what we consider is unacceptable because we disapprove of it.

We disapprove of whatever we deem to be unacceptable, so we seek to disallow it.

Our boundary becomes the limit of our approval and the more we disapprove of life, the less extensive our boundaries become.

Our standards are conditional on our allowing the approval of our acceptance or as is most normal: Our standards are conditional on other people allowing them, with their approval, because they find them to be acceptable.

The normal standard of what is allowed, approved, and accepted, within the boundary of other people's influence; is relative to the authority of the influence that we allow, approve and accept that other people have over ourself.

With a negative polarity of perspective, I discern what is unacceptable when I disapprove of it and find it unacceptable. I resonate with all other people with a similarly negative perspective of life. This is normal.

With a positive polarity of perspective:

My standard is to be unconditionally accepting, approving & allowing of whatever occurs in my life.

This is my standard, determined with my positive perspective, that always allows my acceptance of my approval. It also approves the acceptance of my allowance, which is always provided by Providence, with my positive proviso.

Whatever I deem unacceptable with my disapproval, I disallow as my allowance and I disapprove of as my providence.

My providence is the story of my actual reality. The more providence I have, the more genuine I am and the more true is my experience of reality, as a rule. With providence my value appreciates and when I appreciate my value, my worth increases and when my worth increases, my self-esteem rises and when my self-esteem appreciates, I love my Self more and when I love my self more, I am able to love my neighbour more and when I love my neighbour more, I can extend my boundaries; until eventually:

My boundaries are boundless, my standard is freedom, my behaviour is ideal and my love is unconditional.

Now, I never said that not following the rules without breaking the rules was going to be easy, but it is effortless. An effortless life is the way, it is the rule, it is the standard & it is provisional; but it is not the norm.

Passing The Test

Whenever I learn a lesson in life and make a shift in my perspective, I get a test. I pass the test when I confirm to myself my true choice of perspective. Every challenge in life is an opportunity to declare with clarity, my present choice of direction. My test is to ensure that I am neither lost, nor confused, nor currently frustrated.

I pass the test when I am sufficiently empowered to stand within my own authority, by making choices that feel really good for me. I only ever test my Self to see whether my path is true or whether I am deviating on my chosen path in life. I can only certainly know my way of choice, intuitively; when it intuitively feels positively right for me.

When I pass the test, the lesson is never resent. I have no reason to resent the choice that I have made. This is the difference between learning a lesson and solving a problem. There are no permanent solutions to solving problems. Solving a problem just means that I already have a solution the next time it occurs. With a ready made solution, I believe that I do not have a problem; when in reality the problem is still a toleration because the same resolutions do not always work every time.

There are two main problems that are a major toleration in life. They are fear and pain. Being fearful is a problem and a painful life is a problem. Every problem is a toleration, which is an emotional energy drain. Pain is relative to emotional energy. The less emotional energy I have, the more emotional energy I need and the more painful life becomes. Fear is an acronym for False Evidence Appearing Real. Fear is real but it is not true. Fear is the emotional energy drain to a perspective that is not true. When my perspective of the evidence is false, it is not true and the negative emotion, that disempowers me due to my false belief, is called fear. It is the problem of negative fear and pain that put my life into chaos by disempowering my own positive choice. When I am using other people's influence to make my choices, I will need their positive advice to motivate me into action to overcome the current fear and the potential pain. My test is to make my own effortless choice (problem free) with my own authority (fear free) by being empowered with my own inspiration (pain free). The only true path in life is the one that I choose for myself because it is inspired and empowered by my Self, not by someone else's need to influence me and have power over my sovereign ability of choice.

The Standard Of Choice

As a rule, the Standard of Choice is that it is free.

Freedom of choice is called authority. Whomever has the authority to choose has freedom of choice. I stand in my own authority with my freedom of choice. The freedom to choose my own standards is my authority. Without clear boundaries, I give other people the freedom to make my choices for me.

When I give away my authority, in deference to someone else's authority, I lose my freedom of choice. Technically, I haven't lost it because I have given it away. Therefore my freedom of choice allows me to take my authority back; unless it doesn't because I believe that I don't have the authority to do so. Authority is very confusing, especially when it is confused with power.

***In the presence of a clear direction:
Physical ability is enabled by the
emotional power of mental authority.***

When I operate to someone else's mental standards of behaviour, I run under their authority. When I conform to someone else's authority, I will need their

emotional power to motivate me because I have deferred my power, with my authority, to them.

I am only ever empowered to take action when I am operating to my own standards of performance. It is not possible to connect to my true source of emotional power when attached to someone else's mental choice of authority.

Standards of Performance (SoPs) are provisional on being agreed as acceptable by all parties. They are different to Standard Operating Procedures (SOPs), which define the boundaries of operating to someone else's standard.

Carrying out a task to someone else's standard requires a standard operating procedure, to which I am subjected. Behaving to any mutually objective agreement, or any mutually agreed objective, requires a standard of performance that is shared by all parties.

The only choice of standard that is shared by all parties is freedom of choice because we all have it. It is both normal & standard to have a choice. A problem arises when everyone wants their choice of standard to be 'the' standard of choice. I can only impose my standard of choice by depriving other people of their choice of standard.

The whole point of choice is that it is not standard but variable and changeable. The only true standard for

choice is that it is changeable. Any other standard restricts it, denies it or defers it. Not choosing is never a satisfactory standard for choice. Not choosing is normal but it is not a good standard. The only acceptable standard for not choosing, is to never choose it.

The only acceptable standard for choice, is the ability to change one's mind and make a better choice.

Only better choices allow the experience of a better life. Making the best choice for oneself is the best standard possible, as long as it is never detrimental to another. Only the golden rule, strictly adhered to, allows us to be truly selfish; without being unselfishly good to others or selfishly bad to others. Being truly selfish is the best way to show one's love for oneself and share that love with all other people, by allowing them to be as truly selfish as our Self. Loving thy neighbour as my true self is the highest standard of love that I can ever express because my True Self is the true source of Love, as is yours.

The Source Of Love

The Source of Love is within our Self. A problem arises when the conscious ego sense of self seeks the source of love in the external physical world.

Love is emotional, not physical. Love is ethereal not corporeal. It comes from the inner etheric plane, or aether, not the physical plane of Earth. Our physical senses cannot detect emotional love. We can only connect with the power of love with our intuitive senses. When intuition is disconnected, so is love. When love is disconnected, need becomes apparent and we confuse love with what we emotionally need. In our disconnection from our intuitive senses, our emotional needs become a sub-conscious instinct that is without our conscious awareness.

We are sub-consciously aware of three instinctive senses:

- Vestibular Balance
- Thermal Temperature
- Kinaesthetic Movement

But we are consciously unaware of the fourth instinctive sense:

- Emotional Power

The absence of which is an instinctive power void that we need to fill. We are driven to meet our need for emotional energy, sub-consciously & instinctively.

The problem is, I am sub-consciously driven to meet my emotional needs, whilst I am consciously seeking what I think is love.

Love & need are a duality that causes a paradox.

When I feel loved, I don't need it and I value it by calling it a value. When I don't have enough love, I need it and I call it a need that I would love to have.

In my disconnection from my true source of love within, I need it from any external source in the outside world that I believe will supply it. When I declare that 'I love you', I really mean 'I need you'. When I declare that 'I hate you', you are not giving me what I need emotionally.

In its true context: Love is personal emotional power; not the need for emotional power from other people. The emotional power that comes from within is Divine Love. It is divine because it feels good because it is freely flowing without condition or restriction.

A freely flowing divine feeling of emotional power is called Pure Love.

The Ancient Greeks called it Agape.

When the pure love of agape was divided by male or female gender, they called it Eros; and when it was

divided by positive or negative polarity, they called it Philos.

- Agape is Pure, which I truly Love
- Eros is Sexual Love, which I need
- Philos is Platonic Love, which I like

In my disconnection from my source of true Love within, I have to make do with a choice of either Erotic love or Platonic love from other people. Unable to intuitively know what true love is, I cannot truly Love my Self because my True Self is the Source of my emotional power of Love. A truly enlightened Self knows the true power of Love. Disconnected from my intuition, I have no conscious connection with my True Self and I will default to the experience of seeking love from either sex or romance with other people. The Ancient Greek Philosophers shunned Eros, the god of love, in favour of Sophia, the goddess of wisdom. They chose Philos with Sophia to express their platonic love of wisdom, through their philosophy.

The duality of Eros & Philos, without Agape, still exists today as the erotic love of sex in contrast to the platonic love of romance.

Agape Love is the power of pure emotion, which feels divine because it comes from within and is effortlessly expressed with true authority and

freedom. Pure means undivided by either polarity or gender.

When I make a choice of gender or polarity, as I am free to do, the true vibration of love becomes divided by frequency & wavelength; with the potential for a vast range of intensities.

The intensity of an emotional energy vibration is what causes the effects of every physical drama, which is a mental problem.

When I am problem free, there is no drama in my life and pure love flows effortlessly & freely with a pure vibration.

When we fall in love, there is a honeymoon period when all our troubles disappear and we feel problem free without a care in the world. After the honeymoon our tolerations soon reappear, we once again have to take care of our problems as life is no longer effortlessly flowing with divine love. We are faced with a choice of either great sex or beautiful romance, which in time becomes just a distant memory; as we settle down to a life of good friendship trying to either avoid or win the battle of the sexes.

Marriage by definition is a union of two emotional genders in matrimonial communion. It is a co-dependant relationship in which both halves feel whole. I need my other half to make me feel whole and complete. What usually ensues is a battle or

competition to determine who wears the trousers and who wears the blouse. In modern times, the men don't always have the authority and the women don't always have the power.

The Authority of Thought has a male gender and the Power of Emotion has a female gender. Both have a positive polarity, unless I give my authority away; which is negative because I have lost my freedom of choice. When I give away my male mental authority, it's negative polarity disconnects my female emotional power; irrespective of my physical sex or sexual orientation.

When I choose one gender in preference to another, I get emotionally confused. When I choose one polarity in contrast to another, I get mentally lost. The intensity of my divided reality causes me to become frustrated by the very drama that I am myself causing. Only in connection with my true power & authority does my clear direction in life, present itself; which allows me to represent my True Self.

Representing My True Self

Expressing my true Self, by representing my True self, is a quality standard of behaviour, which as a rule is always Golden.

What I am physically doing is never a representation of my True Self. It is an activity or task that I undertake in the role in which my ego is participating.

To apply a standard, as a rule, to a role that I play or a task that I do; I use an adverb. An adverb describes how well or badly I achieve a task or an objective.

Tasks are objective and are objectives set in alignment with the role that I am playing. I play the role well, when I achieve my objectives. My objective is to be good at whatever I have chosen to do. My ego sense of self is either, working, resting or playing in different roles in life.

The ego doesn't always achieve what it wants to achieve to the standard that is set. The ego sense of self is often out of alignment with its True Self.

My True Self is interested in who I am being whilst doing whatever I am doing. Whatever I am doing is always a good opportunity to express who I am

being. What I am doing when taking action requires thought, although I sometimes react without thinking. Who I am being whilst being active is either an expression of my true self or a false impression of my ego self.

Who I am being is neither subjective nor objective, it is adjective. Being adjective is an innovative initiative, which requires intuitive imagination. In this case mine. I cannot do 'being adjective', I can only be it. Being adjective is an emotional state of being that describes my emotional state of being. Adjectives that describe my state of being are called emotions because emotions that describe my intuitive feelings are subjective adjectives. What I do, I project as a physical project. Who I am being, I adject or emote as an adjective emotion.

Happiness is an emotion. I emote happiness when I am adjectively content with the standard of the emotion that I am adjecting. When my state of being feels fulfilling, I attain my standard of being happy with whatever I am doing.

My standard emotions for everything that I do are fulfilment & joy.

When I am being joyfully fulfilled in what I am doing, I am content in my own happiness.

My true Self is Happy when I am physically content, mentally fulfilled & emotionally joyful. My happiness represents an expression of my true Self. I cannot do happiness, I can only be it, as the essence or essential nature of my true Self.

I am being my true self when aligned with my true path, which is fulfilling my vision for my life.

I am being my actual self when joyfully feeling that my emotional power is fulfilling its purpose.

I am being my real self when I am content with the provision that providence is providing for the completion of my mission in life.

My true self is being well when I attain the quality emotional attributes of being healthy, wealthy & wise.

Being Happy and Being Well are two quality representations of my essential Beingness. They are the essence of who I really am. Ideal personal qualities are the essence of my really actual true Self. Being well happy approves my emotional power & allows my mental authority to accept whatever is occurring in my life, without any adverse conditions. Empowered with inspiration, I am expressing my true Self with the quality attributes that I have personally attained.

Any false impressions of who I really am will get me lost in the frustration of my own confusion.

Presenting A False Impression

I present a false impression when I am trying to impress someone. I try to impress someone by trying to live up to their standards, within the boundaries of their authority. There is a lot of trying involved because I am putting myself on trial, for another to judge whether I am achieving their standard of behaviour. When their belief is a conviction, I will be convicted by what they believe is the right standard for me. Failing to deliver their standard is bad and unworthy. I am deemed unworthy of their confidence and I fall in their esteem of me.

When what I am doing is following someone else's standards, I am unworthy of my own emotional power with no confidence in my own authority of choice. My self-esteem is always low when I depend on other people for my self-confidence & self-worth.

When I lack confidence, it is because I do not have it because I am confiding in other people, to obtain their confidence, which is of little value to my Self. Self-worth is a measure of how much I value my Self. My value is emotional. Positive emotion is of great value to me when I realise that negative emotion is unworthy of me. I can sympathise with other people's negative emotions or I can empathise with other

people's positive emotions. I can only share their confidence when I am confident myself. Self-confidence, like self-worth comes from within. My ability to confide with my wise intuitive voice, within me, is what connects me to my own empowered authority. When I confide in my true self, I am presented with the clarity & direction of my inner guidance & support.

I can only intuitively know my own confidence & intuitively feel my own worth. The value of my worth is my emotional wealth, not money or physical assets. My emotional attainments are far more valuable than my valuable physical assets will ever be. When I connect with my emotional value, without attachment to my physical valuables, I recognise my own self-worth.

Intuitively I know with confidence that my insightful knowing is surely certain. When I know with certainty, I am confident. I cannot know with confidence that what other people tell me is certain. I can only be certain in my own confident authority. The only people who are confident in other people's authority are other people, but they are never certain.

The more secure that I feel in someone else's authority, the higher I hold them in my esteem. Unfortunately, when my esteem is dependant on other people, I will never be confident in the value of

my own worth. Remember, meeting a need emotionally has a value but not a true value. I cannot be emotionally needy and worthy of my own confidence.

My standard is the esteem of the value & worth of my own confident choices.

With the emotional value that I feel for my Self, I am enabled to connect with my own confident choices. The only reason I defer my choice, don't choose or make wrong choices, is my lack of emotional power. Making choices can be a problem & a challenge and I need enough emotional power to meet every challenge, otherwise it is a problem and the opportunity is missed.

With the esteem of my own self-worth, I have the confidence to intuitively see the value in every opportunity as it arises. Every opportunity in life is confidently provided when I confide in my Self. Other people only ever need my confidence when they are having problems seeing the opportunities that are currently challenging them in their life. When my confidence does not impress other people, it is because of either my arrogance or theirs. I can confidently tell myself my own choice but I cannot confidently tell another their choice.

I can confidently choose my own standards and rules but I cannot confidently follow another's standard, as a rule.

Telling other people what to do is arrogance.

Telling other people the standards & rules to work to, and the boundaries within which they must work, is arrogant.

Negative Standards Of Behaviour

Arrogance is a negative standard of behaviour. When the boss tells his workers what to do, he doesn't see it as arrogant or bossy. Managing, or using people to do what you need them to do, assumes a mental standard of being in authority. When I assume the authority of management, as a rule, I can be as bossy and arrogant as I please; in order to get my workers to please me by working to my standards and within my boundaries.

When Workers believe that Managers have the power to do this - they have. They give management their power by choosing to give them the authority to choose how they are managed. When the workers withhold their own power, management loses its authority and tries to reassert its authority by punishing the workers with the authority of common law. Remember, common law is written by the elite to maintain common boundaries to elite standards.

The etiquette of the elite states that hubris, bigotry & avarice, frowned upon by common people, are widely acceptable. Whereas, normal pride, greed & gluttony are the arrogance of the common people and will not be tolerated. The standard for all classes, except the elite, is humbleness without arrogance, humility

without pride, poverty without gluttony, whilst pleasing others without being greedy.

In elite circles, hubris is one's pride in being superior in knowledge & wealth, avarice is one's wealth of power over others by being rich & influential, whilst bigotry is the intolerance shown to inferior people when their rules are not humbly followed. An inferior person is perceived as arrogant when trying to follow their own rules. A superior person is perceived to be confident when following their own rules. You see, it's all a matter of personal perspective as to which rules should be followed and which rules need an alternative loop-hole, so as to be successfully circumvented.

There may not be one set of laws for the rich and a different set for the poor, but there is certainly a difference between the etiquette of the self-important elite and the commonly acceptable standards for society as a whole.

A superior perspective is concerned to ensure that the standards of behaviour of other people in society is acceptable. We normally tolerate standards, even when we find other people intolerable. Bigotry can only tolerate other people behaving to their acceptable standards.

An inferior perspective is interested in behaving itself and other people similarly behaving themselves, all of

which requires common standards of behaviour that are tolerable. Society is taught patience and tolerance is the standard applied to our conforming to the rules. We are taught, by our superiors, to tolerate and endure our life in order to survive the many problems that will inevitably unfold. Rules, laws & standards are there ostensibly to make life bearable for everybody and to protect the elite from the riffraff. The elite do not teach their children how to tolerate and endure life. They have a different perspective because they live by a different set of standards, which allows a different set of rules.

The New Standard

The existing standard is perceived to regulate or control what we do as a society. My behaviour is all about what I do and I name my standard of behaviour objectively with an adverb. I work objectively, dutifully, faithfully, trustworthily, punctually, pleasantly, co-operatively, quickly, precisely etc. etc. These are all the standards of my behaviour in relationship to other people's needs.

The new standards of behaving relate to who I am being whilst actively involved in life. I name these adjectively with a subjective perception of my own emotional power.

How well I perform, take my opportunities or meet my challenges is relative to my own innate level of emotional power.

It is emotionally most intelligent to set my standard for behaving, in contrast to my standard of behaviour, with a positive emotional state of being.

I name my emotional states of being with an adjective, rather than an adverb.

- I behave wisely, wealthily & healthily by feeling healthy, wealthy & wise with health, wealth & wisdom.
- I behave acceptingly, approvingly & allowingly by being allowing, approving & accepting with my feeling of acceptance, approval & allowance.
- I behave contentedly, fulfillingly & joyfully by being joyful, fulfilled & content with my feeling of contentment, fulfilment & joy.
- I behave well, gracefully & gently by being gentle, graceful & good with my feeling of goodness, grace & gentleness.

I have a subjective standard by being adjective whilst doing my objective.

The old standard was to do well, to have goods, to be happy. To do work, to have rewards, to be satisfied.

With years of experience, we realise that the formula do-have-be is not working well.

When we perceive life from a new perspective, we see that a new formula is required because the old way is not working.

All we need is the authority to change the rules. This first requires the power to see that the old way is hard work and never achieves happiness and wellbeing.

When I reverse the polarity and change my perspective, I see that be-do-have is the better way to behave. Instead of 'do behave', we choose to behave with the state of being we ourselves choose to have. When my standard of being has enough power, I can effortlessly do whatever I choose to do. I no longer need the power to do what I have to do because the acceptable standard of my state of being approves my having whatever I choose, by effortlessly attracting it into my experience.

The old standard is to work hard to have whatever I want in order to be happy.

The new standard is to be happy having everything I already have, so as to do whatever is fulfilling in my life.

Fulfilled with contentment & joy, I am being happy having whatever turns up, turn up. When I am happy, I am empowered and inspired to accept every opportunity and nothing is ever a problem.

When I put my emotional state of being in alignment with the thoughts that I mentally have, I can physically do whatever I am challenged to do in life because I am empowered to do so.

Whereas other people's standards of behaviour disempower me, my own new standards of behaving empower me; and if they don't, I have the authority to change them for a better more empowering state

of being. The higher my new standards are being, the more powerful that I become and the more opportunities that present them self to me. All that I have really changed is my perspective of what a standard is, my perspective of what is my standard and my perspective of what I am applying my standard to.

The Paradox Of Standards

The standard paradox is how I follow my own standards without breaking other people's rules. The first thing to realise is that I am not making new rules for myself to follow. I am only following one rule, which is the Universal Golden Rule, which applies for everyone who chooses it. Whether everyone else applies the golden rule is irrelevant because the golden rule is applied personally & individually, in direct alignment with the Law of Attraction.

How to be Attractive in alignment with the Law of Attraction is the subject of another book.

Suffice it to say, I can apply the golden rule as my own and as my one and only rule, irrespective of whether other people do or not. My golden rule will never break any rule that anyone else tries to impose on me. The golden rule allows me to not follow other people's rules or standards without breaking them because:

As a golden rule: I never conflict with other people's boundaries, so they never cross mine.

When my boundaries become boundless and not restrictive, I am no longer limited by my own rules. I

am only limited by the insufficient standard of my own emotional energy. As the universe provides unlimited power in alignment with the personal authority of true values, I am only ever required to behave in alignment with the highest expression of who I really am, doing whatever I truly value.

As a golden rule my standards of being are in alignment with my boundaries, when I am being sensitively detached in relationship to all other people.

With sensitive detachment, I have the awareness to know, feel and see the limits of other people's patience and tolerance; so that I am able to never conflict with their standards, break their rules or cross their boundaries.

Attaining Quality Standards Of Being

Not following the rules, without breaking the rules requires positive emotional power.

The power of my positive emotions is relative to my current state of being. My current state of being is the current of emotional energy that I am presently expressing. My emotional power only exists in the present moment.

My emotional power is relative to the authority of the choice that I am currently presenting. My current choice is a thought energy that is either positively empowered or negatively polarised by its gender of perspective. What I think about my reality is how I feel about my reality, which is how I perceive and experience my reality. Negative feelings of anxiety & fear are caused by negative thinking caused by negative beliefs & convictions. All negative thoughts & emotions are devoid of any quality. They are poor quality, which is devoid of quality. Only quality thoughts allow quality emotions to flow effortlessly, freely and naturally. Attaining the effortless flow of a quality life is an essential emotional attainment.

The standard of a quality emotional attribute is that it has a positively beneficial creative potential.

Quality emotional attainments are powerfully enabling because they emotionally power my physical ability.

Whereas, I achieve the standard of what I choose to do, by doing a physical task well; I attain a quality state of emotional being when I choose to consciously attribute it to myself. Wellbeing is a quality emotional attribute, welldoing is not.

An emotional state of being that is attributable, is called an emotional attribute. An emotional attribute that can be consciously attributable to oneself, is called a personal attainment. I attain an attribute by consciously choosing to express it, as an expression of my Self.

An emotional quality is a quality emotional attainment that feels good. I intuitively feel how good & beneficial is the quality of an attributable attainment.

Sensitive Detachment, in contrast to insensitive attachment, is a quality attributable attainment. Being Sensitive Detached requires the emotional intelligence of knowing where other people are emotionally.

Being emotional requires an awareness of my own emotional energy.

Being sensitive requires an awareness of others people's emotional state of being.

Being detached requires that I am unattached from other people's dramas, not confined within their boundaries and not subject to their standard rules. It also means that I am in no way dependent on, co-dependent with or inter-dependent along with, any individuals or groups of individual people. I am independent of other people when I need them for nothing and I am inner dependent when I follow my own directions with intuitive presence & clarity.

Being sensitive to the mood of others is intuitive.

Rational intellect has no emotional sensitivity.

To intuitively sense the emotional state of being of my Self or other people requires an emotional rationale or a rational emotionality, called E.Q. or Emotional Intelligence.

The Emotional Intelligence of being emotionally rational, in contrast to having an irrational or an unemotional insensitivity, is a quality attainment. Emotion acquires logic when it is chosen with a conscious rationale. Rationale is 'rational' with an 'e' for emotional energy.

Emotional energy has a female gender and the thought energy of thinking, has a male gender. I am in personal integrity when my thoughts and emotions are in alignment because my yin & yang is balanced and my polarity is neutral.

My thoughts are emotionally rational and my feelings are rationally emotional. Being rational and being emotional are quality attributes when attained in unison because they allow my emotional intelligence to flow intuitively through me.

My Exclusive Connection, in contrast to my inclusive disconnection, is a quality attainment because it allows my exclusive intuitive connection to the true source of my power and authority. My authority to choose is exclusive to me as your choice of authority is exclusive to you. People who find it difficult to choose, and are alike, because they like the same things, tend to inclusively group together and form emotional attachments. They need the energy of the inclusive group to make their decisions for them in an inter-dependent way.

We all have exclusive choice. My choice is exclusive to me, until I include myself in other people's choices; which disconnects my emotional power because I am not utilising my own authority.

Being exclusively connected to my intuition allows my exclusive connection to my source of inner guidance

& support. Whether I call my inner guidance & support Intuition, or something else, is my exclusive choice. What I call the source of my connection is my choice and I can only exclusively connect by choosing to be exclusively connected.

I do not believe that I have to name my source of guidance and support, I just have to intuitively know that it is available as a choice. Apparently many believe that God, Source, or the Divine Creator, has no name and I believe that those who choose a name are free to do so, under either their own or other people's authority.

We mostly have the mental authority to choose, but we rarely have the emotional power. As a rule, when I don't have the power to choose, it is because I do not really have the authority to choose. Whether I have become inclusively disconnected from my authority or whether I have abdicated my choice is for my Self to exclusively consider.

My only true choice of authority is my intuition because my rational intellectual reasoning, no matter how well developed, is never certain.

Rationally intelligent people trade their mental knowledge for other people's emotional power. In their unemotional insensitive disconnection, they

believe that their power comes from money, their authority comes from their status and their status is relative to their rational education. Their life is devoid of happiness and wellbeing because they are discontent, unfulfilled and unhappy because there is no emotional wealth or mental wisdom allowed by their counter-intuitive belief in a physically mechanical system, which disconnects the true source of their own authority & power.

In Conclusion

Not following the rules without breaking the rules is possible. All possibilities exist on this Planet of Choice. I just have to choose what I know to be possible, from my perspective. As a rule, I can only know what is truly possible with my intuition. My rational intellect, my power of reasoning, will only allow what is considered to be reasonable. What I think is possible, is never certain and what I hope is possible often disappoints me. Only my faith in what I certainly know to be possible, is certainly possible. Only what I intuit, is certainly possible because it feels good; and I am inspired & empowered to choose it, as I am able to see that it is the right choice for my Self because it is without doubt, an opportunity.

My choice for my Self is my rule, to my standard within my boundary, expressed with the attributes of my own quality attainments.

My One Golden Rule Is:

“To Be unto others as I choose others to be unto me”

My One Golden Boundary Is:

“To Accept the path of all others as their path and to allow them to choose the boundaries of their own behaviour”

My One Golden Standard Is:

“To follow my own path of True Value by being true to my Self, in alignment with my vision, my mission & my purpose for my life”

My Golden Intentions Are:

- ✿ “To approve my golden boundary with sensitive detachment”
- ✿ “To accept my golden standard with exclusive connection”
- ✿ “To allow my golden rule with rational emotion”

My Golden Attainments Include:

- “Gently Physically Accepting a problem free effortless life”

- “Fearlessly Mentally Allowing my good allowance of goods to be effortlessly provided by Providence”
- “Painlessly Approving with grace the emotion of my being gracefully approving of whatever providence provides”

My Golden Qualities Are Being:

- “Effortlessly accepting with goodness & gentleness”
- “Effortlessly approving with good grace”
- “Effortlessly allowing with gentle grace”
- “Effortlessly flowing with goodness, grace & gentleness”

My Perspective Is That:

“Life happens to me or by me in an unacceptable way when I disallow what I disapprove of as being unacceptable behaviour for me.

Life happens through me, or as me, in a beneficial way when I learn to gently accept, the graceful approval of my allowance, with the effortlessness of allowing goodness to flow through my life”

“When I break the golden rule, I am forced to live under other people's authority, other people's beliefs and other people's standards, within other people's boundaries; and other people will do unto me as others have done unto them. Not doing so is a choice that only I can choose for my Self by following one Golden Rule, which is simple but not easy yet complex but not hard, when I allow life to effortlessly flow through me”.

“In alignment with the Gospel of Jesus - ‘You too can be like me’ when you follow the 2nd Commandment of Christian Theology, which is the Golden Rule”

“You may see Jesus as a victim of his Jewish religion because his crucifixion happened to him. You may see him as a martyr, hero or saint of the Christian religion because his death happened by his own unselfish choice. Innovatively & intuitively, you may see him as the master of allowing his own destiny to effortlessly flow through him, by living on Earth as he chose to live in Heaven, with the attainment of his own quality divine attributes or as the Creation of his own creative destiny; happening as his true self - the Creator”.

“As is, was and always will be - Thine is the Power
and thine is the Glory, in the Kingdom of Choice, for
ever & ever”

Amen

Keith Collins

October 2020

Guided & Supported as my own Inner Coach

My Personal Boundaries

My Personal Boundaries clarify to me, that it is unacceptable for other people to behave in a way that:

1. Harms me
2. Criticises me
3. Condemns me
4. Complains to me
5. Is cynical to me
6. Is sarcastic to me
7. Humiliates me
8. Embarrasses me
9. Needs me
10. Diminishes me
11. Patronises me
12. Is sympathetic to me
13. Is apathetic to me
14. Humbles me
15. Is arrogant to me
16. Bullies or intimidates me
17. Interrogates me
18. Controls me
19. Envyies me or is jealous of me
20. Gives me their problems
21. Teases me

22. Enforces their boundaries on me
23. Stops me following my own path
24. Gossips about me, slanders or libels me
25. Disempowers me
26. Guides me on their path
27. Swears at me
28. Hates me
29. Tolerates or endures me
30. Dislikes me
31. Dignifies me
32. Devalues me
33. Assaults me
34. Pulls me into their dramas
35. Is insensitive to me
36. Is irrational with me
37. Is unemotional with me
38. Deceives me
39. Is suspicious of me
40. Is inattentive to me
41. Is wary of me
42. Disappoints me
43. Mistrusts me
44. Ignores me
45. Disapproves of me
46. Steals from me
47. Is self-righteous to me
48. Preaches to me

- 49. Gives me their advice
- 50. Teaches me a lesson
- 51. Lays down their law to me
- 52. Does unto me as others have done unto them

My Personal Boundaries allow my emotional power to be retained. They form a force field of protective energy, that other people are unable to cross, when my specific boundary aligns perfectly with my personal standard of behaviour. When my boundary is out of alignment with my own standard of behaviour, it has no power and is ineffective because it is an expression of my own hypocrisy.

My Personal Standards

My Personal Standards of Behaviour are what I choose as acceptable to my Self, in my relationship to other people:

1. I care about the wellbeing of others
2. I encourage others
3. I forgive others
4. I accept others feedback as their perspective
5. I see others in a positive light
6. I am light-hearted with others
7. I praise others
8. I support others emotionally
9. I value others
10. I expand others' esteem
11. I nurture the development of others
12. I have compassion with others
13. I have empathy with others
14. I treat others as my equal
15. I confide in others
16. I am friendly to others
17. I enquire of others
18. I allow others their own beliefs
19. I admire others
20. I see opportunities for others
21. I treat others beneficially

22. I clarify my standards to others
23. I allow others to follow their own path
24. I never think or speak ill of others
25. I inspire others
26. I guide others on their path
27. I honour the presence of others
28. I love others unconditionally
29. I accept others unconditionally
30. I see others as authentic
31. I treat others with integrity
32. I hold others in high esteem
33. I am at peace with others
34. I am detached from other people's dramas
35. I am sensitive to others' emotional state of being
36. I rate others positively
37. I express positive emotions with others
38. I am honest with others
39. I am credible to others
40. I am alert to others
41. I am aware of others
42. I have no agenda for others
43. I trust others to do what they believe is best for them
44. I listen & hear other people
45. I approve of other people
46. I share expansively with others
47. I allow others to be right

- 48. I guide & support others
- 49. I advise others to see their own choices
- 50. I allow others to learn their own lessons
- 51. I allow the Law of Attraction to fulfil its purpose
- 52. I behave to a standard that I find acceptable for all other people to behave in relationship to me

In alignment with the Golden Rule, the Law of Attraction matches me to people with similar personal standards of behaviour. Like energy unto itself is drawn. Other people who resonate with like standards of behaviour, never cross my boundaries and make me cross. They effortlessly & beneficially share their comfort zone with mine, in a mutually safe environment. I never need to enforce my boundaries, I only ever need to clarify them to myself.

My Standards of Behaviour are my personal statement of how I: 'Love my Neighbour as my Self'. From our highest spiritual perspective, our neighbour is our Self.

My Personal Perspective Assessment

- My Perspective Is That Life Happens To Me
- My Perspective Is That Life Happens By Me
- My Perspective Is That Life Happens Through Me
- My Perspective Is That Life Happens As Me

Tick one of the four perspectives, in each set of four statements, that most correctly aligns or resonates with your personal perception of life. Where you resonate with more than one option, tick the statement that you believe to be most in alignment with your experience of reality.

- 1. I experience. the effect of life happening to me
 - 2. I cause the experience of life happening by me
 - 3. I experience the effortless flow of life happening through me
 - 4. I experience the certain choice of life happening as me
-
- 1. I am a victim trying to survive what is happening to me in life
 - 2. I relatively succeed or fail when I am attempting to make life happen by me
 - 3. Life is always beneficial when I allow it to happen positively through me
 - 4. Life is Ideal when I create it to happen as me
-
- 1. I am affected by life, I experience the affect
 - 2. I am affective in life, I cause it
 - 3. I am effectively the creation of my life
 - 4. I am the effector & the creator of my life
-
- 1. Life happens to me, as an Occurrence
 - 2. Life happens by me, as an Intention
 - 3. Life happens through me, as an Opportunity
 - 4. Life happens as me, as a Creation
-
- 1. I formulate my truth in alignment with my experience of reality
 - 2. I formulate my reality in alignment with my belief about what is true
 - 3. I allow my reality to unfold as my truth
 - 4. I create my own reality in alignment with my truth
-
- 1. Life happens to me in alignment with my sub-conscious beliefs
 - 2. Life happens by me with intellectual reasoning & rational thinking
 - 3. Life happens through me instinctively & intuitively
 - 4. Life happens as me with the authority of my choice
-
- 1. Life happens to me as a tendency called tamas
 - 2. Life happens by me as a tendency called rajas
 - 3. Life happens through me as a tendency called sattva
 - 4. Life happens as me with Shakti
-
- 1. I am reactive to life
 - 2. I am proactive in life
 - 3. I am responsive to life
 - 4. I initiate life
-
- 1. I am forced into inaction
 - 2. I actively take action
 - 3. I take inspired action
 - 4. I empower my own action

- 1. My messages are just my imagination
- 2. My intellectual reasoning talks to me
- 3. I hear my messages of inspired revelations
- 4. I imagine my creative thoughts as words & deeds

- 1. Divinity flows to me as a potential
- 2. Divinity flows by me in my ignorance
- 3. Divinity flows through me when I allow it
- 4. Divinity flows as me when I consciously choose it

- 1. Life happens to me with ignorance & inertia
- 2. Life happens by me with action & passion
- 3. Life happens through me with purity & wisdom
- 4. Life happens as me with joy & grace

- 1. Life happens to me either instinctively or non-sensibly
- 2. Life happens by me either rationally or irrationally
- 3. Life happens through me either intuitively or insightfully
- 4. Life happens as me with mindful authority & powerful emotion

- 1. Life happens to me, as a sub-conscious choice
- 2. Life happens by me, as a conscious choice
- 3. Life happens through me, as a super-conscious choice
- 4. Life happens as me, as a supra-conscious choice

- 1. Life happens to my Id
- 2. Life happens by my Ego
- 3. Life happens through my Self
- 4. Life happens as my Soul

- 1. I need charity
- 2. I have hope
- 3. I have faith
- 4. I have a vision

- 1. Sense happens to me
- 2. Sensible happens by me
- 3. Sensation happens through me
- 4. Sensitive happens as me

- 1. Life is about what I have or don't have - the nouns I use
- 2. Life is about what I do or don't do - the verbs I use
- 3. Life is about who I am being - the adjectives I use
- 4. Life is about my thought - the definitive meaning

- 1. I see a problem that I have to tolerate until a solution presents itself
 - 2. I am challenged to find a solution to my problems
 - 3. I allow every opportunity to present itself
 - 4. I see every opportunity as a present to my Self
-
- 1. Bad things happen to me
 - 2. Wrong things happen by me
 - 3. Right things happen through me
 - 4. Good things happen as me
-
- 1. When life happens to me, it is the effect of a cause
 - 2. When life happens by me, I cause the effect
 - 3. When life happens through me, I overcome the duality of cause & effect
 - 4. When life happens as me, I create it
-
- 1. I exist
 - 2. I live
 - 3. I be
 - 4. I am
-
- 1. Life happens as a component
 - 2. Life happens as either a proponent or an opponent"
 - 3. Life happens as an exponent
 - 4. Life happens as a composer
-
- 1. I default to criticism, cynicism, sarcasm, condemnation, complaint & conviction
 - 2. I choose determination, dedication, perseverance & commitment
 - 3. I choose to be accepting, allowing & approving
 - 4. I choose imagination, initiative, invention, innovation, insight, instinct & intuition
-
- 1. Life happens to me, at other people's convenience
 - 2. Life happens by me, at my convenience
 - 3. Life happens through me, in divine time
 - 4. Life happens as me, now
-
- 1. Life happens to me for a reason
 - 2. Life happens by me with meaning
 - 3. Life happens through me on purpose
 - 4. Life happens as me by definition
-
- 1. I am a Realist, who sees life happening to me as real
 - 2. I am an Eventualist, who believes that success will come eventually
 - 3. I am a Visionary, who sees every opportunity is inspired by their vision of life
 - 4. I am a Creator, who knows that life is created as I see it

- 1. With determinism, life happens to me
- 2. With will power, life happens by me
- 3. With effortless flow, life happens through me
- 4. With absolute power, life happens as me

- 1. Taking a chance is a problem
- 2. Taking a chance is a challenge
- 3. Every chance is an opportunity
- 4. I have every chance to create my ideal

- 1. I am the camera
- 2. I am the photographer
- 3. I am the projector
- 4. I am the film

- 1. Life can have a very dramatic effect
- 2. I am the cause of the drama that is occurring
- 3. Life flows effortlessly, there is no drama
- 4. I realise every drama is just as the ego perceives it to be

- 1. Life is an ordeal
- 2. Life is a deal
- 3. Life is ideal
- 4. Life is my idea

- 1. I live in hope
- 2. I live in expectation
- 3. I live in gratitude
- 4. I live in appreciation

- 1. Affects happen to me
- 2. Cause happens by me
- 3. Effects happen through me
- 4. Creativity happens as me

- 1. I am a Spectator
- 2. I am a Participant
- 3. I am an Observer
- 4. I am a Creator

- 1. Providence is a co-incidence
- 2. Providence is a proviso
- 3. Providence is synchronistic
- 4. Providence is an everyday occurrence

- 1. I hope life is good
 - 2. I expect life to be good
 - 3. I am in joyful anticipation of life
 - 4. I am in the full flow of my creative ability
-
- 1. Low emotional energy is caused by an evil spirit
 - 2. Low emotional energy is seen as lacking in will power
 - 3. Low emotional energy is an opportunity for growth
 - 4. Low emotional energy never occurs
-
- 1. I need self restraint to avoid reacting
 - 2. I need self control to enable my response
 - 3. I allow my Soul to be in control
 - 4. I am the sole Controller
-
- 1. Life is unknown & uncertain
 - 2. Life is certainly known to be uncertain
 - 3. Life is unknown but certain
 - 4. Life is known & certain
-
- 1. I have a closed mind & a closed heart
 - 2. I have an open mind & a closed heart
 - 3. I have an open mind & an open heart
 - 4. My heart & mind are creatively at One
-
- 1. Visualisation is just a dream; or a nightmare
 - 2. Visualisation happens when I am day-dreaming; or fearful
 - 3. Visualisation is an intuitive insight
 - 4. Visualisation is my creative imagination
-
- 1. I am physically unfocused & emotionally absent
 - 2. I am emotionally unaware of my physical focus
 - 3. I am aware of my emotional presence
 - 4. I am consciously aware of my present competence
-
- 1. I follow other people's authority
 - 2. I lead with my ego's authority
 - 3. I follow my Soul's authority
 - 4. I lead with my Divine Authority
-
- 1. Accidents happen to me
 - 2. Mistakes happen by me
 - 3. Co-incidences happen through me
 - 4. Miracles happen as me

- 1. I am context dependant
- 2. I am context interpretive
- 3. I am context accepting
- 4. I am context creative

- 1. I need motivation
- 2. I have will power
- 3. I am empowered with inspiration
- 4. I use Love as my creative power

- 1. I am the Victim
- 2. I am the Villain
- 3. I am the Beneficiary
- 4. I am the Benefactor

- 1. I am dependent
- 2. I am independent
- 3. I am inter-developmental
- 4. I am sovereign

- 1. I am jealous
- 2. I am envious
- 3. I am kindly
- 4. I am at choice

- 1. I am humble
- 2. I have humility
- 3. I am modest
- 4. I am at one

- 1. I follow other people's choices & the authority of 'you will' or 'thou shalt'
- 2. I follow the choices of my ego & the authority of my will or 'I will'
- 3. I follow the choice of my Soul & the authority of 'I am'
- 4. I have the omnipotent power of omniscient authority to be omnipresent

- 1. I engage in conflict
- 2. I engage in work & marriage
- 3. I engage my vision, mission & purpose
- 4. I engage with life

- 1. Life is a bitch
- 2. Life is what I make it
- 3. Life flows effortless
- 4. Life grows expansively

- 1. My boundaries are weak
 - 2. I enforce strong boundaries
 - 3. I have extensive & expansive boundaries
 - 4. I am boundless & infinitely limitless
-
- 1. Dreams that happen to me can be a chaotic nightmare
 - 2. Dreams that happen by me have a lesson
 - 3. Dreams that happen through me have a message
 - 4. Dreams that happen as me are effortlessly joyful
-
- 1. My cup is half empty
 - 2. My cup is half full
 - 3. My cup is full
 - 4. My cup is infinitely abundant
-
- 1. Addictions happen to me
 - 2. Attachments happen by me
 - 3. Connections happen through me
 - 4. Oneness happens as me
-
- 1. I fight to survive
 - 2. I compete to win
 - 3. I allow opportunities to effortlessly manifest
 - 4. I create my own opportunities
-
- 1. Doom happens to me
 - 2. Fate happens by me
 - 3. Destiny happens through me
 - 4. Life happens as me
-
- 1. Taking brings life to me
 - 2. Giving & receiving brings life by me
 - 3. Being approving & accepting allows life to flow through me
 - 4. Creativity brings my Self into life
-
- 1. Thinking occurs to me
 - 2. I make up my own mind
 - 3. Thoughts occur through me
 - 4. I am a thought in the mind of consciousness
-
- 1. I concede with my sub-conscious self
 - 2. I proceed with conscious ego self
 - 3. I supercede my ego with my super-conscious Self
 - 4. I succeed as my supra-conscious Soul

- 1. Money happens to me, as charity
- 2. Money happens by me, with hope
- 3. Money happens through me, with faith
- 4. Money happens as me, as providence

- 1. There is no magic
- 2. Magic is a trick
- 3. Magic flows through me
- 4. Life happens magically

- 1. Miracles happen to other people
- 2. Miracles never happen
- 3. Miracles are a work in progress
- 4. Life is a miracle

- 1. I am sub-consciously creating my reality
- 2. I am unconsciously creating my reality
- 3. I am super-consciously creating my reality
- 4. I am consciously creating my reality

- 1. I have a choice of gender
- 2. I have a choice of polarity
- 3. I have a choice of intensity
- 4. I have a choice of potential

- 1. Racial prejudice happens to me
- 2. Racial bias happens by me
- 3. Racial equality happens through me
- 4. Global unity happens as me

Summary: Add up the total number of ticks in boxes 1,2,3,& 4 to compare your alignment with the box that you ticked on the cover page.

With a majority of No. 1 ticks: life mostly happens to you

With a majority of No. 2 ticks: life mostly happens by you

With a majority of No. 3 ticks: life mostly happens through you

With a majority of No. 4 ticks: life mostly happens as you

My Self Confidence Questionnaire

- Tick all boxes that resonate with your truth
- I know intuitively what is right for me
 - I confide in my Self
 - I walk my talk
 - I live my truth
 - I am sincere
 - I have challenged all my limiting beliefs
 - I fear nothing
 - I have a clear vision for my life
 - I make my own choices
 - My wisdom is innate, not learned
 - I do not prevaricate
 - I do not procrastinate
 - I accept the authority of others as their authority not mine
 - I am the author of my own life
 - I live my destiny not my fate
 - I listen to my messages
 - I hear my messages
 - Life flows effortlessly
 - I am fulfilled by life
 - I do only what I truly value
 - I never tell others what to do
 - I never make other people wrong
 - I have no tolerations
 - I no longer need to enforce my boundaries
 - I allow other people to follow their path
 - I follow my path

My Self Worth Questionnaire

- Tick all boxes that resonate with your truth
- I feel intuitively what is beneficial for me
- I approve of who I am
- I am aware of my true identity
- I am aware of my personality and character
- I am heart-centred
- I consciously meet my emotional needs
- I hate nothing
- I am aware of my life's purpose
- I depend on no-one
- Wellness is my natural state of being
- I do not judge myself
- I love me
- I am empowered
- I am inspired
- I am responsible for my own happiness
- I think only positive thoughts about my self
- I think only positive thoughts about others
- Life is abundant, I am content with enough of everything
- Life is a joy to behold
- I am worthy of everything that I receive
- I never undervalue others
- I never belittle other people
- My outlook is always positive
- I am a Human Being, being human
- I compete with no-one
- I believe that love is the way

My Self Esteem Questionnaire

- Tick all boxes that resonate with your truth
- I believe that my Self Esteem is the product of my Self-worth and my Self-confidence
- I believe that my Self Esteem or how highly I hold myself in esteem is relative to my own ability
- I believe that my own ability is relative to my own power and my own authority
- I believe that my self-worth is a measure of my power
- I believe that my self-confidence is a measure of my authority

***“My Self-Esteem
Is Enabled
By
The Emotional Power Of My
Self-Worth
Which Is Relative To
The Mental Authority Of My
Self-Confidence”***

My Emotional Awareness Questionnaire

	Yes	No	Don't Know
Can you see without using your eyes?			
Can you hear without using your ears?			
Can you feel without using your hands?			
Is awareness and consciousness the same?			
Does energy have a gender?			
Does energy have a polarity?			
Does energy have an intensity?			
Is detached and disconnected the same?			
Is connected and attached the same?			
Is sensitive and emotional the same?			
Is emotion a reaction?			
Is emotion a response?			
Is exclusive the opposite of inclusive?			
Is emotional the same as spiritual?			
Is power the same as authority?			
Do you feel with your heart?			
Do you feel with your solar plexus?			
Do you know in your mind?			
Do you know in your heart?			
Do you feel intuitively?			
Do you know intuitively?			
Do you see intuitively?			

	Yes	No	Don't Know
Do you feel instinctively?			
Do you know instinctively?			
Do you see instinctively?			
Do you act instinctively?			
Do you respond instinctively?			
Do you react instinctively?			
Do you respond intuitively?			
Do you act responsibly?			
Do you need knowledge to know?			
Can you define your state of being right now?			
Did you define your state of Being with a noun?			
Did you define your state of Being with a verb?			
Did you define your state of Being with an adjective?			
Is power the same as love?			
Is love the same energy as light?			
Do you know your predominant emotional need?			
Is a belief the same as a conviction?			
Is an opinion the same as a belief?			
Do you know where your thoughts come from?			
Are you conscious of your sub-conscious mind?			
Can you define your soul?			
Do you know where your mind is located?			

	Yes	No	Don't Know
Are your mind and your brain the same thing?			
Do you know what makes an emotion negative?			
Do you know what makes an emotion positive?			
Is imagination useful in business?			
Do you know where innovation comes from?			
Do you know what inspiration is?			
Have you ever had a revelation?			
Is a dream the same as a fantasy?			
Do you remember your dreams?			
Do you dream in colour?			
Is day-dreaming useful?			
Is anger the same as intolerance?			
Is frustration the same as anger?			
Is intolerance the same as frustration?			
Is anger a positive attribute?			
Is assertive the same as forceful?			
Is confrontation the same as conflict?			
Is lust sexually offensive?			
Are sex and gender the same?			
Does like attract like?			
Do opposites attract?			
Is compassion the same as empathy?			
Is detached the same as unattached?			

	Yes	No	Don't Know
Is sympathy the same as compassion?			
Is sensitive the same as being too sensitive?			
Is being irrational a male attribute?			
Is being irrational a female attribute?			
Is being irrational a positive attribute?			
Is being irrational a negative attribute?			
Does emotional energy have a frequency?			
Does emotional energy have a wavelength?			
Does emotional energy have a vibration?			
Is thought an emotion?			
Is emotion a feeling?			
Can you define an emotional reaction?			
Is being emotional a positive attribute?			
Is being unemotional a positive attribute?			
Is containing one's emotions beneficial?			
Is managing anger beneficial?			
Is expressing anger beneficial?			
Is being critical beneficial?			
Is being criticised beneficial?			
Is cynical the same as sarcastic?			
Is love an energy?			
Is power an energy?			
Is authority an energy?			

	Yes	No	Don't Know
Is emotion an energy?			
Is skill an energy?			
Is ability an energy?			
Is being insensitive the same as being aloof?			
Is Being a verb?			
Is a 'state of being' a noun?			
Can you define 'adjectively'?			
Is attraction an energy?			
Is attraction the same as magnetism?			
Is character the same as personality?			
Is identity the same as character?			
Is personality the same as identity?			
Do you have a life-force?			
Is joy the same as pleasure?			
Is contentment the same as joy?			
Is fulfilment the same as achievement?			
Is achievement the same as attainment?			
Is a personality trait the same as an attribute?			
Is physical energy the same as spiritual energy?			
Is electricity an energy?			
Is gravity an energy?			
Is magnetism an energy?			
Is 'now' an aspect of time?			

	Yes	No	Don't Know
Is 'now' an aspect of reality?			
Is reality the same for everyone?			
Is pride the same as arrogance?			
Is there good and bad pride?			
Is envy the same as jealousy?			
Is gluttony the same as greed?			
Is wrath the same as anger?			
Is sloth the same as laziness?			
Is being righteous the same as being self-righteous?			
Is there a difference between listening and hearing?			
Is motivation the same as empowerment?			
Is an appraisal the same as an assessment?			
Is self-confidence the same as authority?			
Is self-worth the same as personal value?			
Is self-esteem the same as ability?			
Is self-worth the same as power?			
Can you have too much self-confidence?			
Is self-esteem achieved through acknowledgement?			
Does approval boost self-worth?			
Is tolerating the same as accepting?			
Is approving the same as allowing?			

	Yes	No	Don't Know
Is super vision a paranormal gift?			
Is affirming the same as attesting?			
Is accepting the same as approving?			
Is love the opposite of fear?			
Is lust the opposite of love?			
Is war the opposite of love?			
Is peace the opposite of war?			
Is a freedom-fighter the same as a terrorist?			
Is perspective the same as perception?			
Is a second in time the same as a moment in time?			
Is a vision the same as an objective?			
Is a dream the same as a vision?			
Does emotion have a purpose?			
Is reactive the same as spontaneous?			
Is mental illness the same as emotional illness?			
If you cannot see it, is it real?			
Are all real things made of physical matter?			

My Emotional Intelligence Questionnaire

How do you feel about the following statements?

Do they have a positive, a negative or a neutral pull?

What level of intensity does each emotional feeling have?

- I always cry tears of joy, never sadness
- I am a victim of no-one
- I am never embarrassed or humiliated by other people
- I have no reason to retreat to my cave
- There is a ladder at the bottom of my emotional pit
- I never intimidate or interrogate anyone
- I never criticise, condemn or complain
- I am never sarcastic, cynical or critical
- I have overcome all 7 deadly sins
- I am conscious of my control dramas and aware of when I am being challenged by them
- I know my 5 dominant emotional needs and how to meet them consciously

- I am consciously aware that any negative experience is of my own making
 - My emotional power is authorised
 - I confide in my Self
 - I know my self-worth
 - I hold my Self in very high esteem
 - My sensitivity towards others has no attachment
 - Love is a feeling that I share with another, not need from another
 - I have clarity in all aspects of my life – there is no confusion
 - I approve of who I am
-
- I express my happiness freely
 - I am well because I choose to be well
 - I know what has true value for me and I consciously choose it
 - I have unconditional faith in my inner guidance system
 - My intuition is intuitive, not instinctive
 - I am emotionally very wealthy
 - I experience abundance in all areas of my life
 - I have enough emotional energy to be pain-free at all times
 - I have attained 3 Divine Attributes
 - I understand how the Law of Attraction is working in my life

There are no right or wrong answers. Only our personal perception of where we are on our journey in life.

The real question is:

“When I am agreeing or disagreeing with these 30 statements, am I being emotionally intelligent or not”.

It is for you and you alone to decide your own level of emotional intelligence and which areas you believe it will be emotionally beneficial to develop and improve.

You cannot use your rational intelligence to measure your emotional intelligence.



Thine is the
Kingdom