

An aerial photograph of a dry, brown, and textured landscape. A winding, light blue-grey river or stream flows through the center of the image, meandering from the top left towards the bottom right. The surrounding land is parched and cracked, with some small, irregular patches of green vegetation visible on the left side. The overall tone is arid and desolate.

Incondition For Life

KEITH COLLINS

INTRODUCTION

“A friend once asked me to find the connection between her body and her mind.

She wasn’t exactly sure what she meant but I some-how knew that she didn’t mean her neck.

At the time I was coming to terms with finding my own personal destiny and meaning to life.

I had recently experienced both redundancy and divorce, two of the three criteria, I was about to learn, that are designed to bring on bouts of spiritual awakening.

The third, a near death experience, I am still hoping to avoid.

This led me to ask myself a very interesting question –“Who am I”.

I wrote this paragraph 2 years before I wrote the rest of this book.

I somehow knew that one day I would write a book.

I somehow knew I was destined to write a book.

This book is part of my destiny.

What followed was a very interesting journey of personal discovery.

When I wrote this paragraph I was still a fatalist.

I now know that there is very much more to life than just following our fate.

When I wrote this paragraph I had no idea what the book was to be about.

However, I did know the title:

“Only the Lean will walk into Heaven.”

Back then I presumed it was going to be another book on slimming and how diets do not work and the only way to stay slim and healthy is to exercise regularly.

How wrong I was to be.

It is about being more healthy, but not about health and fitness as I then knew it.

During a session with my coach one day, he asked me a simple question “What do you need to do to be more healthy”.

Thank you Will.

At the time I was not conscious of the answer.

I was however, very soon to become aware of what I needed to do to become more healthy.

My duality of fitness was that I was either fit or unfit.

My duality of health was that I was either healthy or ill.

My health and my fitness decided the quality of my life.

I did in life what I was fit enough to do and I was in life what I was healthy enough to be.

My fitness was directly related to what I was doing in life and my health was directly related to who I was being.

When I lead a sedentary life I become unfit.

When I lead an active life I become fitter.

When I live positively I am healthy.

When I live negatively I become ill.

But there is more to life than being positively active.

To be more healthy I have to discover the bridge across my duality of health and fitness.

A balance between fit and unfit.

A 3rd aspect to healthy and unhealthy.

I have to discover wellness.

I have to discover when I am well enough.

Wellness is being well enough to be, to do and to have what ever I desire.

I will be well enough when my fitness, health and well-being are all in balance.

I will be well enough when my body, my mind and my spirit are one and in harmony.

I just have to discover who, what and where my body, mind and spirit are.

I just have to discover who I am.

I hope you will read my words without judgement.

Listen to their meaning with discernment.

Read between the lines with wisdom, and

Hear the messages that are for you.

If you are also compelled to ask "*Who am I*", I will be content.

If it challenges you to discover where and who you are in life, I will be fulfilled.

If you become empowered to find your own vision and destiny in life, I will be overjoyed.

Most of all my desire is to bring you happiness.

Happy reading.

Keith Collins.

November 1999.

MY 2 DIMENSIONAL WORLD

For more than forty years I lived in a rational, logical world.

One and one always made two.

For one and one to make three was not possible.

There existed no logical reason for this to be.

It was therefore irrational.

My early boy hood hero was Mr Spock from the star ship enterprise.

His logic was impeccable.

His decision making was completely devoid of any emotion.

His mind capable of rationalising every irrational event that the universe could imagine.

My 2 dimensional hero of the small screen.

He achieved excellence in my 2 dimensional world.

In that world a duality existed with “rational” at one extreme and opposing rationality, it’s opposite, “irrational”.

In this black and white world whatever was not rational was irrational.

To a rational mind whatever was not rational was irrational.

There was no other choice.

Things had to make sense.

If they did not make sense they were stupid and irrational.

Many times in my life I have been confounded by the female mind.

It seemed to be just that.

It did not make sense, it was stupid and irrational.

How naive, short-sighted and shallow it now appears to take such a view.

How totally limited was my view of life in this two dimensional world where things just had to be rational, because if they weren’t they were irrational.

I was from time to time aware that rational had another opposite called emotional. This was quite logical and fitted my rational world very simply.

Boys were rational, girls were emotional, emotional was irrational, girls were both emotional and irrational.

Logic proven, the world remained rational and in line with my belief system.

You could be either rational or emotional but not both.

As a boy I had no choice but to be rational.

Only girls could be emotional.

I believed that big boys don’t cry.

I wanted to be a big boy, so I didn't.
Other boys took great delight in making you cry.
I rationalised that this was to be stupid and emotional and therefore irrational.
If crying was irrational it served me no purpose and there was therefore no reason to cry.
So I didn't.
I had no reason to.

Laughing was very acceptable.
Laughing was the result of hearing a joke or seeing something funny.
Laughing was just being happy.
Laughing when we are happy seemed logical and rational.
If laughing was rational it could not possibly be emotional.
Therefore I rationalised that happiness could not be an emotion and was obviously the logical result of laughing.
After all laughing and crying were opposites in my world of dualities.
You have to choose one or the other.
Being told "you do not know whether to laugh or cry" was a totally bemusing statement.
I didn't cry, it was irrational.
I had no other choice but to laugh.
Even when it hurt like hell.
I was just being "a tough little soldier" like I was taught.
I discovered there were 2 types of funny.
There was funny "ha ha"! and funny "peculiar".
Funny ha ha I found funny and elicited laughter.
Funny peculiar was just that – peculiar.
I never understood why people laughed at things peculiar.
It seemed irrational.
Many boys laughed at the emotions of girls.
This to me seemed illogical.
Girls were not logical.
They were emotional.
For girls to be emotional was quite rational.
So why did some boys laugh at things which were neither funny nor peculiar, such as girls being emotional?
I decided to just laugh at them being peculiar so as not to appear odd myself.
It never ceased to amaze me now how really odd this world was that I

lived in.

I also never really understood why many boys laughed at other peoples misfortune. What was funny about other peoples' wrong doings. From my 2 dimensional perspective laughter was not an emotion. For laughter to be an emotional reaction was therefore irrational. I decided that laughing at the misfortunes of others was therefore irrational.

At a very early age I was given freedom to think.

I now put this down to the belief instilled in me that "little boys should be seen and not heard".

Although this was to become a major limiting belief in my life, it was also responsible for me giving my thoughts free reign.

If I had to stay in sight of adults but not talk, what else could I do but listen and think.

I thus developed from an early age the ability to both listen and to rationalise.

Without emotion, I could only listen.

It was to be many years before I learnt to hear what people were really saying.

My early life was full of limitations.

Limitations are those childhood sayings and phrases which enter our subconscious mind and become the foundation of our belief system. They start off as the opinion of those closest to us and after hearing them repeatedly we adopt them as factual and subconsciously follow these beliefs.

Believing that little boys should been seen and not heard, I became a shy introverted adolescent who only spoke when first spoken to.

I believed it was not necessary to talk unless asked a question.

Emotions did not exist, so I never developed the art of social intercourse or the skill of making small talk.

I talked when I needed to communicate.

If I had nothing to say then I just listened.

As a child I was told "not to run around with nothing on my feet, otherwise I would catch my death of cold".

I have suffered all my life from colds and other viruses, brought about usually after experiencing cold or wet feet.

Forty years later, after living with a partner who was always bare-foot even in the depths of winter, I finally turned this belief into a myth.

Once this belief was no longer valid I ceased to suffer habitual colds. Today I can no longer remember thankfully, the last cold I endured.

My belief as a child that: “You will never grow big and strong if you do not eat your greens”, I accepted and remained small and skinny. I was happy small and skinny and refused all attempts to make me eat those smelly foul tasting vegetables that my mother presented on my plate at dinner times.

Above the fire place neatly engraved on a tablet of stone hung the following words of wisdom.

“This day is yours, Yesterday is dead, and Tomorrow is yet to come”

In those days I never understood its message.
I had too many other limiting beliefs:

“You only get out of life what you put in”;

“Hard work never killed anyone”;

“You can’t have everything in life”;

“You only get what you work hard for”;

“Time is money”;

“Money does not grow on trees”;

“Don’t waste time doing nothing”;

“Tomorrow is another day”;

“The best is yet to come”;

“Life is hard then you die”.

Well by the time I arrived at my mid life crisis, Life was hard and I was slowly dying.

What did I have to look forward to?

After all:

“I was a product of my genes”;

“What will be will be”;

“It was my fate”.

In my 2 dimensional world I had no other choice. I was what I did. What I did was my behaviour and my behaviour was a direct result of my beliefs.

My beliefs directed, told me, how to behave.

The “be” that I “have” is the result of the “be” that I “live”.

My belief is the be that I live.

In my 2 dimensional world I was taught to respect my elders.

My duality allowed respect or disrespect.

There was no other choice.

To not adopt and follow the behaviour and beliefs of my family was to show disrespect.

I had no reason to disrespect my parents.

Disrespect was irrational.

Respect was rational and I was a rational human being.

I had no choice but to follow my fate.

To respect my parents and follow their beliefs.

What was in store for me in my 2 dimensional world?

Well:

“We all have to die one day” – wonderful!

“You make your bed then you lie in it” – super!

“We retire at 65 years of age” – great, retire from what?

“The life span of man is three score years and ten”

I was getting a very clear picture.

I work hard all my life to retire at 65 and die 5 years later.

The problem is: “what am I working for”?

Not a lot it seemed.

Here my beliefs were limiting me again.

“You can’t have your cake and eat it”.

“Ask doesn’t get” and

“If you don’t ask you don’t want”.

”It is better to give than to receive” and

“Everything comes to those who wait”

Another clear picture was emerging.

Everything was scarce and what ever I received I would have to wait for and when I got it, it probably wouldn’t be what I wanted.

What did I really want and how long would I have to wait?

– until I retired?

And then how long would I have to enjoy it?

I promised myself I would play golf when I retired.

But when I retired I would only have 5 years left and would I be fit and healthy enough?

Who was I?

How could I change?

I was following my fate.
At 40 years of age this was my fate.
After all:
“You can’t teach an old dog new tricks” and
“We all have our cross to bear”.

I eventually asked the magic question,
“Who am I” and the answers followed.
When we ask clear focused questions that we really want answered, then
they are answered.
But this is not rational.
This is intuitive.
This is emotional.
This allows the existence of a higher energy that does not exist in my 2
dimensional world.
This is a new third dimension to my reality.
My third dimensional world was ready to be discovered.
I was now ready to enter the Third Age of Man.

But where was the door?
Where was the key?
The key was to find my destiny.
My destiny was to find the key.
To follow my destiny not my fate.
The distinction between fate and destiny becomes clear when viewed
from a new perspective.
Our dictionaries were written in the 2nd Age and gave no clues.

I discovered my awareness in a book called MAGI – The quest for a
secret tradition, by Adrian G. Gilbert. He wrote:

*The words “destiny” and “fate” have totally different meanings.
FATE includes everything that is beyond our control and gives the
framework in which our lives are conducted. Thus the colour of our
eyes, the race, nation and family in which we are born, our astrological
horoscope, our aptitudes and talents are all part of our fate.
Fate sometimes called luck, operates throughout life bringing us
opportunities, introducing us to people such as future wives or
husbands, and generally shaping the way things happen.*

DESTINY is something different. It is our soul's task and purpose for coming into life. Beside the physical pattern transmitted genetically and the "spirit pattern" or fate, there is a higher level of order that can be called destiny.

Each child's destiny is unique, given to the child independently of who its parents are. It does not come from them and it does not come from anything at all "outside" of the child. It is to do with what we have to fulfil by being born and it is through this that there is a power to choose the corresponding conditions of life.

Only by fulfilling one's destiny can one have lasting satisfaction in life.

It seemed quite rational that fate was not working for me. Destiny and a lasting satisfaction in life suddenly became my agenda.

The understanding that my destiny was something entirely different from my fate was for me a major life shift.

We can believe that either we chose our fate or our fate is chosen for us. Either way it doesn't matter because the concept of destiny, of having a purpose, allowed me to accept my destiny with out blame or guilt for my parents.

After all they did not choose me. They just chose to have me.

What they actually got was really none of their choosing if I came with my own destiny, with my own pre-determined purpose.

They had simply volunteered to give me the opportunity to uncover my true lessons in life, after first experiencing their fears, their beliefs, their behaviours, their standards and life under their control.

In the first years of life we are all at the fate of our parents because we are their responsibility.

A responsibility that most parents take very seriously.

Parents are responsible for bringing up their children responsibly.

This means that children are taught to respond the same way as their parents, who in turn were taught to respond in the same way as their parents.

There are of course always a few alterations to behaviours, beliefs and standards along the way.

These are regarded and accepted as the result of the generation gap.

Without any conscious change, we become our parents.

We start to hear that awe inspiring or blood chilling sentence “You are becoming just like your father/mother”.

I now know that to accept my fate was inevitably to accept the limitations as well as the benefits of my upbringing.

The path towards my destiny was to build on my benefits and strengths in life and at the same time uncover and remove the limitations that were holding me back.

The way to abundance, fulfilment, contentment and lasting happiness in life is to understand the limitations that are stopping these appearing.

If we are given all of these things at birth, we receive a life without limitation, then what is the purpose of life?

What is there to learn?

What is there to experience?

Is not the purpose of life, to live?

To live is to experience life.

Having now experienced a limited life, A life with limitations, I now choose to live with some new beliefs.

New beliefs that allow infinite possibilities in my life.

I now choose to believe that:

“ The goal of life is to die young as late as possible”

“We can be, do and have whatever we can imagine”

“You can mix business with pleasure”

“Life is easy, then we really live”

“Money does grow on trees” - at least paper money does.

“The best has arrived” - we just have to seize the day

“We can have everything in life”

“Choice is our ability to choose. We should hold on to choice as long as possible”

“There is no coincidence”

“It is as good to give as to receive” and

“The greatest gift we can give anyone is the power and the strength to need us for nothing”

My early childhood years constituted my first age of man.

The early years of survival when I was introduced to the benefits of a warm, comfortable, safe and secure family life.

I was taught how to lead a life worthy of my 2nd age once I reached maturity and left the family fold, in search of my own independence.

To live in the 2nd age is to experience duality.
Relative and opposing experiences in life.
It was essential for me to discover that fate and destiny are dualities and not as I originally believed them to be the same thing.
It was equally essential for me to understand the duality that existed in my life of benefits and limitations.
When we see our limitations in life as benefits of our upbringing, then we become stuck in the world of our forebears.
Until we have lived in this 2nd age of duality we cannot move on to the next age, the next dimension of our life, our 3rd age.

The 3rd age is the balance.
It is the bridge across duality.
How can we build a bridge until we have experienced both sides of the river.
When we have stood with a foot in both worlds, a foot on each shore.
Once we know where we stand we can start to bridge the divide.
We can balance our relative opposites and balance our opposing relatives.
To love my parents I have to discover my true emotions.
To truly love my parents I have to really appreciate what they have given up for me to be able to experience everything in my life that I pre-determined in my destiny before they conceived me.
I truly love my parents for allowing me to learn so many lessons and the opportunity to remove so many limitations that they carried through their lives for me.
When I became aware of my destiny I found the bridge between life and death.
The balance between fate and fatality.
I found the key which allowed me to respect my parents and allowed me to no longer share their beliefs.
I found a reason to believe in myself, to follow my own beliefs, to follow my destiny. I had found the door to the 3rd Age.

I stood in that doorway looking for the right way to go.
All I saw was a vast emptiness.
I had climbed a mountain.
I sat on the peak and could see in every direction.
Which direction should I take?
Which path?

Which was my life path?

Which path would take me to my destiny?

From the mountain top I could see only cloud.

The only definite answer that I had was that the way forward was not in the direction I had come.

I could never go back.

I firmly closed the door to my past.

I firmly closed the door to my 2 dimensional world.

The world of safety and security.

The world of material comfort..

I also knew deep in my heart that the way forward was not back into survival.

I also knew that as long as I moved forward I would always survive and I would always be comfortable.

I had travelled extensively in both these worlds and never needed to return.

I had arrived at the end of my 2nd age of man.

The age of Aquarius was about to dawn.

What this meant was about to dawn on me.

Crossing The Divide

Crossing the divide is moving from a world of comfort and security into the unknown.

Challenging the unknown always involves conquering fear.

Fear evokes a negative emotion.

In our rational world fear can be rationalised as normal or abnormal.

If fear cannot be rationalised as abnormal then it must be normal.

We thus learn to regard any abnormal fears as irrational.

We face them and they disappear.

However we learn to avoid completely any fear which is normal.

If a fear is rational we run away from it.

We disregard it.

We hide our rational fears.

We put them to the back of our mind until they become lost and we no longer have to face them.

Men, being rational, have, therefore, an advantage in fighting fear.

They only fear what they have rationalised as irrational.

They no longer fear what is either rational or irrational only what they have rationalised as irrational.

Women on the other hand are generally emotional rather than rational.

Emotional people see all fear as an emotion.

In their emotional duality, there exists only love or hate.

Hate is our expression of mental fear.

There are really only two emotions.

Every emotion can either be categorised as belonging to love or belonging to fear. Love is positive and fear is negative.

Fear is believed to be a negative emotion, a negative energy.

Fear is negative, fear is bad, fear is wrong, fear is evil, because I hate the feeling of fear.

Love is a positive emotion.

Love is positive, love is good, love is right, love is life.

Evil is the opposite of life. Evil is not the way to live.

Evil is “live” viewed from the opposite perspective.

In our 2 dimensional world what is not right is wrong, what is not positive is negative, what we do not love we hate.

We have no other choice.
In our duality no other choice exists.
In our material world we see everything as matter.
What we can't see is of no matter.
If it doesn't have matter it doesn't matter.
The opposite of matter is anti-matter.

Our scientists have told us that anti-matter exists only theoretically, that it cannot exist in the material world, therefore we rationalise that it does not exist.

We have rationalised away any fear we have for a concept called anti-matter even though our scientists tell us that matter annihilates instantly on meeting anti-matter.

The bridge between matter and anti-matter is energy.
Energy is both anti-matter – not matter – and matter.
Our science now teaches that all matter is made up of and contains an extraordinary amount of energy.
Albert Einstein told us very clearly that matter = energy.
Everything is matter and everything is energy.

In our duality we create positive and negative energy as opposites.
This is a 2nd Age concept.

A Materialistic view.

From a 3rd dimensional viewpoint everything is energy.

Energy cannot be good or bad, right or wrong.

Energy is just energy.

Energy is positive .

Energy is Love.

Energy is Light.

Negative energy cannot exist in the 3rd Age.

For negativity to exist it must materialise, it must become positive.

Negativity can never be positive.

Negativity is negative.

Negativity has to be negative .

It cannot be positive.

Negativity doesn't really matter.

Negativity is not real.

We just make it real in our duality.

Negative energy cannot really exist as a positive force because it is a

negative force. A negative force has no force.
Negativity has no energy.
It is an absence of energy.
It is void of energy.
It is an energy void.
It is something to avoid.
The only energy that negativity can hold is the energy that we ourselves give it.
In reality we are giving energy to negativity by believing in it.
By believing that negativity is a positive force.
We are increasing the absence of energy, our fear, by giving it credibility.
We feed the fear by feeding on fear.

When we steal energy from another we allow them to fear us.
We fear what we lose energy to.
Losing energy to a person or a situation creates fear.
It creates an energy loss – a fear.
The way to conquer fear is to not give it credibility.
To no longer lose energy to it.
To face up to it.
When we no longer lose energy to our fears, they disappear.
We no longer fear them.
Fear is no longer the opposite of love.
It is just a lack of love, due to a false belief.
When we no longer live in duality we have a choice.
We can choose to accept fear or we can use our love to destroy fear.
In the presence of love, fear cannot exist.
Love fills the void.
With love there is no void.
We avoid evil.
We start to live.
To live in fear is to live in a void.
To not exist.
To live in a world that does not exist.
To live in a world made real only by our fears.
If we make fear our reality then we fear our reality. Our fear becomes real.
As our fears become real we lose our energy.
As we gain our energy we lose our fear.
As we increase our self confidence, our self worth, our self esteem, we

lose our fears. We conquer our fears.
To conquer our fears we do not fight them.
We face them knowing they cannot fight back.
They cannot fight back because they have no energy.
They are no longer a force to be reckoned with once we cease to give them our energy.
Our hate is the energy we lose to our fears.

To cross the divide we must conquer fear.
Fear cannot exist in the 3rd Age.
We cannot take our fears with us.
To cross the divide is simply to step forward without fear.
To let go of what holds us back.
To knock down the walls that have protected us for ages, for we no longer need our barricades and fortifications.
We no longer have anything to fear.

In the age of material comfort we built our defences high and strong to make us safe and secure from our fears.
They became our comfort zone.
In our comfort zone we were safe and secure.
Our comfort zone defined the boundaries of our fear of the outside world.
We clearly defined our boundaries.
We clearly defined the behaviour that we found acceptable from others.
If the behaviour of others was unacceptable, then we denied them access to our life. We cast them out of our lives.
They became outcasts.
In our duality we could chose to be an introvert or an extrovert.
We had no other choice.
An introvert chose to stay within their own space.
Within their own comfort zone they are safe, secure, and open – overt.
An extrovert loses energy when confined and needs to inter-act with others to feel safe and secure.
They extend their own comfort zone within the safe environment of others.
They open out easily to others.

The challenge of the 3rd age is to extend our comfort zones outwards to encompass not only our close friends, relations and work colleagues, but

ever outward, extending our boundaries to include rather than exclude, our community, our region, our nation, our culture, our race and eventually all life itself.

The key to crossing the divide is to conquer fear.

Without fear there no longer exists a divide.

The divide between, regions, nations, cultures, creeds and races disappears, when we conquer fear.

What has always divided man has been a lack of energy.

Herein lies a great dichotomy.

We become divided when there is a lack of enough energy to hold us together, and a lack of enough energy to keep us apart.

Space is the energy that keeps us apart.

When people do not have enough space between them, they fall out.

They become divided.

They need more space.

Magnetism is the energy that holds us together.

We come together by the magnetism of mutual attraction.

The law of like attracts like.

We like being with like beings.

When we understand the energy that divides man and holds man together, we will become separate but no longer divided.

When we all have enough space we will no longer fallout we will be together.

When we understand the paradox, that we can be unique and all be one, we will have crossed the divide.

Extending The Boundaries

For me, James Redfield unveiled the definitive guide to personal spirituality when he published the Celestine Prophecy.

This wonderful book, amongst other things, showed me the enormous barricade that defined my comfort Zone.

He named it Aloof.

I had become the prisoner of my own control drama.

My control drama was how I as a child had learned to compete for the energy of others.

Now that I had discovered a very important part of me that no longer served me, I could start to tear down the defences I had put up to make me safe from other people because those same defences were now depriving me of my freedom.

They were not allowing the life I now wanted, to come to me freely.

My aloofness was how I had learned to steal energy from others as a child.

My aloofness was my defence against the interrogators who continually criticised me and wanted to control my life.

To control my life was grand larceny of my energy.

I became an expert at retaining my own energy.

I intuitively knew who was seeking my energy and my defences went up even before they got into range.

Any body who thought they could steal my energy easily was a fool.

I didn't suffer fools gladly.

My aloofness both attracted and created interrogators around me.

It also explained why I never had problems with intimidators or their victims – the poor me.

The insights of the Celestine Prophecy reveal how we compete for energy in this world can be categorised into one of 4 types.

The Intimidator gains energy through arrogance and loses energy through anger.

The Interrogator gains energy through pride and loses energy through humiliation. The Aloof gains energy through humility and loses energy through embarrassment. The Poor Me gains energy from being humble and loses energy through shame.

These are our measures of self worth.

When we gain energy our self esteem rises.

We pat ourselves on the back .

We preen our feathers.
We feel good about ourselves.
When we suffer anger, humiliation, embarrassment or shame, we are losing energy and feel drained, low or depressed.

In our 2nd age we are either intimidators or victims, interrogators or aloof.

This is our fate.

We have no other choice.

In the 3rd age we can choose to give our energy willingly.

Energy given willingly and accepted willingly is always returned in full.

When we discover we have choice, we no longer need to compete for energy.

There is no scarcity.

We can all choose abundance.

We can cross the divide once we can define enough.

There is enough of everything for everyone as long as some no longer have more than enough.

If those who have more than enough remain in their 2nd age then we will continue to never have enough.

The trade off is simple – abundance in exchange for more than enough.

Unlimited personal power in exchange for the energy of power over others.

We can never change other people.

We can only change ourself.

From a 2 dimensional perspective we cannot even change our self.

We only have 2 dimensions – the conscious self and the sub conscious self.

The conscious is our reality.

The subconscious is not conscious.

What we are not conscious of is not real.

We cannot make real what is not real.

We have no perspective of our subconscious as it is not real.

Psychology has for many years explored the subconscious only to find that it does not exist in reality.

As soon as we make the subconscious real it becomes conscious, we become conscious of it.

It is no longer in our subconscious.

The conscious and the subconscious are dualities.
They cannot exist in the same 2 dimensional space.
We have no other choice than to view our subconscious as unreal
because if it were real it would be conscious.
We therefore cannot change our conscious self because it is real.
We believe what is real.
If we could change reality it would be unreal.
Changing reality is unbelievable.
We believe we cannot do it.
We believe we cannot change our beliefs because they are real.
We believe we cannot change our subconscious self because it is not
real.
If it is not real then we believe it does not exist.
We believe we cannot change what does not exist.
We must first change our beliefs.
We must bring what we wish to change into, into our existence.

In our 2nd age we became stuck in our beliefs until we were forced to
change.
When we were forced to change we gave our power away to another in
exchange for their beliefs.
To be believed was to become powerful.
Our beliefs became very powerful.
We became willing to die for our beliefs.
In the 2nd age we have no other choice.

To change our selves we have to change our self.
To bridge the divide we have to find our Real Self.
The real self is the 3rd dimension of our self.
The third self has a new perspective of our other selves.
It is the balance between our conscious and subconscious self.
It allows the subconscious self to exist, to become real.
In this way we do not change our self.
We do not change our conscious reality, nor our subconscious unreality.
We change which self we perceive reality from.
Reality is perception.
In our 3rd age we will perceive our true selves, our real self.
We will discover who we really are.

My Journey Of Discovery

The question is “ Who am I being at this moment in time”.

As time passes we may change who we wish to be.

For this reason we are on a journey of becoming, not on a journey of going to.

Inter-action with others is dependent on where we are coming from, not where we are going to.

Others have no real interest in where we are going, but often have a great need to understand where we are coming from.

On our life journey we always arrive at nowhere.

Written Now Here it makes more sense.

“Now here” is where we always are.

We are always Here in the Now.

But the “Where” is not as important as the “Who”.

Who I am is where I am coming from not where I am going to.

To find our destiny is to discover who we wish to become.

To discover who we wish to become, as in any journey of discovery, we must first address who we are now.

This brings me back to my first and most important question

“ Who am I now”.

Our values and our worth define who we are now.

To follow our destiny we live our own values.

To live our own values is to follow our destiny.

Living the values of others is our Fate.

To follow our fate is to adopt the values of others.

Destiny describes the path of our “Inner” Self.

Fate is the path prescribed by any “external” influence – parents, teachers, religious leaders, politicians, astrologers etc.

When we tolerate the life prescribed to us by others we are giving part or all of our power away.

When we follow fate we fall under the power of our fate.

We lose control of our destiny.

Our destiny is who we are.

In the 3rd dimension, in the world of relativity, we are all unique.

Who we are is who we are.

I am myself and you are yourself.

My challenge is to be myself – my real self.

Your challenge is to be yourself.

My challenge is to allow you to be your self, to allow all others to be themselves. Your challenge is to allow me to be myself and all others to be themselves.

Who am I? Starts with a vision.

My vision is to live in a world where everyone is in control of their own power and their own authority, and responsible for their own actions.

The first step in achieving my vision is to change me.

I know that I cannot truly change another.

To change another is to seek to control another.

To control another immediately defeats my vision.

To follow my light, my vision, my life path, my destiny involves becoming me, becoming who I really am, finding my real self.

To find my real self involves becoming my real self, becoming who I really am.

My journey of becoming was about to start but from where was I starting?

If I didn't know my starting point, then I was lost before I started.

If I didn't know where I was, then I was back to Nowhere and Now Here.

What do I know here and now?

What do I now know?

I know what I know.

I know what I am conscious of.

I know my conscious self.

Or do I?

My strategy was starting to become clear. To realise my vision I have to:

- Follow my Destiny not my fate.
- Be aware of my emotions and eliminate Fear.
- Understand my strengths and remove my Limitations.
- Reveal my Control Drama and move out of conflict with others.
- Move into my 3rd age by finding a bridge across duality.
- Discover my Real Self

MY 2ND AGE

When I left school I chose a profession in which I would always have a roof over my

head and I would never go hungry.

I became a trainee hotel manager.

This was to be an ideal opportunity for me to experience one of my major limitations. My belief that you don't get anything in life without working hard for it.

Working hard in the hotel industry is not a choice it is a necessity.

I worked hard for many years.

I estimate now that in man hours I gained twenty normal working years experience by the time I was only 24 years old. In the early days working 18 hours a day was the norm not the exception.

Later on my working days levelled out nearer 12 hours a day but it was still a luxury to have 2 days off a week.

I was not to experience a Christmas day off until I reached the age of thirty.

By the age of 23 my body was exhausted and I was ignoring the warning signs to slow down.

I had achieved my aim of becoming a Senior Assistant Hotel Manager and I had in my mind another 6 years to make it to full management of my own hotel.

Then I hit a crossroads in my life.

I became a victim of glandular fever.

I tried in vain to work it off and eventually it took me out of work for 2 months.

I returned too soon and went back down with it again the same year.

According to the doctors, once you have had the virus you become immune. Somehow not me, I caught it twice.

In hindsight this episode in my life was a very important learning opportunity.

It taught me about my personal energy.

It showed me my limits of endurance .

It taught me to slow down.

I had experienced running on very weak batteries and now knew how devastating a debilitating illness can be.

Because I didn't learn all this the first time I had to experience it twice.

It took me a further 2 years to build back my personal and mental

strength to a level that I then called normal.

Looking back I now believe that perhaps I was fortunate.

In those days modern medicine was only just beginning to understand the virus.

Post viral syndromes were still to be discovered.

I now think that I escaped the fate of being diagnosed with a so called incurable disease that we now call M.E.

Most importantly my illness gave me time to think.

It gave me time to evaluate my life and to look at where I was going.

I had enjoyed the theatre and the status of wearing a morning suit by day and a black tie at night.

But I knew deep down that this was not the real me.

This was not who I really was.

This was who I was pretending to be.

It was as though with that knowledge the fun wore off.

It was time to move on.

I joined a new and “booming” industry in the mid 70s.

I joined the leisure industry at the peak of the squash club boom and the start of the health and fitness industry in this country.

I had finished my apprenticeship with mental and emotional strength.

It was now time to discover all about physical strength and fitness.

I was to spend the next twenty years combining my hotel experience with my leisure club experience.

My formal me with my informal me trying to discover who I really was.

The greatest irony of my life was joining a construction company who were building a squash club with bedrooms and experiencing the transformation of that business to eventually become many years later a multi-million pound Leisure Hotel company. From starting in the hotel industry I arrived back there by default many years later.

By the age of forty I had travelled full circle and once again it was time to reassess my life.

Over the years I had learned many things.

I have been driven all through my 2nd age by the need to achieve, the need for approval and the need to be loved.

My life was a long way from being Ideal.

I had worked for the same company for 15 years but during this time I had experienced 3 totally different styles of leadership.

Three entirely different cultures.

I had experienced my 3 Ages of Management.

The 1st age of management is all about survival.

1st age managers require the skills of starting a new business.

Enthusiasm, drive and commitment together with the vision, ideas and passion that create a will to succeed.

They are driven by the need to keep their business alive and growing.

They run on adrenaline, take a singular view of what they require to accomplish and have the resilience and determination to achieve it.

They are the Activists, the Entrepreneurs.

They have a club culture and they assume captaincy of their club.

They are the risk takers.

They take risks because they have calculated all the alternatives.

They take calculated risks for calculated growth and their return on investment is directly proportionate to the risks they take.

They are the pioneers, the trailblazers, the problem solvers.

Their style is autocratic.

They are the visionaries of a companies first age.

They give birth to new ideas and new companies.

Their philosophy is do or die.

They lead from the front.

Their staffing structure resembles a pyramid in shape and they sit firmly on the top of the mountain they climb and the empire that they build.

They take new companies through their conception, into adolescent growth towards maturity.

Entrepreneurs rarely mature their companies.

They instinctively know when it is right to sell up and move on and often start again. When they have successfully taken their company through the first age of survival, it will often require new leadership and new skills in order to grow into maturity.

It will require a 2nd age of management to take their company into the age of comfort and material wealth.

The first law of managing in the 2nd age is that big is beautiful.

The bigger the company the more staff are employed to make it more and more comfortable to be in charge.

Sitting on top of a large company is more comfortable than being in charge of a smaller company.

The larger the company the bigger the salary, the greater the perks, the higher the status, the less menial the work, the bigger the “charge”.

Being in charge is not just about earning more money.
It is also about the energy that goes with the position.
This “charge” of energy is the power that goes with the position.
Being in charge is a position of power.
A position that becomes very difficult to relinquish.
Losing a job can be devastating.
Losing a position of power is debilitating.
The further from survival the company travels the further it progresses into its 2nd age.
“It’s tough at the top” is a rumour put about by top managers.
In all my years in corporate life I never saw a top executive having a tough time, other than of their own making.
The top is where the power is and where all the energy in the company rises to.
2nd age managers acquire the skills to create comfort and wealth.
They have access to large reserves of money and create equal reserves of their most precious asset, their human resources.
They are driven by a need for respect, acknowledgement and power.
They have a role culture and are status driven.
Their style is bureaucratic and they always seek the safest, lowest risk options.
They grow by acquisition and merging with their competitors.
They have one goal which is to service their investors and to return material wealth to their shareholders.
As they automatically set themselves up as shareholders within their own businesses they become motivated by the wealth that they are employed to produce.
The most successful tycoons became the gatekeepers to the 2nd age.
They became the Theorists and the Administrators of their age.
They reached the top of their world and took responsibility for controlling it.

Beyond maturity lies old age and death.
Companies that take this route lose their wealth and profitability and become lost in the depths of bureaucracy.
Wealth producing companies cannot go this route.
This is a road reserved for large institutions that consume money rather than produce money.
This is the way of government and government funded companies that are supported by contribution not profit.

Many “not for profit” , nationalised, companies towards the end of the 2nd age were deemed to be dinosaurs and became extinct.

Nationalised companies reinvented themselves and became commercially successful.

Wealth producing companies need to continually re-invent themselves to avoid the vagaries of old age.

What is required is a 3rd age of management.

A new age of management that is democratic not autocratic or bureaucratic.

A new culture that is task and objective driven by consensus and agreement instead of the old club or role culture.

A management style that directed by showing the way, giving direction, holding the vision and clarifying the strategy, rather than the old style of directing people to do what they were told, of telling them directly what they should and should not do.

A culture that developed leadership through coaching, mentoring and team building. A culture in which the Producers started to manage themselves.

A pragmatic approach to management.

A management with a new slogan “When the followers lead the leaders will follow”. The followers will lead when the leaders return their power to them.

The leaders will return the power to their followers only when they have learned to retain and maintain their own personal power.

When they learn that they no longer need to compete for power.

When they learn to empower their people instead of motivating and supervising them. When they learn that what they give out they will receive back in abundance.

In the 3rd Age of Man the followers will lead.

The leaders will take a back seat and take a well earned and deserved rest.

“The rest will be de-served.”

In the 3rd Age of man we will change our Ideals.

But how will this change come about.

There has always been a 4th class of management called the professionals.

The professionals belong to an existential culture.

They are individualists.

They are the teachers, the sages, the prophets, the problem solvers and

the oracles of wisdom.

They are the Integrators and the Reflectors of all ages.

In the 1st age of survival we had the witch doctor, the shaman and the soothsayer. They were the healers and the therapists of their age.

They mended what became broken.

They fixed the ills of man.

In the 2nd Age we consulted financial advisers, legal advisers and every kind of other adviser.

We were so busy or so confused or so safety conscious that we relied on consultants to tell us what to do.

To show us the best solutions to our problems.

Consultants love solving other people's problems.

It is what they do best.

We only took their advice when we thought we should, if we thought we ought to, or if we had to.

We tried to live without them but our society made them essential.

They are an essential part of the 2nd Age.

They gave us a safe and secure option and a new direction towards material wealth.

In the 3rd Age I will seek the benefits of a coach and mentor.

A synergistic relationship with a role model of wisdom.

A person who is trained to support and guide me on my journey into the 3rd Age. Someone who can help me discover my real self and my own spirituality, my own personal operating system.

Someone who will allow me to discover who I really am.

I do not seek a spiritual teacher who teaches their own philosophy or religion for me to mindlessly follow and give my energy away to.

I no longer wish to be a follower or a disciple of someone else's teaching.

I now wish to follow my own inner teacher, my own intuition, in search of my own higher learning and my own higher emotions.

My coach will give me the energy and support I need to move out of the safety and security of the 2nd Age and into the awareness of the 3rd Age.

My coach will not teach me and will not direct me.

My coach will illuminate my life path.

Assist me to discover and clarify my destiny.

My coach will be my guide, my mentor and my companion on my journey through the 3rd Age.

In the 3rd Age we will no longer be taught.

Our teachers will facilitate our learning.
They will help us to discover what it is that we require, to follow our path.
We will no longer require the knowledge of others to follow the path they wished us to take.
In the 3rd age our Teachers will become Leaders.
Leaders who follow the path of their pupils.
Not leaders who teach a path for their pupils to follow.
Great teachers lead, they ask questions, they listen and they talk only when necessary to assist the student on their learning path.
Learning will become subjective, no longer the objective of our present tutors.
Leaders have wisdom.
Teachers have knowledge.
Teaching knowledge will no longer have wisdom.
Wisdom cannot be taught.
It is innate, it can only be learned.
When our teachers become wise they stop teaching us.
They allow us to learn.
In the 3rd age there will be no teachers any more.
We will all become students again.
We will learn leadership through coaching.
By being coached and by coaching others we will develop a coaching culture.
A coaching community will become the new ideal for both our business and our pleasure.
Our living – how we earn money, will become a reflection of our life – how we enjoy our life.

In my 2nd Age I was working hard.
I was driven by my needs and driven by the need to work.
My work provided me with the opportunities I needed to meet my needs.
My survival needs, my comfort needs and my emotional needs.
My work was my living and my work was my life.
My life was far from ideal.
My work became my life but alas my work was not my ideal life.
Why was my work, that gave me an ideal living, not giving me my ideal life?
It was time to look at what I thought was my ideal job.

It was time to appraise my work ideals.

Ideal number one was to be Determined.

I was determined to succeed.

I was determined to achieve my objectives.

I was determined to do my job.

My determination was driven by my need to achieve.

It did not serve me, even though it fixed my character.

It ordained me into my work ethic.

It regulated me.

It controlled me and deprived me of my freedom.

I was stuck.

I was embedded.

I was buried in my need to achieve.

I took a “detour” down a “mine”.

I needed to re-determine my own path.

I needed to deter my own (mine) determination.

My determination was not mine.

My determination belonged to my work ethic.

It belonged to my work.

It was owned by the people who employed me.

It was not my determination but theirs.

It was not my life I was living.

It was theirs.

It was not my ideal but their ideal.

It was not my ideal life.

I needed to re-determine, to re-discover, my ideal life.

Ideal number two was Dedication.

To achieve my work objectives required dedication.

I was dedicated to earning a living.

I was dedicated to my job.

My work became my god.

I became devoted to a god named work.

My dedication became a self sacrificing devotion to duty.

I sacrificed myself on the altar of work.

A self sacrificing devotion to serving the public.

I dedicated my life to my employer.

A dedication that was eventually commemorated on the pages of an esteemed publication.

A dedication that was driven by a need for acknowledgement and a need for approval. It no longer served me.

It was not my ideal life.

If I carried on with this dedication I was going to end up dead.

I was going to end up being commemorated in the obituary column of my local newspaper.

This was not the acknowledgement I was seeking.

I now needed to re-dedicate my life to the most important person in my life – me.

I needed to re-dedicate my time to discovering who I really was.

A re-dedication to living my ideal life.

Ideal number three was Commitment.

I loved my work and I loved my family.

I was committed to both.

I took responsibility for my job and responsibility for my family.

I had confidence in my job and confidence in my family.

They had confidence in me and we confided in each other.

But my life was not ideal.

I had one ideal – commitment.

But I was committed to two opposites – my work and my family.

They became a duality.

They became opposing factions.

Warring factions competing for my commitment.

I was being pulled in different directions by differing polarities.

I had no bridge between the two sides.

There was no compromise.

They were forcing me to become two different people.

I was having to develop two personalities in order to commit to two different elements in my life.

I was developing a split personality to address the split in my life.

If this continued I would become committed.

It was only a matter of time before the men in white coats arrived to take me away.

I was driven by my need to be loved.

I needed to be loved at home and I needed to be loved at work.

My work became my mistress.

I had a wife and a mistress, my work, and I loved them both.

My belief system did not allow me to have my cake and eat it.

I eventually after many years of commitment lost both my wife and my

job in quick succession.

I eventually reached a new crossroads in my life.

I eventually got the message the hard way.

It was time to re-commit to myself.

To re-commit to discovering and becoming aware of who I really am.

Both my work and my family required the real me.

I had no longer any idea of who that was.

I required some new “Ideas” and some new “Ideals”.

I owed that to my work, and to my family.

I re-committed my self to finding the real me.

The 2nd age of my life was all about what I was “doing”.

I had become a human-doing.

My 3rd age is all about becoming a human-being.

“Who am I being” was to be the most important question of my 3rd age.

My life was to change from the “what” to the “who”.

From “doing” to “being”.

This was the first clue to my ideal life.

It no longer mattered what I did.

It is only important to be who I wish to be while I am doing it.

All my life I had tried to be me. It was now time to give up trying and discover who I really was.

It was time to look at my world from a new perspective.

The perspective of other people.

In the world of duality we become the reflection of the people who come into our lives.

Our role is to show them who they are being.

Their role is to show us who we are being.

This happens automatically and subconsciously.

Like attracts like.

This is a universal law.

We attract people into our lives who are like us in some way.

In some ways they like us.

In other ways they may not.

I had become a reflection of other people and other people were reflecting who I was being.

My task was clear.

Instead of being who other people had made me I decided to become

the person who other people would really like me to be.

The type of person other people will be attracted to.

Not a physical attraction but that subconscious magnetism that people have who are “nice to be around”.

If I wasn't attracting the people into my life who I wished to be with, then I had to change me because it was me who was unattractive to them.

To find my ideal life, I had to change the ideals in my life.

I had to change some of the standards and models that I had based my life on.

AUTHORITY was a big issue in my life.

Authority was the responsibility that others took over my life.

My parents, my school teachers, the government, my employers all took responsibility for my life and became figures of authority.

They took over my life. They decided my fate.

It was time to take back my life. It was time to reclaim the authority for my life.

To become once again the author of my own life.

To take back my authority.

To reclaim my own power.

It was time to show the world that I am an authority on my own life.

I am in control of my own destiny.

Writing my own life story in advance instead of writing the autobiography of a life that was not my own.

Reclaiming my authority and giving up the security of allowing others to lead my life allowed me to rediscover my true freedom.

FREEDOM has always been my ideal but I never really understood what freedom was.

Freedom was being free to live the life that others deemed to be right for me.

I was free to do whatever I liked as long as I conformed to the people in my life who represented authority.

My freedom was not mine.

It was the freedom that others gave me.

I was free only as long as I was under their control.

It was a controlled freedom.

Controlled by other peoples' boundaries.

Controlled by the discipline that had been instilled in me by my fate.

I was not free.

I was a prisoner of my environment and my upbringing.

To remain free in our 2nd Age society we are required to have discipline.

Without discipline we soon fall foul of the laws of society and are imprisoned to be taught discipline.

With discipline we are allowed to - free to - lead our lives unassisted.

The gateway to freedom is discipline.

The key to personal freedom is therefore self-discipline.

Self discipline is becoming a disciple of the self.

Following one's true self. Freedom comes with finding and following our real self. Freedom comes with living without habit or addiction.

Habits and addictions that make us safe and comfortable in our 2nd age.

Freedom comes with the choice to partake or not in what makes each and every present moment a joy to experience.

Freedom is relationship without ownership and friendship without conditions. Freedom within relationships requires co-operation.

CO-OPERATION I was taught is essential in life.

It was always necessary to get on with other people.

"No Man is an Island" was written in large letters and hung on the outside of his office door by a work colleague, many years ago.

He was the most quiet, introverted, loner in the company, who never spoke to anyone and everybody reflected this back to him by not speaking to him.

He seemed happy in his solitude.

It was many years later that I realised that the sign on his door was a call for help not a warning to stay away.

In the past, Co-operation was working together.

Working together required co-operation.

If we were working together we were co-operating.

Thinking and doing for yourself was not co-operating.

Co-operating was agreeing with the majority.

The majority decision was usually decided by the leader who was in charge of all the others who agreed with him without question because he had the authority.

Co-operation was agreeing with the boss whether I liked it or not.

If I disagreed I was seen as not co-operating or being negative.

I was not free within this relationship.

In my 3rd age Co-operation is working in harmony.

Co-operation is when each individual is empowered and when the sum of the group energy is exponentially greater than the sum of each individuals contribution.

When everyone in the group is vibrating at the same frequency, the team is “buzzing”, then co-operation becomes real.

Co-operation is creating a common thought, a common word, and a common deed. Co-operation is allowing others to demand from me what I demand from them.

It is operating without being obliged to someone else.

On an individual level, co-operation is merging our logic with our feeling.

It is operating with both our male and our female energies, our rational and our creative characters.

Co-operation is balancing our right and left brain activity.

BALANCE was always important in my life.

I was for ever balancing the demands of my wife and my children.

My job and my family.

I had the job of a plate spinner.

My job was to put as many plates in the air at once and keep them all spinning.

One day I dropped the lot.

There was no balance in my life.

I was travelling a road through life without balance.

My journey took me from one polarity to another.

I was tossed from the experience of one duality to the next.

There was no resting place.

There was no space between.

To bring my life into balance, I have to find the space between my dualities.

Slow down to the speed of *my* life.

Find the time to live in this space.

Time and space are now essential ingredients in my life.

They are valuable.

More valuable than money.

They enable me to put value into my life.

They are invaluable.

With the space to be and the time to be, I am in balance.

The balance between the dualities of my life.

I now have time to develop me.

Time to balance my physical, mental and emotional evolution to an equal level of development.

I can walk around the equator of my life.

My ideal life equates to balance.

I have become equal to all men.

I have found equality and my equality is directly proportionate to the quality of my energy.

My energy of time and space.

To enter both my 3rd age and the 3rd Age of Man, I had a lot of work to do. To start with I had three major shifts to complete:

- From Manager to Leader
- From Parent to Coach, and
- From Teacher back to Student

I also had to re-evaluate my ideals:

- Become self-determined
- Dedicated to my life's purpose, and
- Committed to achieving my vision.

I had to re-write my personal standards for:

- Authority
- Freedom
- Co-operation, and
- Balance

I added this new list to my 3rd age strategy and set off in search of the 3rd Age of Man.

THE THREE AGES OF MAN

Looking back over my life I could see my evolution was transpiring through three distinct ages.

My first age of survival from birth, my second age of material comfort which has dominated the majority of my life so far and an awareness of what my third age holds for me in the future.

I was also beginning to see that not only did our individual lives have the potential to discover 3 different ages of man with a small “m” but there seemed to be unfolding the potential for Man with capital “M”, the race called Man, the human race to exist through 3 different, but similarly distinctive ages.

The 3 Ages of Man.

It appears that for centuries we have been treated as 2 dimensional beings.

We have been living in the 2nd Age of Man. The Age of Material Comfort.

For centuries before this we were one dimensional , looking after only our physical needs.

We lived in the 1st Age of Man: The Age of Survival.

We are now approaching and many of us are ready to move into the 3rd Age of Man: The Age of Awareness.

We live in the 3rd Dimension.

Our life has the potential to be 3 dimensional.

Every material thing in our world has 3 dimensions.

It has length, it has breadth and it has height.

This is a Universal Law.

Everything in the 3rd dimension has 3 dimensions.

We live in the dimension of the relative.

Everything in this dimension is relative to everything else.

Everything has polarity.

Everything has duality.

Polarity and duality at first appear to be 2 dimensional concepts.

In fact from the perspective of the 2nd Age they are 2 dimensional.

It is only with the awareness of balance that duality and polarity become 3 dimensional.

Duality is either black or white.

There are no grey areas.
It has length and breadth but has no depth.
Without height it cannot see the big picture.
It can only travel north-south or east-west.
It cannot sit on high and see clearly in every direction.
It cannot analyse its options because it cannot see them.
We cannot see the wood for the trees.
There is no balance in a 2 dimensional world.
Everything is simply this or that.
We are here or there.
There is no in-between.
A 2 dimensional character in a book cannot see the book.
It cannot see the beginning and the end of the book at the same time.
We have to live in the 3rd dimension to have the choice of whether we start at the front or back of the book, or turn to any page in-between.
A portrait in a picture has only 2 dimensions.
It has no perception of the world of the 3rd dimension which views and admires this painting.
It only perceives left or right and up and down.
It has no height nor depth and therefore can never perceive itself fully.
It is only in the 3rd dimension that we can view ourselves and become conscious of who we really are.
How many of us become like the character in a book who knows only where she has come from and has no idea of how their life story will end.
They are completely at the fate of their author.
They have no authority over their own lives.
Polarity has north, south and the balance is the equator.
The equator is neither north nor south.
It is the balance of the two.
East and West are balanced at the Greenwich Meridian.
From a 2 dimensional view we are either north or south.
We cannot be anywhere else.
In a 2 dimensional world we cannot be anywhere else as no where else exists.
We cannot stand mid way between, with a balanced view of north and south, with a balanced choice of where we are and where we wish to be.
When we are neither north nor south, at the equator, we can choose which direction to go.
When we are north and we wish to change, we have no choice, we can

only go one way- south.

When we are south and wish to change, we again have no choice, we can only go north.

When we are at the equator we have a choice, we can go south or north.

Duality is similar to polarity.

The duality of right and wrong has a balance called discernment.

Discernment is a point between good and bad where we can discern which direction we choose.

We can choose what is good or bad, right or wrong for us.

Without discernment we have only a 2 dimensional view of life.

Life is either happy or sad.

We are either good or bad.

We are either right or wrong.

We have no other choice.

In our 3 dimensional world, for every this and that, there is a balance in between.

For every here and there, there is a mid point, a balance.

In or at balance we become an observer of the 2 dimensional world.

We can clearly see our choices from this point.

From this 3rd dimensional view point we become aware.

The Third Age of Man is Awareness.

The agricultural era took man out of the age of survival.

Once we learned to grow and store food we added a new dimension to our lives.

We no longer had to get up in the morning and have to seek food.

We gained choice in our lives.

We moved out of survival once we already had enough food to survive the day when we got up in the morning.

We could choose.

We could choose to make life more comfortable.

We no longer had to hunt to survive.

The industrial era allowed man to develop more and more comfortable materials and more and more material comfort.

In the 2nd Age material comfort is the measure of success in life.

The measure of our ability to be comfortable is measured by our material wealth.

Instead of investing our energy into surviving we reinvested it into material wealth.

Our evolution was only marred by a general fear of scarcity and an ignorance of what constitutes enough.

Discovering Enough

From a 2 dimensional viewpoint “Enough” is not the balance between “not enough” and “more than enough” because in the 2nd Age “enough” does not exist.

In the 2nd Age of Man, “enough” had not been discovered.

People therefore had either “not enough” or “more than enough”.

This great duality, this great divide has existed for thousands of years.

The “Haves” and the “Have-nots”.

Those who have more than enough and those who do not have enough.

Awareness adds the third dimension, the balance, “enough”.

When I have enough I am able to choose what is not enough and what is more than enough.

I have choice.

I am at the balance of the two.

I am aware because I can see clearly both what is not enough and what is more than enough for me.

At this point I am neither a Have nor a Have-not.

I have introduced a third dimension to my life.

I have “enough”.

Without a wide spread understanding of what each individual considers to be enough for themselves we foster a belief called scarcity.

Scarcity is a belief that there is not enough for everyone.

With this belief we are in competition with the rest of mankind.

The winners have enough.

The losers have not enough.

Not enough is never enough and produces a belief that there will never be enough. This reinforces the belief in scarcity.

All those born in scarcity lived in Scar City.

All those born in abundance lead those in Scar City - A real Bun Dance.

Sounds like the subject of my next novel.

I was once a character in this book.

Because “enough” had not been invented it could not be measured.

As there was no measure of enough there of course was no measure for more than enough or less than enough.

They just existed as dualities which were not measurable.

Therefore, those with more than enough kept accumulating more than

enough which allowed those with not enough to continue to have not enough.

The rich got richer and the poor got poorer.

The rich continued to be rich by helping the poor to continue to be poor and thus uphold the status quo.

They were not aware of any other choice.

The poor were unaware of abundance and believed they had no choice.

The rich did not choose to be poor therefore they had no other choice but to be and continue to be rich.

In the 2nd Age of Man we never had enough because “enough” had not been invented.

As we move out of the industrial era into the era of information and communication we are becoming more and more aware.

Aware that knowledge is no longer power.

Aware that power and wealth do not create happiness, contentment and fulfilment.

Happiness, contentment and fulfilment are my ultimate goals in this life.

Some may try for bliss and ecstasy but I am not sure that they truly exist here, other than as an invitation to evolve further and seek a fourth age of man in the future, in a fourth dimension of our lives.

As we gain more and more knowledge and communicate with more and more people across the world we are becoming aware that we can be poor and content, poor and fulfilled, or poor and happy.

More alarmingly we are learning that the rich can be unfulfilled, unhappy and malcontent.

We are becoming aware that we can explore the duality of rich and poor, from the very rich to the very poor and all points in between.

We can choose for the first time a measurement for what is enough for us.

We can measure wealth and become aware that there is enough for every one.

We are becoming aware that enough is all about power.

When we have enough personal power we can have enough of what ever else we desire.

When we have enough personal power we will no longer compete with others for their energy and allow them to also experience owning their own personal power. When we have the power to overcome the fear of scarcity we will automatically move into an abundant life.

A life full of the abundant reserves that we value in life.

A life full of the reserves of health, love, energy, time, space,
opportunity, choice, friendship and money.

Once we gain reserves in all these other energies we automatically
require less of the one energy we spend our life chasing – money.

Not only that, but when we stop chasing money we become more
attractive to money. When we become more attractive to money we
attract more money.

Money attracts money.

Money makes money.

Like attracts like.

Scarcity disappears when we no longer live in or believe in scarcity.

When we need less we gain more, because as we gain more we need
less.

Each age of man has its own principle energy or currency of exchange.

The first age of survival was all about food.

Food gives us warmth and sustenance.

It sustains our physical vibration.

Without food our material existence cannot be sustained.

The second age of material wealth is measured in money.

Money is our current currency of exchange.

Love is the currency of the 3rd Age.

The third age will barter with love.

These three core energies will become interchangeable.

Energy cannot be destroyed it can only change its form.

Today money is exchanged for food but cannot buy love.

We cannot give money and take love because love cannot be taken.

Love can only be given and received.

Discovering True Love

True love is given, it cannot be exchanged.

Love that is bartered or exchanged is called human love.

This is not true love.

True love is received it cannot be taken or exchanged.

True love is experienced only when it is given at cause.

We are taught that for every cause there is an effect.

When we give at cause we have no motive or intention of outcome.

When we give without thought of gain, we give at cause without effect.

When we give our love without condition or effect we are giving true love.

Our love is unconditional.

Human love has conditions.

I take your love in exchange for your conditions.

I give you my love in exchange for you being committed to me – my conditions.

When you meet my needs I receive an energy which I call your love.

When I meet your needs you receive an energy which you call my love.

When we meet each others' needs we love each other.

We fall in love.

Some of us fall further than others.

The farther we fall the longer it takes us to crawl out of the depression that we end up in when the love runs out.

The love runs out when we change and fail to renegotiate the conditions.

The love ends when one partner feels they are giving more than they are receiving. Love ends when the giving and taking are not equal and balanced.

When we have no love left we can no longer give, we can only take – out of necessity. When our partner has nothing left to give then we have both descended into a loveless pit.

We have fallen into a pit called pity. A pitiful fall from love - a long fall out of love.

In our two dimensional world there is no balance.

Giving and taking are opposite ends of our duality.

We are taught that there are givers and takers in life.

We believe that we are either a giver or a taker.

We have no other choice because in our two dimensional world nothing else exists. We have no choice.

We become a taker through a greed that we call necessity or become a pleaser through a guilt we call pity.

We have created a necessary evil and a pitiful life.

When we become aware we again discover the balance between giving and taking, guilt and greed.

We can choose when to give, whether to take or wait to receive.

We can choose greed, or guilt or neither.

We add another 3rd dimension to our life.

We have always been driven by our needs.

As Maslow clearly identified, in his Hierarchy of Needs, our primary need is physical survival, followed by safety and security and thirdly love and belonging.

Our early years of life are concerned only with survival.

We are dependent on others for all our needs.

For our food, our shelter and our very survival.

As we grow older we take responsibility for ourselves and develop our own lives as safely and securely as we can, developing our own levels of material comfort.

We move out of dependency and develop co-dependent relationships in order to provide the safe and secure environment for raising our own families, or we become independent looking after our own well-being and material comfort.

Co-dependency is a trade off.

We trade our personal power for the love of another and the safety and security of a partnership.

Many never leave this 2nd stage becoming addicted to the security of a co-dependent relationship or trapped by a fierce sense of independence which does not allow them to share their lives intimately with another.

Awareness of a third mature level of life allows us to break free from the addiction of co-dependency, re-gain the power of independence, and move to a level of inter-dependency with our partner.

Inter-dependency allows each partner the freedom of independence while retaining the benefits of developing each other within a loving relationship.

It involves moving beyond the duality of sex and love.

In the 2nd age we experienced a trade between sex and love.

A bartering of sex for human love and love in return for sex.
To move on we must find a balance called intimacy.
The intimacy that interdependent couples share.
It involves meeting each others' needs and allowing each to follow their true values in life.

Becoming inter-developmental means achieving a sense of community with our loved ones, friends and colleagues.
Developing a sense of belonging and a sense of community, where the group exists for the benefit of each member of the community.
Each member participates in the development of the group and the development of each individual in the group.
Reaching interdependence and becoming inter-developmental are new choices available to us in our 3rd age.

In the 2nd Age we are still living 2 dimensionally.
We believe that we can be married for life or single for life.
We believe that we have to be single or married, independent or co-dependent.
We believe that life is black or white that we have no choice.
We believe that to marry is to give up our independence and in order to retain our independence we cannot marry.
This is the duality of our existence in the 2nd Age.
When we move into the 3rd age of man we become aware of choice.
We can choose to live independently, inter-dependently or inter-developmentally without giving up our personal sense of power, authority and freedom.
We can retain all of these essential qualities of life while at the same time developing a sense of belonging to a loving relationship and a loving community.
The 3rd Age of Man brings with it the awareness that this is not only possible but feasible and desirable.

Discovering Personal Spirituality

In the First Age of Man we had many gods.

Our gods decided our fate and our survival.

Our gods controlled our world, our warmth and the provision of our food.

Our survival was literally in the hands of the gods.

We worshiped the sun which gave us heat and light and enabled our crops to grow. We worshipped the moon which gave us light to hunt by night.

We worshipped all the gods that gave us fertility, love and food and kept us safe from the elements of the weather, of the land and of the sea.

In the Second Age of Man we took control of our own survival and safety.

We had become self sufficient in food, basic comfort, and shelter from the weather.

If we could stay healthy and avoid accidents or conflict with our fellow man, our survival that day was ensured.

We no longer needed to trust in the ancient gods for our survival.

In this Age we believe in one Creator of everything.

One supreme Being.

One God.

In our 2 dimensional world we have no choice of god to worship.

We are allowed one god or no god;

God-fearing or godless;

Good or evil;

Faithful or faithless;

Spiritual or heathen.

In the world of duality we have no other choice.

A choice of religion is no choice when all religions teach the same message.

That message is to follow one god.

Become a follower of god.

Lead the life of god not our own life.

Be a disciple of god.

Follow god's discipline rather than develop self-discipline and become a disciple of the self.

Self discipline is self control.

Self control is being in control of the self.

How can we truly be in control of our self before our true self, our real self, has been discovered?

In the 2nd Age exists the duality of control or be controlled.

Control others or be controlled yourself.

We have no choice.

If we do not seek to control others they will control us.

We are taught that we only have choice, we can only choose, when we are in control of others.

When others choose the same choice as us, then we are in control.

When others choose another choice we are no longer in control of them.

If we are not controlling them, then they must control us, or we must be out of control.

To be out of control is to be feared and outcast.

To stay in control we must follow the choice of others.

We have no other choice.

In the world or duality we have no other choice.

There is a 3rd aspect of control.

It is self-control.

The balance between controlling and being controlled is being in control of our self. Once we are all in control of our selves we are all in control, we are no longer outcast, we are no longer in conflict, we no longer have to compete for energy.

In our 2 dimensional world, God is all powerful and promises to deliver us from fear, evil, and our heathen ways and give us faith.

We are allowed to choose God's way, God's standards and God's rules.

To follow god we have no other choice.

We give away our choice when we follow the way of God, we had no other choice.

In our duality of godliness or godlessness, we have no other choice if we follow God. When God takes all our love, when we give our love in exchange for the safety and security of our soul, we lose our love, we fear God, we give our power to God in return for the security and safety that our religion offers in return.

We lose our love because we love God with conditions.

We love God with our human love.

Only true love is returned.

True love is unconditional love.

Only when we truly have an unconditional love of god do we no longer give away our energy to our religion.

Only when we unconditionally love god do we no longer need religion. We no longer rely on god.

We give our love at cause without effect, there are no conditions, our love is unconditional.

Only when we have our own faith do we no longer seek the faith of others.

When we have unconditional faith in ourselves, then our love for god becomes unconditional.

The more human love we give to a God the more powerful we make him.

When we continually give our power and authority away we become depleted.

We have to wage war on other religions to conquer their power and replenish our energy.

We either become humble and act with humility accepting our low energy and living accordingly or we react with pride and arrogance to claim our energy back.

We do not reclaim it from where we give it but from our fellow men.

We reclaim it the only way we know how – through conflict and war.

When we reclaim our energy from god we will no longer need to fight amongst ourselves.

In the Third Age of Man we will worship god from within.

We will find our Higher Self by first discovering our Real Self.

Our Real Self is our third dimension.

Our Higher Self inhabits the higher dimensions.

It is not real in this dimension.

Our reality in this dimension can only have 3 facets – 3 dimensions.

Our third dimension is our Real Self.

In the 3rd Age of Man we will become aware of our Real Self.

Our Real self will become part of our reality.

It will become a real part of our lives.

A part of our lives that could not and did not exist in the 2nd Age of Man nor the 2nd age of man.

Our 2nd Age religions have always known that as long as we live 2 dimensional lives we will continue to give our energy away to a higher authority, whether government, society or religion.

We have all been taught to be self-less.

Selflessness denies the Self.

We have never been taught about our Real Self, we have been taught to be Self-less.

Selfish is defined as not caring for others.

Selfish people were therefore not true to themselves.

To not truly care for others we know to be an absolute untruth.

In the realm of the absolute we all care for each other.

It is only in the realm of the relative that we can choose selfless or selfish.

This is our duality, and again we have no real choice.

Self-care is the balance that we become aware of in our 3rd Age.

Self-care is to become self-ish, to become like the self.

To like the self.

To like oneself.

To look after one's self and one's own long term best interests.

To be selfish for short term gain which is detrimental to another is never in our long term best interests.

Self-care is to take care of oneself.

It is to not be self-less.

It is not disregarding oneself or becoming less than we are.

To be unaware of our real self is to be a self which is less than our real self.

It is self-less.

To live in the 2nd Age is to be unaware of our real self.

What we do not know exists, we cannot take care of.

To take care of something that did not exist was to be selfish.

Until we discover our real self, self-care does not exist.

There is no balance between selfless and selfish.

In the 2nd Age we have no choice, in the 3rd Age we do.

Many writers have acknowledged the existence of Man's 3 Ages.

In the words of Francis Kinsman,

We were Sustenance Driven in our first age;

We are Outer Directed in our 2nd age and

We will be Inner Directed in our 3rd age.

In the words of Charles Handy,

Our 1st age concerns Survival;

Our 2nd age Achievement and

Our 3rd age will be about Self Expression.

The Gnostics have always taught of 3 classes of man:
The Physical, the Psychological and the Spiritual.

We have always known that we are 3 part beings with an objective of being sound in body, mind and spirit.

In the 2nd age we gave away our spirituality to our church.

Our religion claimed sole rights to our spirituality and spiritual rights to our soul.

Our god owned our spirituality.

In the 2nd Age spirituality and religion were the same thing.

When we discover the distinction between the two, we will be free to pursue our own spirituality without the necessity to follow the spirituality of an external religious organisation.

Spirituality for me is the system under which I operate.

It is my operating system.

One analogy is like running a computer on DOS or WINDOWS the operating system of computers.

There are many similarities between our 2nd Age religions and our 20th century computer companies.

Unless we develop our own operating system, our own spirituality, we are unable to run our own programmes.

We can only run other peoples programmes which are compatible with their operating system.

We are not living our lives.

We are living other peoples' lives, running other peoples' programmes.

If I adopt the Spirituality of the Christian religion, I am bound by the laws, the standards and the beliefs under which Christianity operates.

This is the Christian Operating System.

Christians believe that there is only one operating system, only one spirituality, only one god.

But then so do all other religions.

Alternatively I can live my life under another operating system, another spirituality or religion.

I can choose to become a Muslim, a Buddhist or Jew.

I just have to change my operating system.

It is like changing from Microsoft Windows on my computer to Apple Macintosh.

It is just a different operating system.

Bill Gates is the god of computers.

He preaches that there is only one true operating system in the same way that my religion teaches one spirituality.

To discover our own spirituality we have to write our own operating system and write our own programmes to run on it.

When we use someone else's operating system, we give our energy to that person and they become very powerful.

They gain control of what we can or should be allowed to do on their system.

In the 2nd Age Religions became very powerful organisations.

In the computer world, Bill Gates has become a prime example of this too.

Unless he can move into the 3rd Age he will continue to live in a world similar to that taught by our 2nd Age religions that believe only control or be controlled exists.

He will continue to fight an establishment who believe that to have a monopoly is unhealthy and unwise.

Interestingly, that same establishment has not always taken the same view regarding religion.

In our 2 dimensional world we have no choice but to use Microsoft Windows or Apple Macintosh.

To not use these operating systems renders our computers useless.

We have no choice but to accept an orthodox religion for our spiritual growth.

To not do so renders us an atheist devoid of spirituality.

We have no choice in the 2nd Age.

The great challenge of the 3rd Age is how we develop our own spirituality, how we develop, how we evolve our individual processing ability with our own independent operating system and our own unique software programmes, but at the same time develop and evolve our senses of communication, our co-operation with others and our sense of belonging and of being part of everything.

When we meet this challenge we will become truly enlightened.

Discovering Enlightenment

Enlightenment is the balance between being unique and being part of it all.

We do not need to invent a third option for the 2nd Age, we need to move into the 3rd Age.

When we choose enlightenment, we are there.

Living in the 2nd Age of duality is like living inside a box.

Inside our 2 dimensional box we can only see length and breadth.

We have tunnel vision.

Outside the box we have the vision of 3 dimensions.

We can see the light.

We become enlightened.

The instructions for seeing outside the box are in the same place as the instructions for thinking outside of the box – on the outside of the box.

In the 2nd age we looked for our mind in our head.

We confused our brain, the processor, for our mind.

Our mind is the sum total of all our experiences, our behaviour, our beliefs, our knowledge, our skills, our instincts, our personality, our characteristics and our intuition.

Our mind is the accumulation of all the software programmes that we have at our disposal.

The software is not the processor.

A network terminal has the same knowledge, the same characteristics and ability as the central processor but it contains no software.

A radio can play many different wavelengths of music but contains no musicians, no tapes or discs – no software.

It just processes the music that its operating system has been designed to receive.

In our 2nd age we have no choice.

We operate with and re-play the programmes that we have received from others.

In our 3rd age we will write our own wisdom and sing our own songs.

We will cease to be just a “terminal receiver”.

In our 2 dimensional world we have a body and a mind.

Our physical body is looked after by medicine and our mind belongs to the realms of psychology.

Our spirituality is owned by our religion.

It is no wonder therefore that our emotions became an enigma.
Emotions became part of our mind because they were not physical.
In our duality we have physical and mental.
There is no third option so emotions had to be part of our mental make-up.

When our emotions go out of control we are diagnosed as having a mental breakdown.

When we loose all our emotional energy, our energy levels are depressed, we are diagnosed with a mental illness called depression.

In our duality we also have heart and mind.

These concepts are not physical, they are abstract.

They can exist as dualities because there is no physical.

They cannot exist in the physical.

If the physical existed the duality will cease.

Heart and mind have created the greatest conflicts in the existence of man and woman.

They have also created the existence of great conflict between men and women.

The majority of our decisions in life involve a conflict between our heart and our mind.

How can one mind be in conflict with itself?

Of course it cannot.

Our mind is experiencing the duality of rational intelligence and emotional intelligence.

Our left brain, masculine, rational self in conflict with our right brain, female, emotional self.

Here starts the battle of the sexes.

In the 2nd Age of Man, the age of duality, there is only left or right, male or female, rational or emotional.

We have to be one or the other.

There is no other choice in our 2 dimensional world.

The balance between rational and emotional intelligence is “intellect”.

In our 3rd Age we become aware of our intellectual balance.

The balance between our rational and emotional intelligence.

The balance between masculinity and femininity.

The balance between our left and right brain.

Understanding the art of Science and understanding the science of Art.

When we are born we have intellectual balance.

We have no rational intelligence and we have no emotional intelligence.
We know nothing and we cry at anything.
From here it is all an up hill struggle away from the very thing that we seek – intellectual balance.

Our 2 dimensional society teaches us rational intelligence.

We are taught knowledge without wisdom.

We are measured on our ability to solve problems rationally.

To learn and remember facts in an orderly, rational manner.

We are taught to hide our emotions.

We are taught a stiff upper lip.

Men are taught to be men and women are taught to be women.

We have no other choice in the 2nd Age.

In our 2 dimensional world we have a conscious mind and a subconscious mind. Anything that has been proved to be real exists in our conscious reality, otherwise it lays dormant in our subconscious.

We know our subconscious is real because in the world of the relative there has to be an opposite for our conscious mind.

It's duality.

If something does not exist in our conscious mind, then it is part of our subconscious. There is no other choice.

The race then, the name of the game, has been to retrieve as much as possible from our subconscious mind.

To become as conscious as possible.

To become as aware as possible.

To become conscious of our rationality or to become aware of our emotions.

We could only choose one.

To pursue one we had to deny the other for we could not have both.

We could not be both male and female.

To be emotional was not rational.

To be rational we had to deny our emotions.

We could not be consciously aware nor aware of our consciousness.

In the 3rd Age of man we will become aware of our intellectual capabilities.

Our ability to balance our rational thinking with our emotions.

We will learn to accept that there really are 3 cycles to our physical lives.

Three energy cycles.

All energy has waves and runs in cycles.

Our physical energy, our mental energy and our emotional energy is no

different. When we balance all 3 energies we really can get on our bike and really travel.

We will become aware that our imagination is not part of our subconscious that our conscious mind makes-up.

The duality between the conscious and the subconscious does not allow our imagination to exist.

Our imagination does not exist in the 2nd Age.

It is not real.

It is “just our imagination”.

Our reality has only the conscious or subconscious.

We have no other choice.

When we become aware of our imagination we gain a 3rd dimension to our lives.

In the 3rd Age we will learn that not only is our imagination real but it is infinitely greater than our mind, infinitely greater than our will power.

The power of our imagination is greater than our will.

Every great golfer already knows this.

Imagination is the balance between our conscious and our subconscious mind.

All through our 2 dimensional lives and despite the restrictions of the dualities that exist, we have always considered ourselves 3 dimensional. We have always believed that the present exists between the past and the future.

That “here” and “there” has space between.

Alas we are yet to master living in the “now” or occupying the space between “here” and “there”.

Our theology has always taught us of the existence of the father, the son and the holy ghost.

The physical, the non-physical and the meta-physical.

We have not yet been taught that all three exist to us.

Our psychiatry teaches of the conscious, the sub-conscious and the super-conscious.

Our philosophy tells of the id, the ego and the super ego.

Our science has discovered matter, anti-matter and energy.

Our poets write of the heart, the mind and the soul.

New age thinking reveals the body, the mind and the spirit.

We know that all experience involves first thought, then word, then action or deed.

Indeed all action is experienced in deed.

Now in the 3rd Age of Man we really can become aware that balancing between before and after is “eternal”.

An “eternal” that cannot exist in the world of the relative, but will become in the 3rd Age an absolute truth.

An eternal truth.

We will discover in the 3rd Age the universal laws of consciousness.

The absolute truths of life.

We will become enlightened without first having to return to the edges of survival to achieve what was once only available to a chosen few.

In the 3rd Age of Man we will discover:

- Enough of everything
- True Love
- Personal Spirituality
- Enlightenment

Welcome to the 3rd Age of Man – The Age of Aquarius.

THE 3RD AGE OF MAN

We live in the 3rd Dimension. Our world has 3 dimensions. We have length, and width or breadth, and height or depth to everything in our world.

A picture is a 2 dimensional representation of a 3 dimensional world. The picture represents the two dimensions of length and height. We may perceive a third dimension of depth to a picture, but this is not real.

It is not measurable.

It is only perceived because we are used to living with 3 dimensions. Whereas the picture has only two dimensions, the canvas and frame are of course three dimensional.

Both the canvas and the frame have width or breadth that is measurable.

We can measure the thickness of the canvas, and the breadth of the frame, and the width of the glass.

These are all the same third dimension of the object we call a picture.

The subject of the picture still has only 2 dimensions.

A picture has only 2 dimensions because height and depth are the same dimension in our world.

An object is either high or deep depending on our perspective.

If we are above the object we measure its depth.

Water always has depth unless we live under water.

If we are below an object we measure its height.

The height of a mountain is its top viewed from below.

From the top of the mountain we view the depth of the valley below.

Height and depth are the same measurement, the same dimension viewed or measured from a different perspective.

It is because our world is 3 dimensional that we have a choice of perspective.

We have perspective.

We can put things in perspective.

The subject in a portrait is 2 dimensional.

It has only one perspective.

It has no choice.

It is stuck in time.

It cannot move because it has nowhere to go.

To the portrait there is no 3rd dimension.

There is no different perspective.

There is no perception of the 3 dimensional world that can view and admire this portrait from its 3rd dimension.

Like the portrait in the picture it is very easy to get stuck in a 2 dimensional world of duality.

With only length and breadth we cannot move.

When we add height or depth to our lives we start to live.

We start to experience life.

We have choice.

We can measure the length and breadth of our existence.

When our life is as broad as it is long it is balanced.

We have a balanced view of life.

We have found the balance in our perception of life.

We see life from a different perspective.

When we can choose the height of ecstasy or the depths of despair we add a 3rd dimension to our lives.

We are no longer stuck.

No longer frozen in time.

We have time.

Time is created in the 3rd dimension.

Without time the 3rd dimension does not exist.

It is the 3rd dimension that allows time and space to exist together.

In the 1st Age of Man we had no “space”.

In the survival age we lived in close harmony with our relatives who were our tribe. In order to survive we shared everything that was essential.

Our food, our warmth, our houses.

Our lives were inexplicably intertwined.

We needed no space between our individual lives, for we were not individuals we were part of a whole – a part of our tribe.

In the 2nd Age of Man we learned to live apart from our tribe.

We became a family of individuals.

We found space to be ourselves.

We found the space to leave our tribe and we became a family of individuals.

In the 2nd Age of man we created space but we had no “time”.

Time was valuable.

We could not find enough time to do what we wanted to do.

Life was short even though we were living longer.
Everyone was short of time.
Everyone was in a hurry.
Running late became the norm.
We had no choice but to put everything off until later.
We only had time to do what we had to do.
We had no time to do what we really wanted to do.
We had mortgaged time to our employers in exchange for money.
We created debt and we had no time to pay it off.
One day we would become “late” and “debt free”, but by then it would be “Too Late”.

Space was created in the 2nd dimension.
Before space was created there was only one dimension.
There was only “here”.
Here was only here.
A point that existed in “no-time” and “no-space”, because time and space had not been created.
“It” was one dimensional.
It had no duality.
It had no male or female.
It was just “it”.
“It” was all there was.
It was singular.
It was singularity.
It existed but it was all there was so nothing else knew “it” existed.
Even “it” was not sure it existed because it had no way of perceiving itself.
There were no other dimensions in which “it” could see or experience itself.
“There” did not exist.
When “here” created “there” it created “space” in between.
It created the space which divided here from there.
“There” was not something else as something else did not exist.
Only “here” existed until it created “there”.
“There” became a creation of “here”.
A mirror image of “here”.
Another dimension of “here”.
“There” became the other dimension, the 2nd dimension of “here”.
“It” created the “Here” and the “There” and the “space” in between.

“It” created duality.

When we create space between, we create duality.

When “it” travelled between here and there it crossed the space between.

It was unaware of space because it could not exist in space.

“It” existed in duality.

It was either “here” or “there”.

It had no other choice.

It had only 2 dimensions.

In “it’s” 2 dimensional world there was no time.

As the space between here and there did not exist it took no time to get from here to there.

The 2nd dimension was the dimension of “space” and “no-time”.

My 2 dimensional portrait exists in time but has no perception of time.

It has no perception of “now” and “then”.

My portrait only lives in the “now”.

It has no other choice.

Pictures are age-less.

They do not change with time.

In their 2 dimensional world time does not exist.

“It” needed a 3rd dimension.

The 3rd dimension would give it choice.

The 3rd dimension would be “the dimension of choice”.

When “it” could choose to be either “here” or “there” it would exist in the “space” between.

The space between is the third dimension.

When it could see both the dimension of here and the dimension of there simultaneously , it would be in a third dimension.

The 3rd dimension would be created.

“It” would exist in the 3rd dimension.

When “it” existed in the 3rd dimension between “here” and “there” it discovered time. “It” had time to view both perspectives.

It could see the space between.

It could measure the space between.

It could measure that “space” with “time”.

Time is the measurement of how long it takes to get from “here” to “there”.

“It” had created the 3rd dimension.

The dimension of “time and space”.

The dimension where everything was “relative” to everything else.
The dimension of Relativity.

The dimension where duality could be seen and experienced.

The dimension where “it” had time and space to choose.

The dimension of Choice.

In its 2 dimensional world “it” only had duality.

“It” created many things in duality.

But it lived in the “Now”.

“It” had no choice.

There was no “then”.

“Then” is a product of time and time had not yet been invented.

“Now” and “then” is a 2 dimensional view of time and time would not be created until the 3rd dimension.

Without “time”, frozen in time, “now” and “then” were indistinguishable.

They were the same thing.

When time was created with the 3rd dimension “now” found its mate called “then”. “Now” and “then” existed in a new dimension as the offspring of time.

Being the 3rd dimension “now” and “then” no longer lived in duality.

They had a third aspect. A third dimension – “When”.

“Then”, “Now” and “When” represent the 3 dimensions of “Time”.

The Past, the Present and the Future.

In the beginning “It” created the “Here” and the “Now”.

“It” created the here and now in order to experience who “it” was.

Time and space were required to experience the diversity and duality of who “it” could be in order to choose who “it” really desired to be.

“It” had created a world for us to live in.

A world in which we could experience living.

A world where we could live and experience life.

A world of choice.

A world where we are free to choose.

A world where we have abundant time and space.

If that is what we choose.

In the same way that “now” and “then” were not dualities in the 2nd dimension, height and depth are not dualities in our 3 dimensional world.

They are not opposites.

They are the same dimension with a different perspective.

When height and depth become dualities then the balance between them will be the doorway to the fourth dimension.

When height and depth become opposites and we are able to realise the four dimensions of length, breadth, height and depth, then we will exist in a four dimensional world.

We will discover the fourth dimension.

We will discover a new depth to our understanding.

A new dimension to our reality.

The fourth dimension is not time or space as commonly believed.

The fourth dimension is depth or height depending on our viewpoint.

When the fourth dimension is depth and the depth is despair, then we have termed this place “Hell”.

When the fourth dimension is height and the height is ecstasy, then we have called this place “Heaven”.

Heaven and Hell exist as a duality in our 3 dimensional imagination.

They are 4th dimensional concepts that we cannot experience in our world of 3 dimensions.

We can only imagine them.

Our imagination becomes the gateway to the 4th Dimension.

The 3rd dimension is where we experience life.

The 4th dimension is where we experience life after life.

A “life” that we referred to in our 2nd Age as “death”.

The greatest duality of the 2nd Age is “life or “death”.

In the 2nd Age there was no other choice.

In our world we can experience the duality of despair and ecstasy, and imagine them to be hell or heaven on earth, but this is not real.

It is just our conceptualisation of what we believe heaven and hell to be.

We cannot experience 4th dimensional realities in the 3rd dimension in the same way the portrait in our picture has no experience of our admiration for it's beauty.

We currently have no way of experiencing the 4th dimension without giving up our life.

We have not yet discovered how to take our physical 3 dimensional body into the 4th dimension without dying.

The gateway to the 4th dimension is depth.

It is the “depth of our imagination”.

In our 3 dimensional world, 4th dimensional concepts are still too deep to understand.

The 2nd dimension was created as a mirror image of the 1st dimension.
The 3rd dimension is the balance or the overview of those 2 dimensions.

The bridge across duality.

The time and space between the mirrors of existence.

The 4th dimension is a mirror image of our world.

A mirror image of the space between the mirrors of the 1st and 2nd dimension.

Stand between 2 mirrors that face each other and we can see the infinite number of dimensions that are produced as a representation of our 3 dimensional world.

Our world is real and our world is duality.

We exist in a “real duality”.

The 4th dimension is not our world.

It is not real.

It is a mirror image.

It is a “dual reality”.

Our conscious mind is conscious of the material world.

We are conscious of all that is matter.

All that matters.

In our duality we have “matter” and the “immaterial”.

If it does not matter it is immaterial.

In a material world, what is not matter, is of no matter.

The immaterial does not matter until we bridge our duality.

The balance between matter and the immaterial is energy – our emotional energy.

When we discover the energy that was previously immaterial in our world we become aware.

We become both conscious and aware.

Conscious of matter and aware of energy.

Energy is the bridge between matter and non matter.

Energy is not the opposite of matter.

Energy is both matter and non matter.

Matter is energy at rest.

All energy has a frequency.

A frequency of vibration.

When the vibration of energy slows sufficiently it materialises.

It becomes matter.

Ice has a lower frequency than water.

Water has a lower frequency than steam.

To change ice to water or water to steam we raise its vibration with a higher vibrating energy that we call “heat”.

Freezing is the process of slowing down the vibration of matter by removing the energy in the form of heat.

Energy can never be destroyed.

It can only change its form.

The energy that holds our universe together was discovered by Sir Isaac Newton.

It is responsible for keeping our planet in orbit around our sun.

It is essential to our continued life and existence.

We call it gravity.

In the 2nd Age it takes effort, extreme effort, to overcome gravity.

Our rocket scientists have proved we can overcome gravity with very strong forces of energy and combustion.

In the 3rd Age we will learn to overcome gravity effortlessly.

Effortlessness reduces the gravity of existence.

We will learn to understand the weak forces that control our existence.

Birds fly effortlessly.

They require little effort to migrate thousands of miles through the air.

They are no longer slaves to, but masters of gravity.

Our scientists offer reasons for their achievement but still seek the secret of the humble bumble bee who defies our current laws of physics.

One day while hill walking, I took a well needed rest at the top of the hill after a considerable climb of great effort.

It was an extreme day with winds in excess of 30 miles an hour.

It took a lot of effort just to stand up straight.

Whilst sitting resting and using no effort, I watched a bee flying effortlessly close by. Not only was the bee effortlessly overcoming gravity, but it was completely immune to any effects of the wind.

Its flight was consistent both into and away from this very fierce wind.

It was as though it was conscious of the wind but unaware and immune to it's forces. It was able to hover and move effortlessly in any direction totally oblivious to both the extreme wind conditions and the fact that it was breaking every law of physics by flying in the first place.

It was like an intelligent cork floating on top of a raging sea completely separated from the mighty forces of the waves by floating effortlessly over them in the exact direction it wished to go..

We see both air and water as matter.

We see them as a gaseous or liquid form, of a solid mass of atoms joined together as molecules of air or water.

In our world air and water matter very much.

They are the first essentials for life.

In the 2nd Age we discovered everything about matter.

Everything that mattered we investigated and endeavoured to discover a logical and rational reason for its existence.

We also investigated energy and isolated particular characteristics of energy and called them electricity, magnetism and electro-magnetism.

We discovered what these particular characteristics of energy did, and how we could use them, but we have failed miserably to define exactly what these energies are.

There is a very good reason for this.

It is not possible to give something that is not physical, something that has no matter, a physical form or definition.

Energy cannot be defined because it has no physical form or definition.

We can only give form to what it is that we do with the energy.

What we physically turn the energy into is definable because the energy has materialised and become matter.

Electricity, magnetism or electromagnetism are therefore not strictly speaking energies but characteristics of what results when we give energy that particular form.

Light is an energy that we have studied in depth.

When we observe light we give it a physical form

A particle of light has been identified and called a photon.

However light is an energy that exists beyond our physical realm.

We have also discovered that when light is not observed directly it is no longer a particle it is a wave.

The natural state for light is as a light-wave.

Light only becomes a photon when it is physically observed, when we physically bring it into our three dimensional reality.

To say that we are electromagnetic energies slowed down to assume a

dense physical form is not a helpful definition of who we are, because our perception of electricity and magnetism is one of understanding the strong and destructive uses of energy, and not the true nature of energy that we are yet to fully experience as weak forces.

Life evolves as a result of the weak forces of energy.

The weak forces that as yet we do not fully understand

Non the less our scientists have reached a point in their research which shows that the building blocks of the universe are consistently the same.

Everything is the same and yet everything is different.

Water is water and ice is ice.

Yet every single snow flake is different and unique in shape.

Humans are humans yet we are all different.

No two people are alike.

Energy is energy and energy is universal, energy is all one.

It is all the same.

It is all the same, that is, until it materialises.

When energy materialises it slows down.

The speed it slows down to determines the form into which it materialises.

All matter has a vibration.

The lower the vibration the more dense the matter.

A rock is made up of the same atomic structure as we are.

A rock vibrates at such a low frequency that we do not perceive it to move at all.

It has no perception of inner space or time.

Relative to us rocks take millions of years to change shape and character.

However a rock is, like us, made up of electrons spinning around an atomic nucleus.

A rock can be said to have a low energy of space but enormous quantities of time.

The harder a rock is the less space it has between its atoms and the longer the rock will evade erosion.

The longer it evades erosion the more energy of time it has.

It can be said therefore that as well as the energy that has formed the rock there are also residual energies which as yet we have not discovered.

These energies that I refer to as space and time may be only a small portion of the residual energy that exists within all matter.

We have not yet started to understand and discover the weak forces of nature.

A weak force may be described as an energy that does not produce a bi-product of heat when changing form.

Weak forces are therefore safer for us to experiment with as we are very susceptible to heat and changes in temperature.

In the 2nd age we learned to convert matter into heat energy and became very good at it.

First of all we invented fire which turned combustible matter into the energy of heat. We went on to produce heat or combustion from different materials, eventually tapping the enormous energy reserves contained in all atoms.

Our reason for tapping these strong forces of energy is always for the same reason – the bi-product of heat.

Heat in the 2nd age was critical to comfort and material wealth.

Our scientists have discovered that the cold zone of superconductivity eliminates friction and allows perpetual motion.

This is a strong force emulating a weak force by eliminating the bi-product of heat. Without heat there is no friction because without friction there is no heat.

It is the vibration of heat that makes an energy force strong.

It defines it as a strong force.

Magnetic energy is a weak force.

Magnetism is a force which produces no heat.

When we can harness magnetic energy we will produce a propulsion system without friction and which is virtually perpetual motion.

Magnetic energy creates a form which is like anti-gravity.

It allows gravity and anti-gravity to exist in the same place at the same time.

In the same space and time.

Magnetism is the balance between space and time.

The place where space and time are balanced.

Magnetism is the product of subtracting the centrifugal force of our planet from its gravity.

In other words the spin of our planet produces the sum of both its gravity and its magnetics.

Where centrifugal force and gravity are in balance is said to be the event horizon.

The event horizon of our planet is the surface of the earth.

The surface of the earth is the horizon at which all events occur on earth for humans. This is the point that science measures as 1g or 1 gravity.

This is also the point where magnetism equals one because gravity and centrifugal force are balanced.

The surface of the earth can be said to be 1m as well as 1g.

The surface of the earth is also the point at which time is constant.

Time is whole.

Einstein tells us that when we travel in space time is dilated.

Time travels faster or slower as we move at speed away from the surface of the earth. It is only at the earth's surface that time equals one (1t).

Space is the energy that holds matter apart.

When matter is in full co-operation with other matter without repelling or fusing together, we have a state of equilibrium in space.

A point that may be measured as 1s.

The Alchemists of the 1st Age were aware of 4 elemental forces.

They called them the elements of Air, Water, Fire and Earth.

When the Alchemists moved into the 2nd Age they became scientists and discovered the elements that make up our material world.

The chemical elements from which all matter is formed.

In the 3rd Age the Energists will discover the elementary nature of the weak forces that provide the conditions for life as we know it.

Life as we know it becomes feasible when magnetics, gravity, time and space become one sustainable life force.

The point at which all 4 forces are both literally and metaphorically one.

The point at which they are all balanced and in equilibrium.

$$1g=1m=1s=1t$$

For us that point is the surface of the earth.

For us any other point of existence will be alien to us.

To exist in other realms we will have to form a lien with all of these forces.

When we can measure the energy of time and equate it to the energy of space we will harness magnetism.

Magnetics, the study of the effects of the energy we call magnetism, is the key to an endless source of energy in the 3rd Age.

Magnetic energy is produced by the spin of matter.

The Earth's magnetic field is produced by its spin.

The magnetic fields that surround our earth may be said to be the earth's aura.

If you are thinking at this point that my book on self development and evolution has suddenly become a book of science fiction, then you are undoubtedly right , and here is why.

Firstly, I believe everything in our material world was first fiction before we made it real.

Secondly, whatever happens in the macrocosm of our universe, I believe is replicated in our own personal microcosm of life.

To exist in harmony on this beautifully balanced world we call earth requires us to be as beautifully balanced as we are designed to be.

When we seek to balance the four aspects that are the universal requirement for the existence of life within ourselves, then will we experience life as it is meant to be.

Personal Time

We will have an abundance of time when we understand that time is an energy which is personal to each of us yet common to all.

This paradox means that time is constant only from the observers point of view.

We cannot alter external time because it is a constant.

Time in our world is measured constantly and consistently.

We all observe constant and consistent time.

We can however alter our own personal time once we learn to observe time from a different perspective – a personal perspective.

Many people have experienced, as they get older, that time passes quicker and quicker.

Time flies as you get older is a common belief.

If time is constant, how can this be?

I believe that how quickly our personal time passes is relative to the quantity and quality of the experiences that we are experiencing in our life.

Each experience we have in life is experienced in present time.

It is experienced in the “Now”.

I therefore term each individual separate experience as a “now”.

The more “nows” that we experience in a given period of external time, the slower our personal time appears to be.

When we achieve many tasks at once we appear to have plenty of time.

We have experienced many “nows” in a short space of time.

The less “nows” that we experience in a given period of external time, the faster time passes.

Time passes very quickly when we are busy achieving one task.

Busy in only one “now”.

There is however another factor which governs our personal time.

It is our emotional energy.

The more emotional energy “gained” from a specific “now” the faster time will appear to pass.

Time fly’s when we are having fun.

When we gain the emotional energy of fun our personal time speeds up.

The more emotional energy “drained” in a specific “now” the slower time will appear to pass.

How time drags when we are bored .

When we drain our energy to boredom, our personal time slows down.

Our personal energy is directly linked to our personal time.

When our spirits are high, time races by.

When our spirits are low, time becomes endless.

We have the ability to choose how quickly our time passes by both what we choose to do with it and the emotional state in which we choose to approach what we do.

How ironical life becomes when we are taught “not to waste time” and given one job that is boring and repetitive to achieve for the rest of our working life.

Time in this scenario passes very, very slowly as we are experiencing very few “nows” in a negative emotional state.

In this case we have slowed down our life tremendously but wasted all that time achieving very little for ourselves.

In our 3 dimensional world we are fixed in time relative to everything else in our world.

External time is fixed and constant but our personal time has 3 dimensions – the past, present and the future.

All 3 different aspects of time may be experienced in the “now”.

We choose which aspect of time we choose now to experience.

Whether we choose to live in the past, the present or the future has a direct relationship to our personal time.

To live in the past is to live in our memories of the past.

We experience our memories in the “now”. Memories containing negative, unhappy emotions drain our personal energy in the “now” and slow down our personal time. Memories containing positive, happy emotions raise our personal energy in the “now” and speed up our personal time.

How often are we brought back from happy memories to the present time by other urgent issues or interruptions?

But when we languish in our dismal past and our unhappy memories, we are left to rot in an age of endless misery.

To live in the future is to live in our thoughts of expectation for the future.

Our fears for the future are our negative, unhappy thoughts which drain our personal energy in the “now” and slow down our personal time.

Our dreams for the future are our positive, happy thoughts that raise our energy in the “now” and speed up our personal time.

How often did we used to get caught day dreaming when we were young?

We never had enough time to finish our good day dreams.

We all have the ability to conserve or waste our personal energy and the ability to determine at what speed our personal time passes.

The higher we raise our personal energy, the more positively we approach our life and the more energy we have to be, do and have whatever we desire.

People who seek time will never find it.

They will waste their time looking for it.

People who have time don't waste their time, they spend their time.

They spend their time being, doing and having everything they want.

They spend their time on other people instead of wasting their time on other people. When we invest our time in others, they give their time to us.

When we spend our time wisely we raise our personal energy.

When we raise our personal energy we have more time.

When we use our time unwisely we spend our personal energy.

When we spend our personal energy doing what we don't really want to do, being someone who we really are not, then we really are wasting our time.

Personal Space

Space in our world is measured in many ways.

Feet and inches, metres and yards, pints, gallons or litres.

We measure length, breadth, height, depth, volume, circumference etc. etc. etc.

We have totally defined space by the measurements that we give to each and any particular space.

We have defined and measured 3 dimensional physical space.

But space has another dimension.

It is also an energy.

An emotional energy.

It is the emotional energy that holds us together.

When we do not have enough space we begin to crack up and fall apart.

We all need our space unless, like all needs, we have enough.

When we have enough space we no longer need space.

We have space.

To have enough space is very important to us.

When we have enough space we are energised and empowered.

No body is trespassing in our space, nothing is getting in our way or stopping us being, doing and having whatever we desire.

No one is stealing our energy by infringing on our space.

My space is measured by my boundaries.

My boundaries define the extent of my emotional space.

My reserves of space.

My boundaries are the behaviours that I accept from others.

My boundaries are a mirror image of my personal standards.

My standards are the behaviour that I expect from myself.

The standard that I set myself.

The standard that my self sets for me.

My standards are the first aspect of who I am.

They are the 1st dimension of me.

My boundaries are another dimension of myself.

My 2nd dimension.

When my boundaries exceed my standards I am seen as a hypocrite who expects more from others than I am prepared to give them.

I want more space than I have earned or I am entitled to.

When I am stealing another's space I am seen by them to be a "bloody hypocrite".

When my standards exceed my boundaries I am seen as a fool and

treated as a doormat.

Without strong boundaries I invite others to tread all over my personal space.

My doormat reads “Welcome to all who pass”.

I give my space away indiscriminately.

My energy is determined by my space, my space is relative to my boundaries and my boundaries relate to my standards.

The amount of spatial energy I have in reserve is directly proportionate to my personal standards.

The more I raise my personal standards and strengthen my personal boundaries, the more energised I become and the more I evolve.

The more I evolve the faster my atoms revolve and the higher my rate of vibration.

To raise our vibration and evolve is, I believe, the purpose of all life.

Our energy vibration is similar to what we call a wave length.

As matter, our vibration is relative to the spin of the electrons in our atoms.

The faster the speed of the electrons around our atoms, the less gravity holds us together and the more time and space we acquire.

The higher we raise our vibration the lighter we become.

The new 3rd Age revolution will be “evolution”.

We will literally revolve faster as we evolve.

To evolve we will become lighter, we will raise our vibration, we will gain more personal energy, more personal space.

Space is the energy that holds matter apart.

Personal Gravity

In our 2nd Age anything that has gravity is taken very seriously.

We talk of the gravity of the matter and how grave our situation is.

Gravity keeps our feet on the ground.

The denser we are the more gravity pulls us into the quick-sands of life.

The heavier we are the more uncomfortable it is to wade through the mud and slurry of existence.

Gravity stops us floating on air and walking on water.

It holds us in our material existence and stops us skimming lightly across the surface of life.

It anchors us to what we call our “real world”.

Our world that is rational, logical and can be explained.

The more we become rational logical people the greater our gravity becomes.

What ever is illogical, irrational or unexplainable becomes a fear and an energy drain. The more energy we drain the more we lower our vibration.

The lower our vibration the slower our atoms spin, the heavier we become.

The graver we are the heavier we become and the harder it becomes to live our life.

It is gravity that allows matter to come together.

It allows matter to relate to matter.

It keeps things that matter together.

Without gravity we become unattached.

The more gravity a situation has the more serious we take it and the more attached we become to it.

When our gravity increases we have difficulty putting things down.

We have great trouble letting things go.

Life's great collectors have much gravity to attract their collections to them.

Their attachment to collecting carries great weight and seriousness.

The more material wealth that we attract, the more gravity we attain to bring to us the things we want.

People with money or positions of wealth carry great weight and are taken seriously in our 2nd Age.

The paradox of the 2nd Age is that density as well as knowledge attracts wealth.

This is because we measure wealth in terms of having the material

things that we want.

To attract the material things in life requires gravity.

The higher our gravity the more material things we attract.

To become unattached from the material world we must learn to lower our gravity. We can learn to lower our ability to be attached to material wealth by lowering our gravity

Lowering our gravity requires us to become lighter and less serious.

When we take a weight off our minds, we lower our gravity.

We let go of the attachment we had to that particular problem.

When we put our head in the clouds we detach from the problems of earthly life and reduce our gravity.

We reduce the seriousness of life.

When we take life with a pinch of salt we give it a whole new flavour.

We get a taste for life.

The less energy of time and space that we have, the more gravity that we acquire.

As our gravity increases the less time we have, the less space we have and the less attractive we become to other people with an abundance of time or an abundance of space.

Our gravity is directly proportionate to our density.

Like attracts like and like densities attract.

Hard workers attract hard workers.

Serious thinkers attract serious thinkers.

Whatever aspect of life we choose, our personal gravity attracts this to us.

If we choose hard, life gets harder.

If we choose easy, life gets easier.

If we choose serious life gets really heavy.

If we choose light, life gets lighter.

Gravity is the energy that attracts and holds matter together.

Our personal gravity determines what we attract to us and what we become attached to.

Personal Magnetism

Personal magnetism is what holds our personal energy and our personal matter together.

When we get our life together we raise our personal magnetism.

We start to shine.

We become a star.

Our personal energy escapes from within the physical confines of our body.

We radiate with good health.

We develop a halo of good virtue and an aura of awareness.

The 3rd Age of Awareness involves discovering our personal power, living our light and tuning into our personal energy potential.

Our energy has a magnetic potential to attract to us the conditions in life that we require to really experience the life we choose.

This is our magnetism.

When we attract the life we choose we become irresistibly attractive to others.

This is not a physical attraction linked to our sexual energy but an attractiveness that compels others to recognise our energy by giving their own.

People with magnetism are said to have magnetic personalities.

They are instantly attractive to others and particularly attractive to children and animals who have not yet learned to put up defensive boundaries to this very positive energy.

For a practical guide to becoming irresistibly attractive I recommend Thomas J. Leonard's book – The Portable Coach. It contains the 28 principles of attraction and highlights the process for building a strong and powerful life is based on creating strong personal foundations.

In the 2nd Age we believe stars are born not made.

We believe that the personality we have is the one we are born with.

We believe that stars are fated to be stars and the rest of us must make do with our lot in life.

In the 3rd Age we all have the potential to shine.

We all have the ability to lay down a strong foundation on which to build our lives. We are all capable of becoming Irresistibly Attractive and developing magnetic personalities.

We will all become aware of our true power and magnetic potential.

The Age Of Awareness

We can be conscious and we can be aware.

True Awareness is becoming conscious of our awareness, and aware of our consciousness.

There is one gift that we have as humans that animals do not.

All animals are equally conscious, some are more aware than we humans, but no animal is aware of its consciousness.

When we are awake we are conscious of our material world.

When we are asleep we are no longer conscious of the material world.

When we are asleep we become aware of another world.

We become aware of the world of our dreams.

We are aware of this world but we are not conscious of it.

The only time we become conscious of it is in those brief moments between waking and sleeping when our awareness crosses into our consciousness.

At this time we remember our dreams.

We become conscious of what we were aware of in our dreams.

The more conscious we become of our awareness, the more we can connect with our dreams, the more consciously aware we become.

We develop our conscious awareness.

We become more and more conscious of the energy world we inhabit in our awareness.

In the 2nd Age we perceive consciousness and awareness as the same.

When consciousness and awareness become dualities we will have found the bridge to the 3rd Age.

“Conscious-awareness” becomes a 3rd Age reality. It is the bridge between consciousness and awareness.

We also have the potential in the future to become “aware” of our conscious-awareness.

The mirror image of being “conscious” of our conscious-awareness, being “aware” of our conscious-awareness, will become the gateway to the 4th Age.

To enter the 3rd Age, to become conscious of our conscious-awareness requires a higher vibration.

A higher energy to increase our vibration.

The higher vibration of heat is dangerous to the physical human body.

With too much or too little heat we become unstable and die.

We dematerialise or become frozen in time.

To increase our awareness we require a different energy.

An energy we call “light”.

An energy to increase our vision and allow us to see clearly.

An energy to make us lighter, less dense, more knowledgeable.

The “light of information”.

The “light of understanding”.

The “light of awareness”.

We seek an energy some have called “enlightenment”.

Enlightenment is conscious-awareness.

It is to be conscious of the material world and aware of the energy that holds our universe together.

The energy that stops our world dematerialising.

The energy that gives our world stability, gives us life, gives us consciousness.

Enlightenment is understanding both the matter and the energy that together make up our three dimensional world.

Enlightenment is where science and religion meet.

In the 2nd Age science and religion are dualities.

Science is the religion of the rational.

Religion is the science of the irrational.

Science studied the material.

Religion studied the immaterial.

In the 3rd Age we will find enlightenment, not through religion or through science, but by finding a balance between the two.

The path to awareness is achieving self-mastery.

The path to self mastery is awareness.

To master our Self requires us to discover our Self.

Awareness is a natural part of our evolution.

A natural journey of becoming aware of our Self.

Awareness and self mastery are a journey not a destination.

Our destiny is to experience the journey, not to reach the destination.

Beyond the world of the Master lies the world of the Novice.

Achieving self mastery is simple, but not easy.

It involves just listening to the self, for the self is master of the self.

At this point we encounter the duality of spirituality and religion.

In the 2nd Age religion and spirituality are one.

When we recognise their duality we can move on to find the bridge to the 3rd Age. Awareness is the key to the duality of spirituality and religion.

Once we become aware of our own spirituality and become aware of why religion was so important to us in our 2nd Age, then we can make a major life shift from being externally directed to becoming internally directed.

Our real self lies within ourselves.

If we do not go within we will go without.

All through our 2nd age we sacrificed our time, our space and our energy to external forces.

We “went without” and we went “without”.

All religions have trademarked and copy-righted their particular brand of spirituality. They offer access to what is commonly referred to as the higher self, the enlightened one, all that is, god or any other term that describes the super powerful being or external force that runs their particular brand of life and is all powerful in their particular creed.

When I speak of my Self I am not referring to a higher self or an external force of any kind.

I believe that we live on a planet of choice in a dimension of personal choice.

A higher self does not inhabit this dimension in which I currently live.

By definition it can only exist in a higher dimension.

I choose to surrender to the existence of all that is, but choose never to be it's slave.

I can choose neither to be a slave to nor a master of my higher self, once I see the duality of mastery and slavery.

What does exist in this dimension is my Real Self and I choose to discover more about my real self in our 3rd Age.

In our 3rd Age we will discover that “Life” is our electromagnetic energy held in physicalness by our own magnetic field.

When our magnetic field becomes unstable it releases that electromagnetic force and death occurs.

It will become apparent that it is the energy of gravity that holds matter together and it is magnetism that holds the life force to the matter.

Both energies are essential weak forces that allow life to exist.

When we die we take our life force, our “energy”, with us.

It is our personality, our character, our life skills, our knowledge, our wisdom and our experiences.

The sum total of our life's lessons held in our own unique vibration by our own electro-magnetic energy.

We leave behind our unwanted and aged bodies, the density of our physicalness – our gravity.
The gravest part of our earthly existence that we confine to its grave.

In our dimension of relativity we exist under the rules of space/time.
Space defines “where”.
Time defines “when”.
Space-time is the where and when.
“Here and Now” is a where and when.
“Here” is where, “Now” is when.
The rules of space-time dictate that we live in the Here and Now.
If we get this backwards we travel backwards to “Nowhere”.
Our journey forwards is not into the future.
Our future is to live in the “Here and Now”.
What exists nowhere in space-time?
The answer is pure energy.
That is also where we end up on our life journey – pure energy.
The pure energy of “Who we are”.
It is the “who” which makes up or defines the energy.
Energy is the essence of who we are, and, “who we are” defines that essence.

In the 3rd Age we will learn many new and exciting things about our Real Self and about this wonderful globe on which we live.

- We will learn to harness the essential weak forces of our earth. The weak forces of: Time, Space, Gravity and Magnetism.
- We will also learn to harness our own personal energy. Our own personal energies of: time, space, gravity and magnetism.
- We will learn that the microcosm and the macrocosm are no longer dualities but different dimensions of the same existence. “As above, so it is below”.

We will learn the secrets of the 3rd Age. The Age of Awareness.

MY 3RD AGE

As I enter the Age of Awareness I am becoming aware of the 3rd dimension of my self.

I am becoming aware that the 3rd Age is all about regaining our power, restoring our integrity, rewriting our authority, evolving our inner self by listening to and discovering our real self.

I decided to start by learning to listen.

This is simple, but not easy because we often hear more than one voice at the same time.

If only we knew which voice to listen to.

Do we listen to our conscious , rational mind, the emotions of our heart, our dreams, our intuition, our still small voice inside, our beliefs, our gut instinct.

To whom do we listen.

The voice we choose to listen to becomes the voice of authority over our lives.

The voice we choose to listen to decides our life path and becomes the captain of our life's journey.

Without one clear voice, our life becomes an endless conflict.

The greatest conflict is often between our head and our heart.

What we think we ought to do and what we would really choose if we could.

Once we learn to master the art of listening, only then can we move on to hear with clarity.

Awareness arrives when we not only hear all the voices but they are all saying the same thing, echoing the same message, singing from the same hymn sheet.

Then and only then do we hear one clear message that enables life to be effortless.

We achieve excellence in who we are and we have one clear vision and direction in life.

By the way, if you think you are hearing multiple messages from many different sources offering so many directions that they put you in a flat spin, then the chances are that you have breached the divide between the 3rd and 4th dimensions and are talking to all and sundry in the spirit world.

In this situation you are fully entitled to diagnose yourself as mentally insane and lock yourself away for your own good until you decide to return permanently to just one dimension.

The rules are quite simple – if you are born here you have to live here until you decide to move on permanently.

So how do we get to hear our messages?

Well it depends where we are between living effortlessly and facing a disaster.

We can choose where we would like to be anywhere along the following scale:

If I am living effortlessly then I am hearing my messages –

If I don't hear my messages I will get a lesson –

If I don't learn my lessons they will continue to return and give me a problem –

If I don't solve my problems I will live in chaos –

If I continue to live in chaos I will have a disaster.

This is the path of no effort.

If we apply no effort to life – this is the path we lead.

The path of no effort leads to disaster.

The way to an effortless life follows the path of least effort:

To avoid a disaster, I must recognise that my life is in chaos –

I can move out of chaos by putting my problems in order of priority -

By solving my problems I can receive my lessons –

By learning my lessons I can receive my messages –

By hearing my messages I can live my life effortlessly.

Most of us live most of our lives solving problems.

Some of us become very good at it.

Many people do it for a living.

The truth is they are not *our* problems.

They are usually someone else's.

We become experts at solving other peoples' problems.

Solving other peoples' problems is pretty easy, because they are not our problem.

It is precisely because they are not our problem that they are easy to solve.

Not only are most of our problems not ours, but most of our problems

that are ours are caused because we are trying to solve someone else's problem.

The way to become problem free is to give every body back their problems.

Just ask the question "whose problem is this"? and then give it straight back to them. Once they have ownership of their problem, by all means offer to help them with it. Offers of help with a problem are always received gratefully but rarely taken up as most people prefer to solve their own problems.

After all they are really the only one that can discern what is right for them.

Trying to solve other people's problems invariably requires judgement. To successfully give up solving other people's problems, I encourage the use of total non-judgement.

As many as 95% of our problems are not ours.

Once we have successfully given up trying to solve these problems we have acquired sufficient, if not an abundance of time, space and energy to be able to look for the lessons in our own life that keep reoccurring because we have been too busy, solving the problems of others, to learn them.

One of the lessons we need to learn before we can hear anything – is how to listen.

There are many stages of listening; from being there physically, but not mentally. (Not paying attention at all) through to the art of fine listening which involves allowing the speaker to finish, pausing, summarising what you think you heard, and only then replying.

Generally when we listen to someone else, we are not really listening to them, we are listening to ourself while they talk; it is our rational self which says this part is true and that part is not and that part is true again.

This is listening with judgement..

When we hear someone, we have removed ourself completely to allow what they are saying, and more still what they are not saying, to be heard.

We allow them to hear themselves through us.

This is the fun of creating awareness.

Hearing is listening without judgement.

Once I have learned to listen with non-judgement I am free to hear

with discernment. To discern where this message is coming from and what meaning it has for me.

All messages come from my subconscious self, but my subconscious self is 3 dimensional.

There are therefore many possibilities as to where a message or in many cases where 3 messages are coming from all at once.

My physical body operates very efficiently at a subconscious level.

The 3 main areas of the body that operate automatically are our breathing, our circulation and our digestive system.

All of these give me many messages.

Usually warning messages as in aches or pains or other signs such as hiccups, flatulence, a racing pulse or butterflies in the stomach.

Hearing our messages requires balancing all the elements of the subconscious self. Firstly, preventing dis-ease and promoting harmony in our body, then moving on to resolve the greatest conflict that we encounter in life – the battle between the head and the heart, left brain versus right brain, our rational ego against our emotional mind. This conflict can only be decided through compromise, understanding and balance between what we have been taught and what we know to be right for us.

Only when we hear with wisdom will we hear one clear message.

Wisdom cannot be taught.

It has to be learned.

One who is wise detaches, takes a step back, observes and knows when to proceed without the ego of exploitation.

Knowledge is information that has been taught.

Wisdom is how we apply and what we do with our knowledge

Our journey of becoming involves our awakening from consciousness to becoming aware of our consciousness – conscious-awareness.

Conscious-awareness involves not only being “conscious” - of where we are, what we are doing, how we are doing it, when we are doing it, why we are doing it and who is doing what, when, where, why and how to us – but also being “aware” of who we really are.

This brings me back full circle to my original question:

“Who are we, really”
“Who Am I, really”
“In reality, Who Am I?”

The simple answer to “who am I”? is – I am a “human being”.

But a human being what?

The answer is a human being this or a human being that.

But what is the this or that, that we are being.

It has to be an adjective which describes how we are being.

For example:

I am a human being honest – I am a honest human being – therefore I am honest.

I am a human being funny – I am a funny human being – therefore I am funny.

I am a human being problem-free – I am a problem-free human being – therefore I am problem-free.

It cannot be a noun as this will describe what we are doing, not what we are being.

For example:

I am a Coach – being a coach is what I do.

I am a Parent – being a parent is what I do.

I am a Father – being a father is what I do.

Once we have identified who we really are, then we can start to work on our personal development – who we wish to become.

Who we become, or who we have come to be, is the reason for our life’s journey.

Our Destiny.

Who we become decides our value and our worth to our Self.

Our self-worth.

Our particular characteristics define our character.

The characteristics that we value become our values.

When we live our values we become a character of value.

When we live the values of others we are not our self.

When we live our own values we live our self.

Our self *is* the values that we live.

When we live our self, we value our self , we have self worth.

Self worth is the result of living our values.

Living our values gives us self worth.
When we live only our values then we are in integrity.
We are a whole entity .
We are Whole!
Our reality is what we make real.
Our reality is the life we choose.
When we always choose integrity, then life has real worth.
Then life is really worth living.

Acceptance

When we tolerate anything we lose energy to it.

We tolerate or put up with the energy we are losing.

Being unaware of our energy allows us to lose energy to many tolerations in our life. Tolerations may be trivial – a broken door handle, a toilet that won't flush, a stain on the carpet, a basketful of un-ironed clothes, a full in tray, unanswered telephone messages – the list may be long and extensive.

Each item only a small drain on our energy, but collectively they can move our life into chaos and disastrously low energy levels.

Major tolerations in our life can become incompletions.

When we have incompletions in our life we have areas of our past that we are not complete with.

Incompletions drain our energy while we sleep as well as while we are awake. Incompletions do not allow us to completely replenish our energy while asleep.

This results in us waking up as tired as when we went to bed.

Incompletions become responsible for us surviving continuously on low energy. Common causes of incompletions in our life include relationships and marriage, jobs and redundancy, accidents or death of a loved one, criminal or civil actions

Whether a toleration or an incompleteness we will continue to lose energy until we are almost depleted.

At this point our subconscious steps in and reacts.

This emotional reaction is a direct result of our energy in motion (our emotion) being drained from us by the person, thing or situation we are tolerating.

Our reaction is to claim our energy back.

Emotional reaction is often our first conscious sign of low energy.

At this point we snap or break.

We stop tolerating.

We become intolerant.

Intolerance ensures that we no longer lose energy to anything.

We cease to tolerate.

However, ceasing to tolerate people quickly leads to them not tolerating us. Intolerance makes people intolerant of us.

When we withhold our energy consciously it is not returned.

When we give our energy consciously it is always returned.

When we fully accept a person or situation for what it really is, we give

it our energy of understanding and acceptance.
At this point we are no longer losing energy to it.
We have accepted it.

If we are losing energy to anything in life it becomes unacceptable.
Only when we cease to lose energy does it become acceptable.
When we become accepting we are no longer putting up with or
tolerating anything.

Acceptance is the balance between Tolerance and Intolerance

*I am a human being accepting – I am an accepting human being –
therefore I am accepting.*

Self Confidence

Standards and values are not the same.

What we value may become our standard.

We may not value all standards.

All standards may not have value for us.

Our values are not standard for everyone.

Our values are uniquely ours.

Standards are given to us by society – parents, teachers, government etc.

The same people who decide our fate.

Values are not our fate they are our destiny.

Our destiny is to become who we are.

Who I become will be my destiny.

A value is the result of taking the standard of another and making it your own, by owning it.

When we own a standard and live by a standard, that standard forms our integrity and becomes part of who we are.

We value it.

When we live who we really are we become energised by the power that we receive back in return.

The power that we are no longer giving away to others is retained.

When we own a standard it becomes a value.

It has value.

It has worth.

A value increases our self worth.

We become more worthy.

The esteem in our self, rises.

We have higher self-esteem.

When we are confident of a standard and adopt it as our own we become more confident in our self.

We become more self confident.

We are given the energy of self-confidence.

Too much confidence is said to be arrogance.

Arrogance is not having too much energy, we can never have too much energy. Arrogance is stealing energy from another.

When I am arrogant I steal the energy of anyone who adopts a lower level than I.

I am seen as patronising and over confident.

With humility I adopt a lower level than another in order to steal their energy by making them appear arrogant.

Humility is without pride or arrogance.
Self confidence is without arrogance or humility.

Self Confidence is the balance between Arrogance and Humility

*I am a human being self-confident – I am a self-confident human being
– therefore I am self-confident.*

Empowerment

When we live the standards of others we give away our energy to them.

When we live our values we become empowered.

Being empowered is having sufficient energy to complete a task or reach an objective in an effortless way.

Completing tasks to the standard of another always requires maximum effort.

The more effort we require to achieve a task the more motivation we require.

Energy in equals energy out.

Empowerment comes from within.

Motivation comes from without.

Motivating others requires our giving away our energy to others to help them achieve what we wish them to achieve.

Motivating our self - self motivation - is only required when the self sees no reason to achieve this activity, and is bored by it.

If a task requires self motivation it is driven by the ego and is not in line with one's values.

When we are living life in line with our values we are empowered and with the energy of empowerment the self is automatically motivated to achieving it's goals.

We do not have to motivate our self.

Empowering others involves helping them to harness their own energy efficiently and is effortless for both parties.

Empowerment is the balance between motivation and self-motivation

I am a human being empowered – I am an empowered human being – therefore I am empowered.

Effortlessness

Effortless is not the opposite of effort.

The opposite of effort is no effort.

All work requires effort.

Doing nothing requires no effort.

Effortless effort occurs when the task being undertaken produces a proportionate amount of energy which is equal to that which it utilises.

When this happens we are said to be empowered and working effortlessly.

Achieving our own objectives is effortless when we are following our true values. When we are in integrity.

At this point of effortlessness we may become truly empowered with the energies of intuition, inspiration, ingenuity, and imagination.

Effortlessness is the balance between effort and no effort

I am a human being effortless – I am an effortless human being – therefore I am effortless.

Discernment

Low self worth is a result of living the standards of others.

Deciding on the standards of others requires Judgement.

Judgement defines good or bad.

This leads to right or wrong.

Only our values are right for us.

Only the values that are right for *us*, are right for us.

Our values may or may not be right for others.

The standards of others may or may not be right for us.

Deciding on our values requires discernment, not judgement.

Discerning whether a value is right for our Self is not the same as judging whether a standard is right or wrong for another.

Non-judgement is allowing others to walk their path, lead their lives, do and be what is right for them.

Non judgement is allowing others to seek their own truth and justice for themselves, for their truth “just is” their truth.

Their truth is their justice.

Truth and justice are not absolute, they are relative.

They are relative to each individual.

They relate to each individual.

Having one standard for truth and justice takes away our individuality, unifies us and controls us.

We give away our energy and our unique individuality when we conform to one common standard.

We lose energy to uniformity and we call this one form - Authority.

We allow this authority to write our life stories for us.

We choose to give it our power.

When we retain our power and write our own life story we retain our authority as well.

Our authority is our permission to live our life, our way.

Our power is the energy we require to be, do and have the life we choose.

Discernment is the balance between judgement and non-judgement

I am a human being discerning – I am a discerning human being – therefore I am discerning.

Compassion

The life we choose is the life we care for.

The life we care for includes the people we care for.

Caring for others is part of our integrity.

Caring for others means allowing them to live their own lives.

Being there, supporting, empowering, guiding and coaching them to discern and follow their true values and their destiny.

Giving them the energy to not need you.

For when they do not need you, you can rest, assured that they are on their path. Caring without judgement is compassion.

Compassion is understanding and accepting the path that another is following irrespective of ones own path, values or beliefs.

If our caring gives energy to another because we have judged them to be in need when they are not it will drain our energy.

When we judge the plight of others by our standards and values, our caring becomes mis-placed.

Our caring becomes about us and not about them. It comes from our ego not our self. We act out of selflessness. Our self is not involved in our actions. We are not being self like. We are not being self-ish.

Many of us are taught not to be selfish.

This makes learning to be compassionate a very difficult task.

We are taught that selfish people are detrimental to others.

True selfishness or “proper selfishness” as penned by Charles Handy, is looking after one’s own long term best interests.

Anything that is detrimental to another is never in one’s best interest and always takes us out of integrity.

True caring – Compassion – is helping others to look after their own long term best interests whilst complimenting ones own long term best interests at the same time.

If caring for another is not in one’s own best interest then it will result in the person being cared for being out of integrity.

This will drain the energy of both the carer and the cared for.

Is it no wonder that so many patients need patience.

When caring has the co-operation of the recipient self it no longer drains energy. Compassion provides the quid pro quo and balances the energy equation.

Choosing to be selfish – what is best for us long term – is always our best choice

Compassion is the balance between caring and self-care(selfishness)

I am a human being compassionate – I am a compassionate human being – therefore I am compassionate.

At Choice

Choosing what is best for our-self is always our choice

We each have absolute choice.

It is our gift.

Our unique birth-right.

A present.

In each present moment we have choice.

The choice to choose or the choice not to choose.

The most common choice is not to choose.

Not to choose is still the most common choice even though many of us are taught from an early age “to make up our minds quickly”, “not to sit on the fence”, “to not put off till tomorrow what you can do today”, to take action, be positive and not prevaricate.

We are not taught, and we have to learn the hard way, that once we make a decision we no longer have a choice, because we have chosen. So to make a choice is to lose our opportunity to choose, to lose our choice.

The right time to make a choice is when the time is right to make the right choice for us.

The right choice requires a positive answer to three questions.

Is this choice in my long term best interest?

Can I make this choice and remain in integrity (it is not detrimental to another)?

Do I need to make this choice now?

At Choice is the balance between Choosing and Not Choosing

*I am a human being at choice – I am an at choice human being –
therefore I am at choice.*

Flexibility

What stops us making a choice is the fear of being wrong.

When we have a need to be right – being wrong will drain our energy.

The need to be right requires the agreement of another to our opinion or belief.

Our beliefs and opinions become rock solid.

We become inflexible.

We require them to succeed to our truth and give us their energy.

When our energy is low we will fight to be right.

When our energy is very low we will even kill to be right.

The need to be right makes us very rigid, steadfast, forth-right, righteous.

When we need to be right, we are right – that is our truth.

Thankfully not everyone has the need to be right.

Some of us have the need to be right, not wrong.

The need to be right, not wrong allows us to adopt another's opinion if we discern it to be right for us.

Changing our opinion in this way allows us to be right, not wrong.

When we are both right there is no energy loss on either side, and both parties gain. Flexibility allows us to be right, not wrong.

Flexibility is the balance between right and wrong.

I am a human being flexible – I am a flexible human being – therefore I am flexible.

Credibility

When we make the right choice for us, the choice that is right for us, we are being true to ourselves, or as Shakespeare said “unto thy self be true”.

Truth is subjective. Our truth is how we perceive our reality. Our reality is subjective. Reality changes with perception and view point.

Our point of view determines our reality and our truth.

Our point of view is our opinion and our belief.

Our opinions and beliefs determine our behaviour.

Our beliefs and behaviour demonstrate to others who we are.

There is no absolute truth in the realm of the relative.

All truth is relative to the individual.

All truth is relative to the person.

All truth is personal.

We are encouraged and taught to believe that truth is absolute, that “there is only one truth”.

Why, because if we are continually changing our truth, our beliefs, behaviours and opinions we lose our credibility and are seen as out of control, as liars as untrustworthy.

When others cannot see our truth, they are not in control of who we are or what we do, then they label us uncontrollable.

So we chose to be in the control of others rather than be labelled out of control and liable to enforced control by the authority of others.

We lose our energy when being controlled or under the control of the authority of others.

This only assists others to control us further.

The more energy we give away to an external authority the less personal energy we have to seek our own truth.

Only when we seek and find our own personal truth, and live our truth consistently do we cease to threaten others.

When we live our personal truth we achieve control over our-self and no longer disrupt the self control of others.

When we live our truth consistently we achieve the energy and power of credibility. When our credibility comes from our inner truth we become incredible human beings.

Credibility is the balance between personal and absolute truth.

I am a human being credible – I am a credible human being – therefore I am credible.

Self Control

With credibility I am in control.

I am in control of my self.

My self is in control of me.

When I pass control of me to someone else, I am being controlled.

When I am taking another's power or authority, solving their problems, being responsible for them, I am controlling another.

Self-control is self-discipline.

Self discipline is being a disciple of my self, following my self.

Self-discipline is the key to freedom.

Self Control is the balance between controlled and controlling

*I am a human being in control – I am an in control human being –
therefore I am in control.*

Gratitude

Wanting to control others comes from a belief that there is a limit to the things that we want and need in life.

If there is a scarcity of the things we want or need then controlling them will ensure we always have abundance.

If we believe that everything we want or need is in abundance , then we no longer have to control others.

If we believe that there is a shortage and scarcity, we think twice before giving freely. With scarcity, value increases and abundance becomes harder and harder to receive. All giving and receiving is an exchange of energy.

When energy is measured only in money, then all giving and receiving is seen and measured in monetary terms.

If we believe that “money cannot buy love”, or “money cannot buy happiness”, then these commodities cease to be traded.

We stop giving and receiving love and happiness.

Money is used to soften the effect of the negative emotions that exist in our lives.

We buy our way out of trouble, and pay for solutions to our problems.

We are taught that for every cause there is an effect.

We are taught consciously and subconsciously to calculate the effect in advance of all our actions.

To give at cause without thought or motive for the effect is very rare today.

To give at cause is to give only for the gratitude of the opportunity to experience the pleasure of giving.

To receive unconditionally is to express gratitude at the opportunity of allowing another to be able to receive the pleasure of giving.

Gratitude is the balance between giving and receiving

I am a human being grateful – I am a grateful human being – therefore I am grateful.

Forgiveness

The greatest gift we can give ourself is the present not to resent.
The gift of forgiveness.

Resentment is a loss of the energy of forgiveness.

When we lose large amounts of energy we are no longer whole.

We lose our integrity.

Our instinct is to reclaim our integrity by taking back our energy.

When this energy we are losing is called guilt our reaction is called blame.

When life does not flow our way, when we fail to live up to the standards of others we can often experience a loss of energy called guilt.

To offset some of this loss we may steal energy from another through a process called blame.

Guilt and blame are a complicated system of measuring our failure in life.

Forgiveness is the acceptance of failure.

The realisation that there is as much to learn from losing as from winning.

That when we lose we also win.

When our life becomes win – win and we can no longer lose we can automatically forgive others what ever they do.

When we get it wrong we also get it right, for in the wrong is the lesson on what is right.

In that instance getting it wrong was right for us.

An essential moment for us to learn in order to evolve and move on.

Forgiveness exists in that moment.

Blame and guilt belong only to moments past.

Once we accept the gift of self forgiveness, never feeling guilty or blame ourself for our actions, then we can present this gift to others.

What is pre-sent is for-given.

With forgiveness we can no longer experience the pain of guilt or blame in the future. Without forgiveness we will continually take that pain with us into the future.

Forgiveness is the balance between Guilt and Blame

*I am a human being forgiving – I am a forgiving human being –
therefore I am forgiving.*

Wellness

Money cannot buy fitness, health and well-being.

Being well is being of good spirit – having high personal energy reserves, physically fit enough to lead the life we choose, and mentally and emotionally balanced.

Low energy leads to dis-ease.

Massive energy loss – a depression of low energy – leads to mental and physical inactivity, the feeling of being unwell.

Being unfit to lead the life we choose is equally depressing and has a knock on effect both mentally and spiritually.

The condition of being over weight and the effects of low weight through eating disorders both result in and are a result of low emotional energy.

They are not just physical conditions .

The emotional balance has to be addressed to secure a permanent cure.

A healthy intellect is the result of balancing our rational intelligence with our emotional intelligence.

Wisdom is knowledge with the application of experience.

We do not experience knowledge, we experience emotion.

Without emotion we experience nothing.

An intellectual idiot has no idea of their experiences in life despite their vast knowledge.

An emotional moron experiences the very peaks and troughs of experience but without knowledge cannot contextualise those experiences.

Wellness is the balance of physical fitness, rational intelligence and emotional strength

I am a human being well – I am a well human being – therefore I am well- I have well-being

Freedom

We live in a three dimensional world where everything is relative to everything else. Who we are, what we think and what we do have a direct or indirect effect on everyone and everything else.

Nothing is absolute.

The world of the absolute is accessible to us in this world only in our dreams.

In our dreams we can create all things to our own personal specification – absolutely. In this world, perfection cannot exist.

The highest we can strive for is excellence.

Excellence is just a measure of the achievement of our aims, objectives and goals.

Society has evolved and continues to evolve a standard of excellence for our physical appearance and for what we do and what we know.

There appears to be, thank goodness, no accepted standard of excellence for who we are.

We just seem to know instinctively whether we like or dislike other people.

We do have our role models.

Many are the stars of stage and screen.

But do we know who these people really are, or are we just reacting to their ability to share their energy with us.

Achieving excellence in who we are may be referred to as self mastery.

Self mastery is simply becoming a master of one self.

Self mastery cannot be taught.

I cannot teach your self “mastery”, I can only teach you, my self-mastery.

As we are all unique individuals, my self is unique to me.

If I teach your self to be like my self, then you will no longer be your self.

You will become myself, give up your individuality and give your power to me.

For this reason any Spiritual Teacher who is teaching mastery is teaching mastery of you.

Their self will master your self.

This is why all great spiritual leaders have followers or disciples.

It is only when the followers lead (their own lives) that the leaders will follow (their lives).

The way to self mastery is to become a disciple of your self.

Follow your own self discipline.

Self discipline is the way to Freedom.

Freedom to be in control of your own power and your own authority and responsible for your own actions.

Freedom to live within integrity at all times.

Freedom to be your self.

Freedom to be unique and free to be part of everything else.

Freedom is the balance between Individuality and Part of the All

I am a human being free – I am a free human being – therefore I am free

Enlightenment

To be unique is unique.

To be unique is to be different from everyone and everything.

To be an individual and independent.

To be alone.

To be one.

To experience who I am as separate from the all.

To be part of the all is to recognise that we are the same as everyone and everything else.

To realise that our molecules and atoms are made up of the same basic, building blocks.

Identical neutrons, electrons and protons; held together by the same quanta of energy and separated by the same nothingness as every other material thing in our universe. The universe is just that – one version.

An infinite amount of sameness inextricably linked by identical nothingness.

Nothingness has no form.

It has not materialised.

It seems to matter not.

In the world of the relative, nothing is an absence of matter.

It is no thing.

In the world of the absolute, matter is just energy at rest.

If energy is not at rest it is awake, it is aware, it is conscious.

It is consciousness.

It is awareness.

When we discover or awaken to this energy we become aware of our consciousness. We become consciously aware.

Nothing has no matter.

It has no mass, it has no density.

If it is not dense, and not heavy, if it is weightless it is light.

It is the energy of light.

Light is the energy of information.

When we understand this information, when we see the light, we become enlightened.

We become enlightened once we understand the paradoxes that exist within our world.

When we experience two apparently contradictory truths existing in the same space at the same time.

A term in the relative that is contradicted in the absolute.

When the greatest simplicity becomes the greatest complexity.

When good and evil exists, yet all there is, is love.

When the way to get there, is to be there.

That we must deny god in order too continue to seek to become one with God.

That everything is singular and everything is one.

Enlightenment requires a delicate balance between our rational and our emotional intelligence.

We must seek to understand, both rationally and emotionally, that our personal truth and universal truth can and do exist side by side at the same moment in time.

**Enlightenment is the balance between being unique
and being part of the all**

*I am a human being enlightened – I am an enlightened human being –
therefore I am enlightened.*

My 3rd age strategy continues with:

- Creating an effortless life by learning to listen and hearing my messages and
- Becoming an:

accepting,
self-confident,
effortless,
discerning,
compassionate,
at choice,
flexible,

credible,
in control,
grateful,
forgiving,
well,
free
and
enlightened.....human being.

THREE DIMENSIONAL MAN

My body defines what I have in life.
It is the physical aspects of my life.
It is the “what” in my life.
It defines what I have.
The life I am conscious of having.
It is my **Conscious Self**.

My mind defines what I do in life.
It is the mental aspects of my life.
It is the “how” in my life.
It defines how I do what I do in life.
I learn how to do the things I do, then do them without thinking.
I live in the main by doing things subconsciously.
It is my **Subconscious Self**.

My spirit defines who I am in life.
It is the spiritual aspects of my life.
It is the “who” in my life.
It defines who I am.
It holds the memory of who I am.
Who I have become so far.
Who I really am.
It is my **Real Self**.

I am a 3 part Being.
I am a Human with 3 aspects, 3 dimensions to my Being.
Being human is being who I am.
To be who I am requires the uncovering of all of who I am.

This is my body, my mind and my spirit.
This is the what I am, the how I am, and the who I am.
This is the concept of being, doing and having.
This is my Conscious Self, my Subconscious Self and my Real Self.
When I am in balance, when all aspects of who I am function in harmony, then I can be, do and have what ever I desire.

The Self has 3 dimensions.

These 3 parts are popularly referred to as body, mind and spirit.

This however is a very one dimensional, linear over-view.

My Self has 3 dimensions:

The Conscious self, the Subconscious self and the Real self.

Each of these 3 selves has itself 3 dimensions.

Each dimension becomes whole when the 3 elements of body , mind and spirit, that exist in each dimension, come into balance.

My Conscious Self

My conscious self has physical, mental and emotional aspects which in turn relate to the Age in which we live.

In the first Age of Man, the age of survival we did not store energy and ran our physical bodies mainly on sugar and adrenaline.

Sugar is the natural fuel for the hunter whose energy requirement is high intensity and short duration.

Adrenaline allowed us naturally to fight or run away and survive to fight another day.

In the first age of man, as children, we run our lives on sugar obtained from sweets, cakes, biscuits and fizzy drinks.

In the Second Age of Man, the age of material comfort we learned to grow and store food.

We also learned that whatever calories we ate and did not use were stored as fat.

Fat is the bodies natural long term energy store.

Fat is the fuel for low intensity, long duration activity – or low intensity, long duration inactivity.

Fat makes us feel protected, safe and secure.

In the age of material wealth we can afford to eat as much and as often as we want.

We can afford to grow fat and greedy to ensure the age of survival does not return. We still eat sugar in abundance and store all the excess calories as fat.

We still produce adrenaline but in the age of safety and security we no longer need it. Our lives have no real dangers, only our fears.

We need additional energy to counteract our adrenaline rushes and our periods of inactivity.

In the second age of man we discover nicotine, alcohol, and caffeine.

All three gave us a short term energy boost to counteract our sugar imbalance and our adrenaline rushes.

We have entered the age of the addiction.

We are no longer running our bodies on high grade fuel.

All drugs have a down side.

Once the effect of the drug wears off, a continually higher dose is required to deliver the same effect.

We are becoming slaves of our own natural and man made chemicals.

By the end of the 2nd age we are discovering, inventing, and manufacturing more and more drugs as antidotes to the effects of the

drugs and the foods that we are already addicted to.

Fortunately we are also discovering what our true dietary needs are and the best way to balance our energy in – food, with our energy out – work.

In the 3rd Age we will discover the true nature of our dietary requirements and the available energies that are contained in food. How food that is grown, cooked and eaten with love will return the energy invested in its growth many times over.

Our bodies will learn to run on the highest octane fuel – Love.

In the first Age of Man we were more intellectually balanced than we are today.

Our intellectual balance is the balance between our emotional and our rational intelligence.

Our emotions were limited to experiencing only what was necessary for daily survival and the survival of the species.

Our rational intelligence was limited to what was passed down by our forefathers.

We had no need nor time for knowledge of anything other than how to survive.

We had a limited balance between our emotions and our rational intelligence.

We had a limited intellect.

We had an intellect limited by, and to, our need to survive.

In the 2nd Age of Man we became educated.

Knowledge became power and the most powerful men accumulated the most knowledge.

Learning institutions were built and developed to seek out and teach more and more knowledge.

We taught knowledge and we measured rational intelligence.

The more knowledge we gathered the more out of balance we became.

We created intelligent people who were emotionally inept.

Our offspring had supreme knowledge but had lost touch with their emotions.

They were emotionally illiterate.

The 3rd Age of Man will redress this imbalance and create a society which values emotional intelligence as highly as it rated rational

intelligence in the 2nd Age.

We will then regain our intellectual balance at a very much higher level than we attained in our 1st Age.

We will have evolved.

We will have grown physically, mentally and emotionally and all three will be in balance.

The third aspect of our conscious self is our emotional needs.

Our emotional needs give us our personal energy.

The energy that sustains our person.

The energy that wakes us up in the morning and when we run out closes our eyes and ends our consciousness.

It is the energy of consciousness because without it we lose our consciousness.

We fall asleep.

It is neither physical energy from our muscles or mental energy that drives our brain, it is the energy that keeps us awake.

It is the energy that drives us.

The energy that allows us to be who we are.

Without it we feel drained, lethargic and not ourselves.

In the first Age of Man our emotional needs were designed to ensure our survival.

We were driven to survive.

We needed to survive.

Our needs were physical.

We needed water, food, shelter, warmth and a mate.

When we had all of these we were happy and content.

We were in high spirits.

We gave thanks to our gods.

When we had an abundance of energy we gave it away willingly to ensure its continuation.

As we moved into the 2nd Age of Man our emotional needs changed.

They were no longer physical they entered the realm of our subconscious.

We were no longer conscious of our emotional needs but we were still driven by them.

I was never conscious of my needs until I consciously identified them.

I consciously moved them out of my subconscious into my conscious mind.

I became conscious of the fact that I was and always had been driven by

specific needs.

Needs totally unique to me.

My subconscious had wrapped them in a camouflage called self worth.

They were inexplicably linked to my self esteem.

An area too dangerous to mess about with.

If I did not get my needs met my emotional energy drained away.

My self esteem plummeted.

My needs were not optional they were a must, a have to.

If my emotional energy dropped I became a victim of my circumstances.

I no longer walked on air but waded through untold stickiness.

My life became bogged down and out of control.

I was driven by my needs and my need to meet my needs.

Out of potentially more than 180 different unique needs I identified ten needs that either raised my emotional energy when met or drained my emotional energy if they were not met.

From this list I identified the four most important needs that I needed for my emotional strength and wellbeing.

The need **TO ACCOMPLISH** is the need to gain energy from finishing a task or completing an objective.

An energy drain is experienced during times of inactivity.

Action therefore stops any energy drain.

Accomplishment or completion gives an energy boost equal to the energy outlay.

It is a direct exchange of physical or mental energy for emotional energy.

There are many unique variations on the need to accomplish.

My specific accomplishment need was to **ACHIEVE**.

The need to achieve is the need to complete an objective satisfactorily.

The emotional energy of satisfaction is the reward for meeting the need to achieve. Non achievement or under achievement results in an energy drain called dissatisfaction.

Other needs associated with the need to accomplish are:

The need to Fulfil is the need to meet a personal standard or commitment and results in an emotional energy called fulfilment.

The need to Realise is the need to make thoughts or dreams a reality and results in an energy called inspiration.

The need to **Reach** is the need to arrive at a determined destination or finishing point.

The need to **Profit** is the need to make money or gain from an action and results in an energy called money or worth.

The need to **Attain** is the need to reach a required level of competence.

The need to **Yield** is the need to maximise the gain from an action.

The need to **Consummate** is the need to finish or complete.

The need for **Victory** is the need to finish first, to win.

My 2nd need to **BE ACCEPTED** is the need to receive the energy of another's acceptance.

Without this, energy is lost to insecurity.

This potential energy drain results in a lack of action until the security of acceptance is received.

My specific Acceptance need is **APPROVAL**.

The need for **Approval** is the need to have one's worthiness reinforced.

This requires the emotional energy of encouragement from another.

Other needs associated with the need to be accepted are:

The need to be **Included** is the need to be accepted into a group or team. this requires the emotional energy of togetherness from others.

The need to be **Respected** is the need for approval of what one does or is.

It requires the emotional energy of praise from another.

The need to be **Permitted** is the need to have the permission of others.

It requires the emotional energy of support from others.

The need to be **Popular** is the need to be liked and requires friendship from others.

The need to be **Sanctioned** is the need to have restrictions and requires limitations from another.

The need to be **Cool** is the need for acceptance of who we are and requires composure from others.

The need to be **Allowed** is the need to be free and requires the permission of others.

The need to be **Tolerated** is the need for self expression and requires the tolerance of another.

My 3rd Need is:

The need to **BE ACKNOWLEDGED**

The need to be acknowledged is the need to gain energy from the recognition, by others, of what we know.

An energy drain may be experienced if we think our knowledge is not sufficient to be worthy of praise.

Action therefore to seek and gain knowledge stops any energy drain.

Acknowledgement gives an energy boost equal to the energy outlay of learning.

My specific acknowledgement need is to be **APPRECIATED**.

To be Appreciated is the need to know one's knowledge has value. My knowledge contributes to my value or my worth.

My knowledge gives my self worth and that the value of my worth appreciates.

Other needs associated with the need to Acknowledge are:

The need to Be Worthy is the need to know one's knowledge has worth

The need to Be praised is the need to know one's knowledge is praiseworthy.

The need to be Honoured is the need to know one is worthy of public esteem and public praise.

The need to be Flattered is the need to have one's own knowledge and esteem reinforced by others.

The need to be Complimented is the need to have one's knowledge formally recognised.

The need to be Prized is the need to win an award for one's knowledge, to have recognition.

The need to be Valued is the need to know one's knowledge is rewarded.

The need to be Thanked is the need to receive thanks for one's knowledge, to receive gratitude.

My 4th Need is the need to **BE LOVED**:

The need to Be Loved is the need to gain + directly from others.

An energy drain may be experienced if this energy is not readily on tap.

For this reason it is necessary to be in the company of those who offer their love. Insecurity is the result of the source of this need being temporarily or permanently missing.

My specific need concerning love is the need to be Liked.
The need to be attracted to a like or similar person.
If they are like me then they will like me.
To be like them is to be liked.
The energy of compatibility.

Other needs associated with the need to be loved are:
The need to be Cherished is the need to be appreciated for who you are.
The energy of appreciation.
The need to be Esteemed is the need to be adored for your rank or standing.
The energy of adoration.
The need to be Held Fondly is the need to feel love from physical embrace.
The energy of closeness.
The need to be Desired is the need to be wanted by another.
The energy of desire.
The need to be Preferred is the need to be more special than another.
The energy of uniqueness.
The need to be Relished is the need to be especially appreciated or approved of.
The need to be Adored is the need for unconditional love.
The energy of adoration.
The need to be Touched is the need for physical contact.
The energy of closeness.
We are all different.
We are all unique.
We all have different needs.
Our needs are unique to us.
I have become aware of my own needs and continue to become conscious of my needs.
As we meet our needs they are no longer a need.
When our needs are met consciously we no longer need them.
When our needs remain unmet we have no choice.
We are driven to meet them.
When our needs are met our choice returns.
When our needs are met we are free to choose our 3rd age needs – our True Values.

Our true values are what we are truly drawn to in life.
What really inspires us and energises us.
Our true values remain hidden in the 2nd age by our obsessive drive to meet our needs.
It is only when our 2nd age needs are met that we can concentrate on our real emotional needs.
The emotional needs of our real self – our true values.

In the 2nd age my needs dictate who I am.
This is who I need to be.
I have to be who I need to be.
I have no other choice.
In the 3rd Age my true values will lead me to who I really am.
The gateway to the 3rd age is to get our needs met.

My need to achieve has driven me all my life.
Achievement gives me the energy to live my life and to continue to achieve.
Any achievement energises me.
However, in the 2nd Age of duality everything has its opposite, its downside.
The opposite of achievement is failure.
To achieve is not to fail. To fail creates an energy drain.
To not achieve creates an energy deficiency.
Failure for me has always been unthinkable.
For this reason I have always adapted my objectives to meet my needs.
As a keen squash player I have met and played against many opponents who had the need to win.
They needed to win.
To lose was an enormous energy drain.
They needed to win, I needed to achieve.
I usually chose an easier objective to achieve than winning.
My objective was rarely to win but to make my opponent play his hardest to win.
My opponents showed me how hard they were willing to play to win.
To me winning was irrelevant.
Achieving my objective was the whole point.
I was always a good loser because I always won, even though I invariably lost the game.
The only time I lost was when my opponent didn't give his best.

In this scenario I always won the game and so would change my objective accordingly.

It took me many years to understand why I actually enjoyed many matches more when I had lost than when I had won.

Winning and achieving, losing and failing are not necessarily the same thing.

They are in fact totally different needs.

By seeing our losses as winning requires a totally different perspective on life.

When we can turn losing into winning we really do create win-win situations.

Win-win scenarios make conflict redundant.

When we all win – we all win.

When we meet our needs we no longer need to win, to achieve, to succeed because we no longer lose or fail.

Once we meet our needs we can no longer lose and failure is no longer an option.

We all win.

All conflict requires two sides. It is a duel.

It is a dual existence.

It exists in our duality.

It exists in our duality as for and against.

For and against are the two sides of our duality.

In the 3rd Age we will no longer compete for energy.

When we no longer need to win we will no longer compete.

Once we accept each other without tolerating – losing energy to – each other, we will no longer be “For” or “Against” each other.

The balance between for and against is acceptance.

In the 2nd Age we need to meet our needs.

Our 2nd Age needs become our will.

Our will to win comes from a need to win.

Our will to succeed comes from our will to succeed.

Those born with the will to win need to win, they are driven to win.

Those born with the will to succeed, need to succeed, they are driven to succeed.

We were all born individuals with our individual needs.

In the 2nd Age we had no choice.

Once we meet our needs we regain our choice.

The 3rd Age will not be about the will to be.

It will be about developing our imagination and discovering that when willpower and imagination are in conflict that imagination always wins. Imagination will replace willpower in the 3rd Age.

All things that have been created in our world were first the product of our imaginations.

Whatever we can imagine we can create, given time and the understanding that little in this dimension is created instantly.

Our imagination has been alienated in our 2nd Age.

It is part of our real self.

The third aspect of our mind, beyond the subconscious.

In the 3rd Age it will become a real part of our lives and not just our imagination. Fiction and fact will no longer be our duality.

In our reality we will realise that fiction is just another option that has not yet materialised.

It is a fact of the future waiting to be created in material form.

Personal Reality is the balance between fact and fiction.

Our personal reality is personal to us.

We each have our own reality.

Our Personal reality is the reality we chose to live, the life we were born to live.

It is the balance between the life we are currently living and the life we dream and imagine to be real.

In our duality both realities cannot exist.

The life we are currently living is a fact.

It is our fate.

It is the life we have inherited from someone else.

It is not "our" real life.

It is the life made real by others.

It is the life we have been told is right for us because others have gone before and tested it for us.

Others, who are more experienced in life and teach us what is right for us.

We adopt a common reality.

We have no choice.

We are told that our imagination is not real.

We are told that our dreams are just dreams.

We are told that our dreams are not real they are fiction.

Our conscious reality is fact and reality therefore our imagination and our dreams are fiction and unreal.

To dream and imagine is to live in an unreal world.

In the 3rd Age we will become free to seek our own personal reality, finding the balance between our current reality and the reality of which we dream.

As we find this balance we will automatically move our current reality and our dreams closer and closer together until we reach our ultimate goal – to live the life of our dreams.

In the 3rd Age this will become a reality.

Our Personal Reality will become the life we always imagined and the life that we originally chose.

My Sub-conscious Self

Our subconscious has become the waste bin of our consciousness. Anything that is not rational or not yet understood is said to operate in our subconscious.

Our subconscious has been seen for many years as our alter ego, our other self, our shadow self.

The part we have not yet discovered.

As our Psychologists delve deeper and deeper into our subconscious minds they produce boxes with different labels for us to retreat into. They produce lists and guidelines for how we should or do behave depending on our “type”, and there always seems to be four types of people.

In the search for who we are, in the 2nd Age, we sought our individuality but within the security of the guidelines laid down by our society and our peers.

As long as we see ourselves as one of an acceptable choice of alternatives, we are accepted by society.

Society defines my personality:

Society tries to explain who I am:

Society Says:

- If I am an unstable extrovert I am expected to be: touchy, restless, aggressive, excitable, changeable, impulsive, optimistic, active and I am labelled Choleric.
- If I am a stable introvert I am expected to be: passive, careful, thoughtful, peaceful, controlled, reliable, even-tempered, calm and I am labelled Phlegmatic.
- If I am a stable extrovert I am expected to be: sociable, outgoing, talkative, responsive, easygoing, lively, carefree and I am labelled Sanguine.
- If I am an unstable introvert I am expected to be: moody, anxious, rigid, sober, pessimistic, reserved, unsociable, quiet and I am labelled Melancholic.

Society defines my Work Type:

- I am a producer who works in production, systems or operations.
- I am an Administrator who works in administration, accounts or personnel.
- I am an Entrepreneur who works in projects, development or research.
- Or I am an Integrator who is a professional, a consultant or a therapist.

Society defines my Learning style as either:

- an Activist,
- a Theorist,
- a Pragmatist or
- a Reflector.

Society defines my Sign Type as either;

- An Aspirer whose language is achievement.
- An Enquirer whose language is logic.
- An Inspirer whose language is energy.
- Or an admirer whose language is intuition.

Society defines my Communication Style as either:

- A Performer who is sociable, presentable, optimistic and sees the big picture.
- A Producer who is driving, dominant, directive and self-confident.
- A Peacemaker who is steady, conciliatory, relating and a team player.
- Or a Perfectionist who is theoretical, logical, data rational, and objective.

Society defines my behaviour style as either:

- Dominating,
- Influencing,

- Steady or
- Compliant.

Society defines my consciousness as either:

- Waking,
- Meditating,
- Dreaming or
- Sleeping.

Society even defines my soul group as either:

- A Researcher,
- A Solidifier,
- A Conceptualiser or
- A Facilitator.

I am all of these and at times non of these.

In the 3rd Age of Man we will become aware of our own uniqueness and we will choose who we wish to be and when we wish to be whatever it is we choose to be.

We will no longer be boxed in and labelled by society.

We will become free to experience whatever aspect of our selves we choose to experience at any given time.

When we all discover our self control and our self discipline and our personal freedom, we will find the gateway to the 3rd Age.

The bridge to a world where society no longer needs to be in control.

A time and a place where society will give way to community.

A community where people are in control of their own lives and responsible for their own actions.

A community that no longer needs to be controlled by society, but is our society.

In the 2nd Age we are expected to behave the way we are expected to behave. Our behaviour is and always will be driven subconsciously by our beliefs.

Our beliefs are the guidelines for our subconscious to execute our behaviour.

Until we address our beliefs.

Until we bring our beliefs into our conscious mind.

Until we consciously assess our beliefs and consciously own our beliefs we will not be living our own lives.

We will still be living the life that our parents, our teachers and our society has given us.

In the 3rd Age we will have a choice.

We can choose to confirm the beliefs that we have been given by our upbringing and our fate or we can choose to follow our Real Self.

Our Real Self holds the keys and the answers to our True values, our Life Path and our Destiny.

Our real Self knows why we really came into this existence at this time and in these circumstances.

The first aspect, the physical aspect of our subconscious self is the way our incredible bodies function without us having to consciously think or do anything.

This is our Autonomic System.

The only things our body does consciously is what we consciously ask it to do. Everything else is taken care of subconsciously.

Our subconscious even controls those functions that we believe we are conscious of.

It sends us warning signals when we abuse or forget some of the conscious functions that are essential to our bodies health and maintenance, like eating, sleeping or waste management.

The second aspect, the mental aspect of our subconscious self is our Subconscious Mind.

Our Subconscious Mind contains our beliefs, our behaviours and our instincts.

They lie dormant and unchallenged in our subconscious mind until revealed into our conscious mind.

My subconscious mind sends me never ending messages regarding past behaviour patterns, present beliefs and of course my Instinct - instinctively programmed behaviour that I brought with me at birth.

As I have developed, other instinctive actions have been pre-programmed in my mind as automatic reactions to set stimuli.

These 3 elements of my subconscious mind – my behaviours, my beliefs and my instinct - automatically determine how I behave, how I think and how I react.

The third aspect, the spiritual aspect of the sub-conscious self is our Intuitive Energy. Very few understand their intuitive energy, their intuition, their inner guide or teacher. Their tuition from within. Many times in our life we are conscious of a sixth sense. A sense of seeing with our inner vision, or feelings from deep in side, or a deep sense of knowing. Even the most rational of people will acknowledge that intuition exists even though they cannot explain it. It is the spiritual part of their physical self. Even the most rational understand what it means to “use one’s intuition” even though it is totally irrational.

My intuition takes 3 forms:

My feelings are just that – feelings.

A feeling is the physical result of a very in depth subconscious analysis of everything that I am experiencing.

My mental flashes of clarity, genius or inspiration allow me to clearly see the best solution for me.

Alternatively I just know.

A knowing is a certainty.

When I say I know I usually do.

When I say “I knew that” it usually means I didn’t listen to what I know.

An intuitive response is a response to a message that we know to be true in our heart.

Our subconscious self is being studied in the 2nd Age by many and varied disciplines.

The physical aspects of our subconscious are studied by physicians, anatomists and surgeons.

The mental aspects of our subconscious are studied by Psychologists and Psychiatrists.

The spiritual aspects of our subconscious by Therapists and Philosophers of all persuasions.

In the 3rd Age we will discover how all of these disciplines follow just one aspect of ourselves – Our Subconscious Self.

My Real Self

My Real Self is my 3rd Aspect.

My 3rd Dimension.

It is not my Higher Self.

The Higher Self does not exist in the 3rd dimension.

My Higher Self is my 4th aspect.

The 4th dimension of myself.

The Higher Self exists in the 4th dimension.

We will not discover our Higher Self until we move into our 4th Age.

It is not the opposite of the Higher Self, so I do not choose to call it the lower self.

It is not part of my duality.

It exists beyond the 2nd Age of duality.

It exists in the 3rd Age of Awareness.

It is within me, but I do not choose to call it my Inner Self as this will not distinguish it from my Conscious and Subconscious self, which are also within me.

It is the part of me, or parts of me, that exist within the dimension that I call “my reality”.

My reality is the reality that I make my own.

My reality is personal, individual and unique to me.

My reality is personal, individual and unique to me, when I become aware that my reality is personal, individual and unique to me.

When I become aware that we all create our own reality.

In reality we all create who we are.

We are all “Creat-u-res”.

We are all Creators.

We are both creatures of and creators of our world.

I am a creature of the world that I have created.

The creator of my own reality.

For this reason I choose to call it the reality of myself.

My Real Self.

The physical aspect of our Real Self is our etheric body.

Our etheric body is the energy equivalent of our physical body.

Our etheric body has a physical vibration, a mental aura and an emotional attraction.

The higher our personal gravity, the lower our vibration, the closer we hold our aura within our physical body and the less emotionally

attractive we are to others.

The more we lower our personal gravity, the more we raise our vibration, the more our aura extends out from our body and the more magnetic we become to other people.

The etheric body is the total residual energy of who we are.

Our energy body is more commonly referred to as our chakra system.

The chakras define the boundaries of our energy system.

The mental aspect of our real self is our Imagination.

When I imagine – I'm a genie.

My imagination is my genie in a bottle.

All thought is creative.

Creative thought is the physical aspect of our imagination.

Our dreams are the mental aspect of our imagination.

Our dreams are symbolic.

Our dreams are not rational.

To interpret dreams rationally is to use the wrong dictionary.

To define our dreams we need to look for the symbolic messages.

We need to feel the emotions of our dreams.

Our dreams are our first communication with our Real Self.

We need a new reference for our dreams.

Our own personal dream translator to communicate directly with our Real Self.

Our night time dreams need to become as coherent as our day dreams.

When our day dreams become reality we are honouring our Real Self.

The spiritual aspect of our imagination is our personal vision.

Our vision is the blue print for our personal existence.

Our life's purpose.

How ironic it is that our life's purpose is held within our imagination.

It is not "just our imagination".

We can be, do and have whatever we can imagine.

The spiritual aspect of our Real Self is our higher emotions.

The pot of gold at the end of the rainbow.

The pay off.

The reward for our life's journey:

Contentment of the body, fulfilment of the mind and the joy of the spirit.

Contentment is our physical gratification and pleasure.

We "feel" contentment.

Fulfilment is reaching our mental potential and becoming complete within our self.

When we are fulfilled we “see” the whole picture. The bigger picture.

Joy is the emotion of gladness and delight.

When we are glad and delighted we “know” joy.

When we balance all three we find eternal happiness.

Happiness is our wellbeing characterised by our positive emotions ranging from contentment through to joy.

The bridge across our duality of health and fitness is wellbeing.

To be fit and healthy without happiness is to be incomplete.

Any journey in life becomes infinitely easier when we know 3 things:

Where we are going

Why we are going there, and

Where we are coming from.

When we come to a major turning point in our lives it is because we have completed that part of our life.

It is not the end of an important phase in our life.

It is the beginning of a new phase.

We have total choice in our lives, but our destiny is pre-chosen.

This is another major dichotomy in life.

Our conscious self, our ego, believes that it is in control of our decision making.

It is, but it does not know our destiny.

Our Real Self does.

Our Conscious Self will direct us to where it thinks we ought to go.

It uses learned knowledge, skill and wisdom to assist it in the decision making process.

Our Real Self cannot override our conscious choice.

If our conscious choice does not suit us we can always change our mind.

We always have choice.

Our Real Self holds the map to our destiny.

How much easier then it is to follow our destiny when we allow our Real Self into our conscious mind.

Once we make our real self, conscious.

Once we become really self-conscious, we will follow our destiny effortlessly.

If we become self-conscious and see this as a problem we will continue to follow our fate.

Between our real self and our conscious self is our subconscious self.
Our subconscious holds our learned behaviour and our beliefs.
It will therefore act either as a defence against our real self or as a gateway to our real self.

The choice is ours.

The path to discovering our real self lies beyond the subconscious.

We have to clear a path through our subconscious.

We have to clear a path through the mine field of our mind.

Our mind has been mined.

It has been booby trapped with other peoples beliefs, other peoples opinions and other peoples experiences of what they believe is right for us.

It has been stuffed full of other peoples road maps and signposts to other peoples destinies.

They believed that we are all the same.

They believed that we are all going the same way.

But we are not.

We are individuals.

We are unique.

We each have our own distinct destiny.

We all need to find our own path in life from our own unique starting point.

We each have our own set of instructions.

We all know what it is that we really want to do.

But we have forgotten.

We are not conscious of who we are.

Only our real self holds the memory.

We are all stuffed full of unwanted knowledge, beliefs and learned behaviours.

We all have “stuff”.

When we clear our “stuff” we become lighter.

We gain clarity.

We begin to see our path.

In the 3rd Age we will no longer continually be in two minds.

We will no longer have conflict between our subconscious and our real self.

We will become conscious, we will become aware that we have two minds still to bring into our consciousness – our subconscious mind and our real mind.

Our real mind is the one that we have previously called our Imagination.

Imagination is 3 dimensional thinking.

Linear thought looks logically down one line or dimension.

It is one dimensional.

It is ideal for personal survival.

It is decisive and to the point.

It is direct and directive.

Good in emergencies.

It does not show direction.

It does not give choice.

Lateral thinking looks at different solutions to a problem.

It looks at issues from two different viewpoints.

It is 2 dimensional thinking.

It is ideal for ensuring safety and security and covering all angles including the unexpected.

This is not just a game of chess which requires first of all a linear view of basic survival combined with a lateral strategy of unexpected attack.

This is a game of 3 dimensional chess.

A game of 3 dimensional life.

A game of 3 dimensional life where each facet of life exists on 3 levels.

My 3 dimensional logic suggests that I exist on 3 levels.

Each level has 3 levels and each of these sub levels has 3 levels.

I have become aware that the 3 dimensions to my Self, my Conscious

Self my Subconscious Self and my Real Self, each has 9 different facets.

I have 27 basic elements to who I am and I am unaware of most of them.

This really is becoming some journey of self discovery.

MY 3 DIMENSIONAL COACHING MODEL

I had started my quest by asking a simple question “Who Am I”.

- **I have discovered that there are at least 4 dimensions and that we live, life as we know it exists, in the 3rd dimension.**
- **I have discovered that there are 3 ages to life for all men and women and I have entered my 3rd age.**

I am fortunate.

Some people never leave their 1st age and stay dependent their whole life.

Many never leave their 2nd age settling for whatever fate brings throughout their lives.

Some move back into their 1st age of survival and become dropouts, tramps and join the army of the homeless.

They give up their safety, security and material wealth.

Some find a compromise in a 2nd childhood in advanced years.

They move back to the dependency of their loved ones.

In the past most were unaware of the existence of a 3rd age.

Their only awareness was old age.

The time is now right, for all of us who seek more to our lives than we are currently experiencing, to move beyond our 2nd age into our 3rd age of Awareness.

- **I have discovered that our human race is ready to enter a new 3rd Age.**

An age of material wealth is coming to a close and we are all being given the opportunity to move into a new 3rd Age of Man.

We all have choice.

There will be no Armageddon.

There will be no day of reckoning.

There will be a day of choice for each of us.

Every day is a day of choice for all of us.

We can now choose to move into a new 3rd Age of Man.

But it is not compulsory.

There is no deadline.

There is no end to our world unless it becomes the consensus of the total majority.

Getting a common consciousness on earth is a great vision but nowhere near a reality.

We are the creators of our own world and we are collectively responsible for the world in which we live.

To realise an end to our world, whether by asteroid collision, polar shift or divine retribution requires a common consciousness by all mankind.

The day all mankind is of one mind will be a day for rejoicing not the death knell of world disaster.

The 3rd Age of Man awaits all who wish to travel this path.

In the 3rd Age there will still be souls wishing to experience the 2nd Age.

As in the 2nd Age there were indigenous tribes still experiencing the 1st Age of Man.

As our 2nd Age missionaries went out into the world in order to help 1st Age survivors move into the 2nd Age, so will our spiritual teachers send out 3rd Age missionaries to help people convert to the 3rd Age.

A word of warning is required.

What can our 3rd age missionaries learn from their 2nd Age predecessors?

The 3rd Age is not about preaching a new gospel.

The 3rd Age is about coaching a new philosophy.

A new philosophy of personal spirituality.

A spirituality of personal growth.

A revolution in personal evolution.

➤ **I have discovered a personal strategy for my personal evolution on a journey of discovering my destiny.**

➤

My strategy has assisted me in the formation of my own personal action plan:

- ◆ Follow my Destiny not my fate.
- ◆ Be aware of my emotions and eliminate Fear.
- ◆ Understand my strengths and remove my Limitations.
- ◆ Reveal my Control Drama and move out of conflict with others.
- ◆ Move into my 3rd age by finding a bridge across duality.
- ◆ Discover my Real Self

I have to shift from:

- ◆ Manager to Leader
- ◆ Parent to Coach, and
- ◆ Teacher back to Student

I have to re-evaluate my ideals:

- ◆ Become self-determined
- ◆ Dedicated to my life's purpose, and
- ◆ Committed to achieving my vision.

I have to re-write my personal standards for:

- ◆ Authority
- ◆ Freedom
- ◆ Co-operation, and
- ◆ Balance

I have to discover:

- ◆ Enough of everything
- ◆ True Love
- ◆ Personal Spirituality
- ◆ Enlightenment

I have to create an effortless life by learning to listen and hearing my messages and I will become an:

- ◆ accepting,
- ◆ self-confident,
- ◆ effortless,
- ◆ discerning,
- ◆ compassionate,
- ◆ at choice,
- ◆ flexible,
- ◆ credible,
- ◆ in control,
- ◆ grateful,

- ◆ forgiving,
- ◆ well,
- ◆ free, and
- ◆ enlightened.....human being.

These are all my “have to’s”.

They are no one else’s.

As a coach I teach total avoidance of “have to’s”, “shoulds” and “musts”.

They are normally all given to us by someone else.

They are not ours.

We do not own them.

Only when we have come to really own them as our own goals can we call them ours.

➤ **I have discovered the 3 dimensions of my Self**

- ❖ My Conscious Self
- ❖ My Subconscious Self, and
- ❖ My Real Self

I have discovered and become aware of enough to satisfy me for many lifetimes to come.

But how can I share this with you.

This is my destiny, my life path, my personal growth, my evolution.

This is not yours.

I have told you of the existence of 3 dimensions and the coming of a 3rd Age.

How can I help you to share my world?

How can I realise my vision.

My vision is to live in a world where everyone is in control of their own power and authority, and responsible for their own actions.

How can I assist you to share my vision and share my world.

The universe had already given me the answers.

Within a period of 3 months my life took 3 dramatic changes in course.

The cloud cleared and I came off my mountain top.

Charles Handy writes that our destiny is written on a white stone.

The white stone of destiny is our philosopher’s stone.

A philosopher's stone is a principle or concept capable of achieving the spiritual regeneration of man.

I found my stone literally in a framed photograph, in an antique shop, on the English – Scottish border on St Valentine's Day in 1997.

That day I became aware of my spirituality.

I took my 1st degree Reiki atunement.

Reiki means Universal Energy.

I became "Aware" of the existence of Energy.

I became a Coach, graduating 18 months later from what I consider to be the premier coach training establishment in the world "Coach U".

Coaching allowed me to learn who I was.

Coaching gave me the skills to choose my life.

Coaching gave me the ability to move my life forward.

I became a Coach.

I am a Coach.

A Coach is who I am.

It is now both what I am and what I do.

My life and my living are now one.

I have become a human being.

I am no longer a human doing this or a human doing that.

Coaching allows me to follow my true values in life.

It is a synergistic relationship on a close and intimate level with another being.

It allows me to create awareness with my clients.

It allows me to constantly discover the unknown with each unique and individual person.

Coaching has clearly defined skills.

It has excellent strategies.

It lacks a formal structure.

It has to.

To put a formal structure, a rigid learning path into coaching would defeat the whole object of coaching which is to assist the coachee to get where they want to be and to be who they really are.

The great fun of coaching is that there is no right way.

There is only the client's way and every client has a different way.

A different, unique path.

A coach offers guidance, gives support, produces clarity and is a model for each client.

I have discovered a Coaching Model.

Not a coaching structure but a model for my coaching to follow.

➤ **I have discovered a 3 Dimensional Coaching Model of who I am.**

A model which is common to us all.

We all have a Conscious, a Subconscious and a Real Self.

Our Conscious Self has Physical, Mental and Emotional Energy.

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Our Physical Energy is Sugar, Fat or Carbo-hydrate.

Our Mental Energy is Rational, Emotional or Intellectual.

Our Emotional Energy is dependent on our Tolerations, Needs or True Values.

Our Subconscious Self has an Autonomic System, a Subconscious Mind and Intuition.

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Our Autonomic System has Digestion, Circulation and Respiration.

Our Subconscious Mind has Behaviour, Beliefs and Instincts.

Our Intuition has Feeling, Seeing and Knowing.

Our Real Self has an Etheric Body, Imagination and Higher Emotions.

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Our Etheric Body has Vibration, Aura and Attraction.

Our Imagination has Creative Thoughts, Dreams and Visions.

Our Higher Emotions are Contentment, Fulfilment and Joy.

These are the 27 aspects of who we all are.

27 is 3 to the power of 3.

3 cubed.

Our 3 Dimensions.

Our 3 Ages.

We are born with all of these 27 aspects except four.

We are born without rational and emotional intelligence.

At birth we know nothing and we cry at anything.

We are born without beliefs or behaviours.

We have only our instinct for survival.

We are born with our physical and emotional energy, our autonomic system, our intuition, our etheric body, our imagination and our higher emotions.

This is who we are at birth.

When we die we take with us all of these 27 aspects except six.

We leave behind our physical body with our physical energy and our autonomic system.

We take with us our conscious mind, our emotional energy, our subconscious mind, our intuition, our etheric body, our imagination, and our higher emotions.

Life is matter and life does matter.

Life is all about Evolution because we can only evolve while we are alive.

While we are alive we can develop all aspects of our Self because only while we are alive can we experience all aspects of who we really are.

In the 2nd Age, Charles Darwin published his Evolution of Species which looks at the physical evolution of animals and Man.

In the 3rd Age of Man we will look at how we really evolve.

The evolution of our Conscious, Subconscious and Real Self.

Our personal evolution.

The domain of the Personal Coach.

➤ **I have discovered what joins my “mind” to my “body”.**

It is not my neck!

It is “My Real Self”.

When my Real Self joins my Conscious Self, “my body”; to my Subconscious Self, “my mind”:

I will become Whole.

I will become Balanced.

I will have Integrity.

I will have Happiness

I will know my Destiny.

I will know “Who I really

Am”.

And lastly:

➤ **I have discovered that when we get rid of our “stuff” we become**

lean enough to literally “Walk into Heaven”

A Heaven on Earth waiting for us when we step into the 3rd Age.

And the final paradox:

THIS IS THE END, AND THIS IS THE BEGINNING.