

# Daily Life Lessons

2008

Keith Collins

# Grace & Favour

January 31, 2008

Grace and Favour are Divine gifts.

Grace is our gift of Power. How much grace we have, our magnitude of power, is directly proportionate to how much we love and value each present moment.

In every moment that we are worthy of our Beingness and doing what we truly value, we are accessing the grace of our true power.

Favour is our gift of knowing our Authority. Our favour is our authority to access our force for good. The force of Good is our Divine Authority and our favour.

We are favoured by knowing who we are, why we are here and where we are going.

Without Divine Direction, we are without authority and without favour. When we have grace without favour, we are just getting our needs met. We have human love but not the authority of Divine Light. Our love may have magnitude but no force.

When we have favour without grace, we have a false belief (fear). We think we know, but our knowledge

has no power of Divine Love. We may have the force of our will but no magnitude of grace.

To be Divinely guided our favour requires grace.

To be Divinely supported our grace requires favour.

Both the gift of grace & favour are required to bring us the mercy of Divine Life that our Soul's Will intends for our Self.

# Earth, Water, Air, & Fire

January 30, 2008

Earth symbolises our physical conscious strength.

Water symbolises our mental sub-conscious mind.

Air symbolises our emotional super-conscious heart.

Fire symbolises our spiritual supra-conscious soul.

Jesus teaches Heart, Soul, Mind & Strength

Freud teaches Conscious, Sub-conscious, Super-conscious & Supra-conscious.

New Age teaches Physical, Mental, Emotional & Spiritual.

Alchemy teaches Earth, Water, Air & Fire.

# Restoration

January 29, 2008

The Redeemer restores Oneness & Wealth.

The Comforter restores Worth & Joy.

The Teacher restores Wisdom & Choice.

The Messiah restores Confidence & Fulfilment.

The Healer restores Equality & Health.

The Overcomer restores Contentment & Esteem.

The Saviour restores Expansive Spiritual Growth.

# Christening, Baptism or Initiation

January 28, 2008

We are Christened into the Christian Religion and follow the beliefs of its pious leaders, which becomes our fate.

We are Baptised into the flowing waters of the rivers of sin and our baptism of water makes us aware of the game of sin and virtue, also called the morality of right & wrong.

Or, we are Baptised into the flaming fires of hell on earth and our baptism of fire alerts us to the game of light & darkness, also called the battle of good over evil on our journey of life & death.

We are Initiated into the Game of Life when we are awakened to our true journey of personal development & spiritual growth to discover our initial identity and to experience our vision, mission and purpose for this life-time.



# The Path

January 27, 2008

The Path of Optimum Response is the potential of our Ability.

The Path of Least Resistance is the magnitude of our Power.

The Path of Greatest Fulfilment is the force of our Authority.

On the path of optimum response, we connect to our self esteem by accepting whatever turns up in our life.

On the path of least resistance, we connect to our self worth by approving our own power.

On the path of greatest fulfilment, we connect to our self confidence by allowing our destiny to manifest.

The path of optimum response is when we See our Omnipresent ability of Life. The path of least resistance is when we Feel our Omnipotent power of Love.

The path of greatest fulfilment is when we Know our

Omniscient authority of Light. The path of optimum response is the Path of Life.

The path of least resistance is the Way of Love. The path of greatest fulfilment is the Light of Truth.

The Way, the Truth and the Life is our Path of Optimum Response, Least Resistance, and Greatest Fulfilment.



# Receiving & Accepting

January 26, 2008

Receiving is the effect of our giving at cause. When we cause to give, we always receive an effect.

When we give at cause and effect, we control the giving and therefore we pre- determine the receiving. The giving, whether conscious or not, is conditional on the effect of receiving, and we control and limit the conditions.

When we give unconditionally, we allow the Universe to give unconditionally to us.

When we control the effect of our giving, we attempt to control the universe and limit its effect.

Giving unconditionally allows the Universal Law of Attraction to be unconditional. Accepting is the unconditional giving of our Self to our Soul.

Accepting is the unconditional receiving, in a positive perspective, of whatever our Soul decides that we shall experience.

Accepting overcomes the duality of giving and receiving, so that we accept 'In Gratitude' whatever occurs for us in that moment of time.

Acceptance is by definition unconditional, because conditional acceptance is a toleration and eventually any conditions we impose will become intolerable.

When we receive a negative experience, it is because we have given a negative experience to another.

When we receive a positive experience, we have allowed another to experience the same.

When we accept every experience, we have overcome the duality of positive and negative judgement.

# Flow-ers & Flowers

January 25, 2008

Flow-ers flow with spirit and enjoy an effortless life. Flow-ers emanate an aura of love & beauty. Flow-ers are flexible and bend without resistance. Flow-ers co-operate with nature.

Flow-ers know the time and the cycle of life they are in.

Flow-ers have a vision to make the world a better place.

Flow-ers have a mission to grow and blossom with joy.

Flow-ers know their path and their purpose for being on that path. Flowers too, attain all these qualities and attributes.

# Gravitas

January 24, 2008

Gravitas is the spiritual weight of our authority multiplied by the spiritual volume of our power. This is the spiritual potential of our ability.

Gravitas is the density of our spiritual energy. It is the product of the frequency of our energy multiplied by its wavelength.

In a fixed system or dimension, where frequency is always equal to wavelength, the density of our energy is either the frequency or the wavelength squared and is called the vibration.

From the perspective of Spirit, gravitas is the density of our energy vibration.

The density of our energy is inversely proportional to the density of our physical matter.

The less dense our spiritual energy the more dense we are physically.

The less dense our physical matter, the greater our vibration, the more dense our spiritual energy, and the more gravitas we have.

As our gravitas increases our Light Body begins to grow.

As our gravitas grows and expands, we let go of our attachments to physical life and raise our vibration.

Without gravitas, our spiritual energy slows down in frequency and gets shorter in wavelength as our vibration declines in a process called ageing over time, until our inevitable death to physical life and rebirth to spirit.

Gravitas keeps us awake and aware, young and alive as we balance the force of our authority with the magnitude of our power to create the infinite potential of our ability to live Life.

# The Awakened Soul

January 23, 2008

The Awakened Soul is a three part Being of Absolute Reality.

This three part reality or triality consists of the power of the heart, the authority of the soul and the ability of the ego.

The Awakened Soul is a Man (Soul in physical form) that is consciously-aware of their power, authority and ability to create their own reality.

Unawakened Man is conscious of their physical form yet unaware of their spiritual essence.

Unawakened Man is a two part Being living in relative dual reality consisting of their conscious ego mind and their sub-conscious id.

Unawakened Man has no awareness of the power of their heart, the authority of their soul or the ability of their spiritual ego.

Without conscious control, Unawakened Man is at the mercy of the sub-conscious id that drives its

physical and emotional needs, according to the limiting beliefs that it holds in its experience.

Driven by fears and false beliefs to meet emotional needs creates the dramas in our life that become our fate or our fortune.

The physical ego (sense of self) is our state of being conscious of the physical world.

The Spiritual Ego (Essence of Self) is our awareness of our emotional state of Beingness that creates either our power (Love) or our lack of power (emotional need) and our authority to use that power, which is our faith (Light) or lack of faith (limiting beliefs).

The Awakened Soul is the State of Being Super-consciously aware of the power of the heart and the authority of the soul, together with the combined ability of the sub-conscious id and the conscious ego.



# Time, Space & Reality

January 22, 2008

Love is not tested by time, reality is tested by time.

Love endures, and love endures the false reality that is tested over time.

False realities (fears) cause resistance to the flow of Love over time.

Love & Space are infinite not eternal.

Light & Time are eternal not infinite.

Life & Reality are continuous until we change it.

Time is not a great healer. The only healer is Love.

Over time our reality is tested and our emotional needs are met in different ways. Our emotional needs are our need for Love, not love itself.

The test of Love is Space. Space is the apparent distance between couples who share their love or emotional need for love created by their separation from the Source of Love.

True Love has infinite Space yet no distance.  
Distance creates emotional need that appears to diminish Love.

Love like Space has no boundaries or limitations.

Distance allows boundaries to be put in place that limit our connection to the flow of Love.

With Light, Love just is our Reality in Life through the infinity of Space and the eternity of Time.

# The 7 Core States of Being

January 21, 2008

1. Being at One with our power is *Approving* of who we are and of whom others are Being.
2. Being at Choice with our authority is *Allowing* what we want to manifest for our Self and what others want to manifest for them.
3. Being Equal with our ability is *Accepting* whatever effect we cause to happen and whatever effects others cause to happen to our Self.
4. Being physically Content is *Acknowledging* that what is happening in our life is truly balanced.
5. Being mentally fulfilled is *Affirming* a totally positive perspective in life.
6. Being emotionally Joyful is *Attesting* to our highest state of Being in physical form.
7. Being spiritually Expansive is *Appreciating* the effortless flow of our own personal development on our journey through Life.

# Sharing Perspective

January 20, 2008

We share the same perspective when we share the same time and the same space with another.

We share the same perspective when we share the same reality and the same viewpoint on life.

Similar realities occur when we share the same perspective.

We share the same perspective as another when our paths cross co-incidentally.

When our paths cross at the same time and in the same place, our realities concur.

This is a divine place to be as Space-Time-Reality are all shared together as one experience.

As time passes and we continue on our path, we may stay in time with our partner and share the same space but our realities will change as we hold differing perspectives.

Thus begins the conflict of partnership to see whose reality is true and right for both parties.

We realise that we can share our partner's perspective and share our perspective with our partner when we know that perspective is unique, individual and exclusive to our presence on our path.

We can share our partner's perspective without following our partner's path, and they can share our perspective and remain on their path.

This is being expansive in Separate Togetherness.

# The Eyes to See

January 19, 2008

We require sight to see the physical world as a representation of our reality.

We require the vision of our imagination to see the world that is not yet real.

A world that is not yet real is currently in the formation of being created.

Everything that is currently in our reality was once conceived in someone's imagination.

Our Universe is expansive, developing and growing because we have the choice to change it and create it anew.

When we contain our vision and imagination, we limit our potential for change and for expansive growth.

When we stop choosing something different, our world slows down and becomes contractive. We accept the existing contract as the status quo and choose only to keep what we already have.

When we only want what we already have, we need no vision or imagination with which to change our present reality in the future.

We already have vision and imagination as our potential. The question is not whether we have it but whether we choose to use it.

Seeing with our imagination is the key to changing our future and realising our potential. When we open our imaginary eyes, we see beyond our physical limits to the outer reaches of infinity.



# Together in Togetherness

January 18, 2008

Togetherness is Oneness.

Being together in togetherness is to share Oneness with our partner.

Being at One with the Divine is where we come from. This is our Source but not our destination.

Our destiny is where we are going to in this and future life-times.

It is our destiny to become Divine by experiencing Oneness experientially.

It is not about learning a few lessons and returning to Source. It is about expansive spiritual growth through personal development.

When we connect to the Divine Attributes of who we really are, we can then share them with our partner, once they are also connected to the same Divine Attributes.

When we are both sharing the same attainment together, we are being a divine reflection of each other and there is no longer any separation.

We experience the Divine Attributes of Oneness with our Soul, but this experience is exponentially greater when shared with our spiritual partner.

When we both share Togetherness together, our power, authority and ability becomes potentially a higher magnitude of force.

A single lone voice in the wilderness has less clarity than a partnership that is together in togetherness sharing the unity of Oneness.

# Choosing Together

January 17, 2008

Choosing together is choosing for our Self what our partner wants for us and choosing for our partner what our partner wants for them-self.

Once we are together in togetherness we always want the same as our partner wants. This is choosing for our self what our partner wants for us and choosing for our partner what our partner wants for them-self. It is the same thing. It is one choice made together.

Making separate choices will keep the partnership is separate togetherness.

The partnership does not come together by making the same choices. Making choices is an action and a process of doing that requires negotiation and agreement.

Being together is a state of being at choice. The only choice that is made is to be together.

Once the partnership becomes At Choice, both partners know that they are totally free to make any

choice they choose, yet the only choice for them is to be At Choice Together.

When both partners choose consciously to be at Choice, they both unconditionally accept whatever occurs because they know that it is their destiny to experience it.

Choosing together is choosing togetherness and is the only choice when choosing together.

When both partners are At Choice they choose only to be together. They choose to be together and they choose to be At Choice together.

# Money in the Bank

January 16, 2008

Having money in the bank allows us to rest on the bank of life instead of having to get into the stream of life.

When we stand in the stream, we have two choices: We can face upstream and resist the flow or we can face downstream and go with the flow.

Money gives us a breathing space of being able to get out of the stream, rest on the bank, and watch life flow by.

Too much money affords the security of staying on the bank and avoiding the rapids that lie downstream.

Money allows us the comfort of being able to climb the mountain without struggle. Yet it is not our journey to climb the mountain but to return to the ocean from whence we came.

Our journey down the river of life is inevitable. We can rest on the bank indefinitely, but eventually we will have to face the rapids on our journey to the sea.

Inevitably in life, we will one day run out of money and have to face the ultimate choice.

Do we fight our way upstream against the odds, until we have enough money to once again take a well earned rest?

Or do we surrender to the flow of life and set off on our journey back to the ocean?

There is always enough of everything when we face our fears and go with the flow.

# The Guardian & The Guide

January 15, 2008

Our Mind, our sub-conscious Id, is our Guardian.

Our Heart, our super-conscious Entity, is our Guide.

When the Guardian & the Guide unite as One, we operate from our True Identity.

The role of our Guardian is to keep us safe in our travels through the physical world.

The Guardian acts instinctively to ensure our safety, security, comfort and survival.

The role of our Guide is to facilitate our personal development and expansive spiritual growth.

The Guide acts intuitively to give us messages of coincidence and revelation.

When the conscious Self has a dilemma of choice it is because the Guardian and the Guide are in conflict.

The Guide may be advising a path that the Guardian sees as risky or unsafe, which will result in pain and discomfort.



The paradox of life is that when we fail to follow our spiritual path, we automatically confront pain and discomfort.

Whereas our true path always lies beyond our comfort zone, we do not have to encounter pain and suffering to grow spiritually, unless of course we believe that we do.

When the Guardian and the Guide are in conflict, we have a shift to make before we will find the effortless flow of our destiny.

# Being Emotional

January 14, 2008

Our State of Being is our emotion.

Being emotional is being our Beingness.

Our beingness is the emotion that we are feeling in the present moment of time.

Who we are Being is defined by our emotional state of being.

We state who we are being emotionally and we feel our emotional state of being.

All energy in this realm is three dimensional because we live in a three dimensional world.

Emotion has three dimensions:

The frequency of emotion is called polarity and we measure it as either positive or negative.

The wavelength of emotion is called gender and we define it as either male or female.

The vibration of emotion is called intensity, which we experience as either high or low.

A positive emotion is called an aspect of love and a negative emotion is called an element of fear.

A male emotion is called a sin and a female emotion is called a virtue. (These are often mistakenly seen as good or bad polarities, when good & evil is confused with positive & negative and right & wrong.)

A high emotion is felt with depth of feeling, whereas a low emotional intensity is only felt with the height of sensitivity.

# Our True Identity

January 13, 2008

Our True Entity is our Soul.

Our Ability to grow and expand our Power and Authority is the 'trinality' of the Soul. The ability of our Soul's Entity to grow and expand is through the Id of Man.

Id & Entity, Man & Soul, become a duality in order for the Soul to grow and expand spiritually through the personal development of Man. The Soul grows spiritually through Man's progress in the physical realm.

Soul the Entity and Man the Id when combined in Holy Communion become our True Identity (Id-Entity).

Our false identity is our character and our personality.

Our character is formed from the false beliefs and convictions of our fate or programming. This forms the role we play and act out in life.

Our personality forms as a result of our emotional needs and how we learn to get them met.

Our character and personality create the dramas that meet our needs according to our beliefs.

Becoming conscious of our beliefs and needs and how our dramas are created is the first step to overcoming our sub-conscious programming.

Becoming aware of our super-conscious power and authority at the core of our being is the next step to knowing our True Identity.

Knowing the world both emotionally and rationally allows us to exclusively connect to our vision and purpose and then with sensitive detachment, we can carry out our mission in life.

Man's True I.D. (Id) is a duality of our conscious ego combined with our sub-conscious id.

Our Soul's True Entity is a triality of the soul's authority, the heart's power and the ego's ability.

When we "Love the Lord our God with all our heart, all our soul, all our mind and all our strength", as Jesus commanded, we find our True Identity.

# Abundant Faith

January 12, 2008

When we have abundant faith, we will have faith in abundance and we will always have enough.

If we believe that abundance is the opposite of scarcity, we will never have enough. We will either have more than enough or not enough.

When we know that the Universe is unlimited and abundant, and that there is enough for everyone, then this will become our reality.

Having faith in abundance is having enough faith. Having abundant faith is knowing and experiencing the reality of abundance. Abundance is not relative to our perspective. It is our perspective.

Abundance is not a measure of how much we have, it is a state of Being in which we exist when we are following our life-path and we are centred in harmonious balance.

It is our faith in destiny that will find the middle way through the relative world of density and duality.

Abundance is the abundant state of having enough and confirms our footsteps along our life-path.

At any moment that we feel scarcity or lack or poverty or fear, we have deviated from our path and our abundance is being limited by the limitations of our beliefs.



# Aspects of Love

January 11, 2008

Every different emotional state of being is an aspect of Love. All aspects of Love are adjective and defined with an adjective.

Love is a word that is rarely used in its truest context. The word love is mostly used as a general term to describe a single aspect of Love.

We use the word love to describe what we like most and hate least. We use the word love to describe what we need most.

We use the word love to describe what we need emotionally as opposed to what we lust after or desire physically.

We use the word love to describe what we believe is good for us as opposed to what is bad for us and we fear experiencing further.

It has been said that there are only two emotions - love and fear. In absolute reality there is only the emotion of Love. In relative dual reality, love has an opposing polarity of fear.

The higher our vibration the more positive is our emotion and the lower our vibration the more negative fearful beliefs we hold to be true.

All aspects of Love are defined by their polarity (positive or negative), their gender (male or female), and their intensity (high and hot or low and cold).

As the gender, polarity and intensity of our emotions change, we experience a different aspect of the One Absolute Emotion of Love.

Aspects of Love are determined by our perception of emotion and our perspective of thought. We create our own reality and the reality of what we create is experienced through the whole spectrum of different aspects of Love.

# The Soul's Gifts to its Self

January 10, 2008

The Soul offers guidance and direction to its Self via revealed messages of revelation.

The Soul offers support and clarity to its Self via inspired feelings of inspiration.

The Soul offers authenticity and presence to its Self via intuitive genius and imagination.

The Soul's revelations give authority and self-confidence to its Self. The Soul's inspirations give power and self-worth to its Self.

The Soul's intuitive genius give ability and self-esteem to its Self. The Self discovers wisdom from the force of the Soul's Authority. The Self explores wealth through the magnitude of the Soul's Power. The Self experiences health via the potential of the Soul's Ability.

The Self knows the Fulfilment of the Soul's Light.

The Self feels the Joy of the Soul's Love.

The Self sees the Contentment of the Soul's Life.

The Soul presents its gifts (presents) to its Self in each and every present moment of time.

The Self is required to be present with presence to receive these gifts from its Soul.

# The Quality of Togetherness

January 9, 2008

The quality of Togetherness is the quality of the energy generated within a partnership. This is a measure of the equality of the partnership.

The equality of a partnership is a reflection of the energetic states of being of both partners.

When both partners share the same quality of energy and are in the same divine state of being, they share equality together and they share togetherness equally.

Equal partners share the state of being Accepting of what the other partner does, unconditionally.

Equal partners share the state of being Allowing of what the other partner has, unconditionally.

Equal partners share the state of being Approving of who the other partner is being, unconditionally.

By the Law of Attraction - Like is drawn unto itself. Therefore states of being unequal will create conditions within the partnership that will divide and separate it.

The conditions that divide and separate a partnership are always the state of being unaccepting, being disapproving or refusing to allow what the partner wants to be, do or have.

Separateness is not right or wrong, it is just not the quality or equality of Togetherness.

The degree of separation is determined by the amount of distance between the opposing perspectives within a partnership.

The greater the conditionality of the individual perspectives, the greater the distance of separation and the lower the quality of Togetherness.

# Greed & Arrogance

January 8, 2008

Greed is seeking power over other people.

Arrogance is seeking authority over other people.

Both greed and arrogance seek to be better than another.

They are both created from a belief that a hierarchy is the natural order of things, and the higher we climb in the hierarchy, the more power and authority we will have.

The more superior our status in any hierarchy, the more greedy and arrogant we become.

The similarity of greed and arrogance becomes evident in their polar opposites.

Pleasing, the opposite of greed, is very similar to humbleness, the opposite of arrogance.

People who please are subservient to the power of those who they please. Humble people bow to the superior authority of another.

We please others because we need to emotionally.  
We are humble to others because we believe we have to be.

Once we know that “We are all Equal”, we no longer need to compete for energy with other people.

We all have equal choice, which is the freedom of our own authority. When we know that “Love is the Way”, we connect to our own power. Authority plus Power equals the potential of our own Ability.



# Being Righteous

January 7, 2008

Being Righteous is knowing our true path of who we are and why we are here.

Being Righteous is never being wrong and never making another wrong. It is making right choices and allowing all others to make right choices also.

Being Righteous is without the need to be right and has no fear of being wrong.

Being Righteous knows that apparent wrongness is a perfect opportunity for personal growth that makes it exactly right for a spiritual student.

Being Righteous knows that the duality of right and wrong is a subjective view of what is considered good or bad.

Being Righteous knows that good and bad is just a judgment of what we think we want or do not want. What we want is positive when it allows our path of spiritual growth to be expansive. It is negative when we become stuck and travel in circles.

Being Righteous is following our destiny to discover who we are and why we are here.

Being Righteous is making new choices that are expansive and right for our Soul.

Being Righteous moves us on our path of Righteousness, which has nothing to do with being right or wrong, yet everything to do with making a personal choice that consciously creates our own reality.

Being Righteous is without judgement and without morality, it is just Right for us.

# Together in Togetherness

January 6, 2008

When two people are together they share the same physical space. They connect physically.

When two people are in togetherness they share the same time and reality. They are mentally and emotionally connected.

When together in togetherness we share the same time, space and reality and connect emotionally, mentally and physically.

When we connect physically, mentally and emotionally, we share a spiritual partnership.

When together in separateness, we are co-dependently sharing the same space but leading our own lives (different realities), going in separate directions in our own time.

When separate in separateness, we are independent in aloneness and in a separation or divorced from any partnership.

When separate in togetherness, we are physically parted from our partner but still mentally and emotionally as One.

Spiritual Oneness is when two partners are exclusively-connected to each other in all aspects of their Beingness.

To-get-her is to get or see your partner as they really are. When we know, see and feel who our partner really is, they have become a divine reflection of who we really are.

Like is drawn unto itself. True Attraction is being drawn together in togetherness as all opposites, divisions and separations are overcome enabling the attainment of Divine Oneness.

# Having Enough Faith

January 4, 2008

With enough faith, we have enough of everything because faith is knowing our true life path that flows effortlessly in balance.

Our faith will always equalise and harmonise our path in life and find the middle way.

The middle way is the knowing that we have in the core, centre or heart of our being.

When we have enough faith, we have enough knowing, and when we know we have enough faith, we have enough of everything.

All possibilities exist and all resources are unlimited.

If we believe that we are without something, or do not have enough of something, then that will become or remain our reality.

On our journey of faith, to experience enough, we will wander through the illusion of not enough and more than enough.

Scarcity and gluttony, poverty and riches, extravagance and misery, are all symptoms of experiencing not enough or more than enough.

It is not our destiny to remain in duality. Our destiny is to always have enough and we follow our destiny with faith.

We cannot have enough faith without having enough of everything because it is our destiny to have enough.

Having Enough Faith allows everything that we want and need to come to us.

# Motivated by Anger

January 3, 2008

We are motivated by anger when our patience runs out.

Our patience runs out when we no longer have enough emotional energy to wait for something to arrive or to happen.

We require patience to await the arrival of an expectation that does not have the power to manifest.

Anger is an expression of the disappointment experienced when what we are expecting does not materialise.

Waiting is an action that pushes against the flow of manifestation because it affirms the absence of what we are waiting for. Waiting is based on hope instead of our sense of knowing.

When we run out of patience, we face the dilemma of reacting in anger or facing a deep depression.

Our ability to depress anger will lead to our emotional energy becoming depressed.

Our ability to express anger is a demonstration of our inability to accept any more pressure that our resistance is causing.

When we go with the flow, there is no waiting, no patience is required, there is no expectation, no disappointment, no anger and no depression.

When we go with the flow, we are no longer motivated by anger, nor patiently waiting, we are empowered by love and allowing everything to manifest.



# Strength & Weakness

January 2, 2008

“Our greatest weakness is our greatest strength”.

Our greatest weakness is our inability to process our greatest power.

Power without authority equals inability and weakness.

Power plus authority equals ability and strength.

Power plus false authority equals weakness and disability.

When our authority is missing, our power is channelled into negative illness and disease, and we become incapacitated with weakness.

Our greatest power is Love.

# Let Sleeping Dogs Lie

February 29, 2008

“Let sleeping dogs lie” means do not ‘rock the boat’, don’t ‘upset the apple-cart’, and ‘bite your tongue’, in order to appease a vain, arrogant and proud bully.

It is to tolerate what is unacceptable yet not yet intolerable. There is however a deeper meaning to “let sleeping dogs lie”:

Sleeping dogs are unawakened sinners who are creating a reality that is a lie and not their Truth.

We all have choice and we all create our own reality, whether a sinner or a saint.

Someone who appears to lie or tell untruths has a continuously fluid and changing reality. They have no consistency and no conformity to other people’s reality.

Unawakened people believe that there is only one truth and they work very hard to ensure that their reality conforms to ‘the truth’. Any reality that differs from their truth is deemed a fantasy and a lie.

The Awakened Soul knows that in the relative world of dual reality exists both truth and untruth depending on one's personal perspective. Personal perspective is based on one's individual view of reality and truth. However Divine Truth exists only in the Realm of the Absolute until we make that our reality.

When we understand the perspective of both the unawakened self and the awakened soul, we know that sleeping dogs will always lie, yet we are transparent to the victimhood of their sin and untruth.

We are sensitive to the reality of all others yet detached from it.

# Blessings & Curses

February 28, 2008

What we consider a virtue and good, we see as a blessing. What we consider a sin and bad, we see as a curse.

Our experience of the dualities of good & bad, sins & virtues, blessings & curses, has led us to create a duality of god & the devil.

God (with a big G) has no duality and is Divine, whereas god (with a small g) is the duality of the devil.

The devil is responsible for creating everything in our life that curses us, and god is credited with creating everything in our life that blesses us.

Because what is seen from one person's perspective as a curse can be seen from another person's perspective as a blessing, proves the reality that god and the devil are the same energy or persona perceived in either a positive or a negative way.

The devil is seen as a negative perspective of the truth, whereas god is seen in a positive light.

The Real God is the Truth, seen from all perspectives without division or duality.

The belief that “One man’s meat is another man’s poison” endorses the fact that in our experience, we all create our own individual, unique and exclusive reality. We receive neither blessings nor curses from God, only our own free will and choice, which includes the ability to choose to believe that blessings and curses are an act of god and the devil.

# Purgatory

February 27, 2008

Purgatory is where we face our frustrations, our tolerations and our anger.

We face our anger when we are not being who we really are.

We face our tolerations when we do not have everything as we want it.

We face our frustrations when we cannot do everything that we wish to do.

Purgatory is where we learn to be, do and have whatever we choose by purging our anger, frustration and intolerance.

The antidote to anger is not patience or meekness but Approval of who we are - our self-worth.

The anti-dote to intolerance is not humility or humbleness but Acceptance of what is occurring with self-esteem.

The anti-dote to frustration is not sloth or laziness but Allowing life to flow without resistance and with self-confidence.

The journey into purgatory can be a steep and slippery slope and an arduous climb.

We require divine guidance to assist us in our journey through purgatory, it is no place to travel when alone.

# 5 Different Truths

February 26, 2008

1. Thoughts about my self to another. This is the subjective truth.

2. Thoughts to myself about another. This is the objective truth.

3. Thoughts about myself to myself.  
This is the adjective truth.

4. Thoughts about another to another.  
This is the critical truth.

5. Thoughts about another to another another. This is gossip.



# Thoughts

February 25, 2008

Our Sub-conscious thoughts drive us to get our needs met and are instinctively designed to keep us safe, comfortable and alive.

Our Conscious thoughts search our memory for previous experiences and outcomes in order to rationally decide logical solutions to our problems.

Our Super-conscious thoughts are inspired revelations and insights from the genius of our intuitive imagination.

Our sub-conscious thoughts tell us what to do to survive.

Our conscious thoughts tell us what to do to be most comfortable.

Our super-conscious thoughts direct us towards personal spiritual development and the growth of a better future with Happiness & Well-being.

Thoughts that come from the core of our Being show us the way that we ought to be taking.

What “thou-ought” to be, do and have are the thoughts that are sponsored by our Inner Coach or Soul.

What we 'should be', 'must do', or 'have to have', are all thoughts of our sub- conscious 'id'.

Our 'id' is the part of our 'identity' that is disconnected from our Soul or 'entity'.

When we are lost, confused and frustrated, we do not know which consciousness to listen to, and we often do nothing.

When doing nothing or 'n'ought' there is no 'ought-to'.

When we do nought, we always get nothing or more of the same that we do not want, because we miss or deny what 'thou ought' to know.

# “In the Zone”

February 24, 2008

In the “gap” of Space, I am at One with my gender and emotionally rational with my power.

In the “flow” of Time, I am at Choice with my polarity, and exclusively connected to my authority.

In the “now” of Reality, I am in Equality with my intensity, and sensitively detached with my ability.

The “gap” is the Way of Oneness and the Joy of Wealth.

The “flow” is the Choice of Truth and the Fulfilment of Wisdom.

The “now” is the Equality of Life and the Contentment of Health.

In the “gap”, I have the power of self-worth and attention to my purpose.

In the “flow”, I have the authority of self-confidence and the intention of my vision.

In the “now”, I have the ability of self-esteem and the actions of my mission.

The equalised intensity of Equality and the ability of Contentment is the capability of Health and the potential of Life.

The undivided gender of Oneness and the harmonious power of Joy is the competence of Wealth and the magnitude of Love.

The neutralised polarity of Choice and the united authority of Fulfilment is the capacity for Wisdom and the force of Light.

Without the "gap", we have pressure and contraction. Without the "flow", we have inertia and resistance. Without the "now" we have judgment and expectation. In the gap, in the flow and in the now, I am in the "zone".

# Emotionally Adjective

February 23, 2008

We are being Emotionally Adjective when we are aware of our emotional state of Being.

We define our emotional state of Being adjectively and use a word that is an adjective.

An adjective is a describing word.

Being emotionally adjective is feeling the awareness of the gender of our emotion; consciously knowing the polarity of our emotion; and seeing with conscious-awareness the intensity of our emotion.

We are being emotionally adjective when we are able to fully experience and define our awareness of who we are Being in that moment.

We describe what we have with a noun.

We describe what we do with a verb.

We describe who we are being with an adjective.

We define what we are being, doing and having with our language that describes our thoughts words and deeds.

Because our thoughts words and deeds create our reality, language is very important.

Feeling who we are being requires us to be Sensitive.

Knowing who we are being requires us to be Connected.

Seeing who we are being requires us to be Emotionally Aware. Feeling what we are doing requires us to be Detached.

Knowing what we are doing requires us to be Exclusive.

Seeing what we are doing requires us to be Consciously Rational.

# Authentic

February 22, 2008

Authentic means being who we really are.

Authentic is being real, but what reality is authentic?

Our authentic reality is the reality that is our Truth.

However there is a difference between the reality that we are creating and the Absolute Truth.

The Absolute Authentic Truth is what is True for absolutely everyone and everything.

Yet how can there be an Authentic Truth when we create our own reality and are therefore the author of our own truth?

The reality that we individually create and experience, is our own truth and is authentic for us, but it is not the Absolute Truth.

We do not create Absolute Truth, but we exist within the boundaries of it. Within those boundaries we are free to create our Self as a unique, individual, exclusive and authentic Being.

Absolute Truth is defined by Universal Law.

A Universal law is an Authentic Truth, which is Universal, Absolute and Immutable.

There is no way that Universal Laws can be broken but we live in a world that allows us to see different perspectives of what Universal Law causes to happen.

Actually, Universal Law doesn't cause anything to happen, we do. The effects of what we cause to happen are subject to the Laws of the Universe and happen the way they do because of the Authentic, Absolute Truth.



# Appreciation

February 21, 2008

Appreciation means growth.

Without spiritual growth, we will need physical appreciation.

Our need for appreciation increases as our self-esteem depreciates.

We show our appreciation for others when they do things for us.

We learn to do things for others so that we can receive their appreciation.

The need to be appreciated drives us to please others to gain their appreciation.

Our Soul appreciates our Self and seeks the appreciation of our Self.

Our Soul appreciates the appreciation or growth of our Self.

The Soul's mission is to appreciate and grow through the endeavours of its Self.

We need appreciation when we stop spiritually growing our Self.

When our Self stops growing, our Soul stops appreciating its Self and the Self needs appreciation.

When we do not appreciate our Self, we are driven to seek appreciation outside of our self.

When we are growing spiritually, as our Soul intends, we have all the appreciation we need.

When we appreciate who we are, who we are appreciates and grows, and our self- worth increases.

When we value our Self, we no longer need to be valued or appreciated by others.

# Sins & Virtues

February 20, 2008

A virtue is a characteristic that is considered to be morally good.

Morally good is what our religion decides and has decided is moral and therefore good.

A sin is a characteristic that is considered to be morally bad.

Sins and virtues are therefore characteristics that define whether we are good or bad in the eyes of our church.

Most churches believe that god decides what is right or wrong, good or bad, moral or immoral, and therefore what is virtuous or sinful.

Belief in a righteous, judgmental god, undermines the Faith that God has in Man.

God's infinite Faith in Man allows all Men infinite choice.

God's Faith in us is individual freedom of choice.

Freedom of choice allows each of us individually to choose what is right or wrong for us.

What I know is right for me is what I want and consider virtuous for me.

What I know is wrong for me, in this moment of time, I define as a sin and choose to be without it.

A sin is being without what we believe that we do not have, whether we have chosen to be without it or not.

God is without nothing and within everything. Being God-like is being without nothing, which is Divine, not virtuous.

When we are in sin, we are without virtue, and when we are virtuous, we are without sin. Neither state of being is Divine.

# I & Me

February 19, 2008

Who am I?

I am Me!

I am the subject of my life and the object of my life is Me.

What makes me - Me?

The I that I am!

Who I am is who I am Being in any moment of time.

Me is who I have become on my journey of personal spiritual development and growth in this life-time.

I am my potential to be Me.

I am the sum total of my Attributes, Attainments & Achievements.

I look outward to see with my physical eyes a projection of Me in material reality. My character, personality and attachments are a representation of Me.

The objective me is the sum total of all my achieved objectives.

The subjective I is seen from within with the vision and genius of my intuitive imagination that knows and feels the essence of I & Me as Beingness.

# Faith & Trust

February 18, 2008

Faith is a sense of 'knowing' what is right for us in that moment of time.

Trust is a positive belief in what we think is right based on our experiences over time of what we have found to be trustworthy or untrustworthy and reliable or unreliable.

With faith, we know whether someone is worthy of trust or not, intuitively. Whether we trust them or not depends on whether we follow the intuitive knowing of our faith or whether we believe the past experiences of our instincts.

With faith, we may intuitively know that someone is honest but still treat them with an attitude of mistrust because of a limiting belief that we hold.

Alternatively, we may trust someone to be honest even though we intuitively feel that they cannot be trusted, because we deny our feelings and follow our beliefs instead.

When we are faithful to our sense of knowing and our intuitive feelings, we no longer need to trust or

mistrust anyone, because we know whether they are honest or not.

When we truly know that someone is honest, we do not have to trust them, because we know that we can put our faith in them completely.

When we know that we can rely on our faith, we know that we can rely on reliable people.

Unreliable, untrustworthy and unfaithful people are just reflecting to us our disconnection from our own sense of faith.

When we put our trust in our faith instead of other people, we know when someone is not faithful, unreliable and cannot be trusted.



# Fighting the Darkness

February 17, 2008

Fighting the darkness creates the darkness. Fighting the darkness will never create light.

Those who represent the light by fighting the dark forces are the creators of the darkness.

Light & dark are a duality and are both opposing shades of grey.

Relative dual reality will always be a grey area because in this realm all possibilities exist.

Black and white are just definite perspectives of grey.

Light and dark are opposing ends of the grey spectrum seen from opposite perspectives.

To those who no longer fight the battle of good versus evil, all grey areas are seen in vivid colour.

Black and white are both the absence of colour.

White light is mistakenly seen as the unification of all colours and black as the absence of colour and light.

Fighting the darkness because it is evil is the thought pattern that creates it.

Accepting that we are all shades of grey in this world is how we learn to live with our shadow self.

We have come here to explore, experience and discover our shadow, not to judge it, condemn it, and see it as evil.

When we stop fighting the darkness and do not have another evil thought, it ceases to exist and the duality of light and dark is overcome by Divine Light.

# Joy

February 16, 2008

Joy is the state of Being connected to our Power.

When we are connected to our true power, we are enjoying whatever we are doing.

Our Power connects us to our Soul at the Heart of our Beingness. We enjoy the power of our Source.

Our source of power is our Soul, which is in a state of pure Joy.

When we connect to our soul, we enjoy the emotional power that we receive from our heart.

When we connect to our emotional power, we enjoy being our Soul. Joy is being neither serious nor funny.

Joy is the pursuit of serious fun, when we enjoy being seriously funny and have the pleasure of being serious.

When funny and serious are opposing dual realities of the same energy, our Joy becomes elusive.

We will never enjoy being totally serious and we will never enjoy always trying to be funny.

All funny clowns and comics suffer the depression of not being serious. All serious business people suffer the depression of not having fun. Serious pleasure and seriously funny are both a Joy to enjoy.

# The Spirit of Religiosity

February 15, 2008

The Spirit of Religiosity needs to be right.

It is the belief that being righteous means worshipping the right god.

It believes that there is only one true god and that all other gods are false.

The Spirit of Religiosity traps its followers in the duality of right & wrong, good & evil, and light & darkness.

It is created by the fear of worshipping the wrong god, being a sinner and being punished.

It believes that the wrong god is satan or the devil.

The need to be right will drive us to experience all aspects of life that we consider to be wrong because by the Law of Attraction - like is drawn unto itself.

Right & wrong are just different polarities of the same energy.

The more we try and do the right thing, the more we will attract the wrong thing.

The Spirit of Religiosity is concerned that the word of god is interpreted correctly, so that life is moral and just.

It presumes that god has written our moral laws for us and sits in judgment over us to ensure justice.

The Spirit of Religiosity is lost, confused and gets very frustrated because it believes that there is only one reality for everyone and it is chosen by god.

The Spirit of Spirituality knows that we all have choice and we each create our own reality, through our unique thoughts, exclusive words and individual actions. It knows that there is just One God but the potential for 6 billion different perspectives of God by Man.

# Putting on a Brave Face

February 14, 2008

Putting on a brave face is pretending to be happy. It is failing to be happy and denying the failure.

It is appearing to be happy to please other people, usually when their happiness is dependent on our being happy.

Putting on a brave face is containing or suppressing our negative feelings and beliefs, whilst creating a deceitful positive drama.

A positive drama is still a drama that has an unmet emotional need and a false or limiting belief.

When we pretend to be happy, we are hiding behind the facade of a concocted character and a false personality that is not who we really are.

A brave face is the outward expression of a brave little soldier who has been taught not to show any negative emotion (tantrums) in order to please the ego beliefs of their higher authority.

Putting on a brave face is accepting that suffering is inevitable. It is seeking acknowledgement of our

martyrdom instead of becoming a poor me to our unhappiness.

Bravery is a false power designed to overcome fear. It is the emotional strength to hide and deny fear.

With Love and Truth, courage and bravery become unnecessary. Love is our true power and Truth will always overcome fear.

The Face of Truth has no deceit and requires no heroism to overcome fear, just the Power of Love & the Light of our Truth.



# The Provider & The Dependent

February 13, 2008

The Provider and the Dependent are two roles reflecting the same energy of giving and receiving.

The Dependent is dependent on the Provider to provide, yet we cannot be one aspect of the duality without being the other.

When we are dependent on another to provide something for us, they are dependent on us to provide something for them.

The Provider & the Dependent is a drama of CO-dependency and the joint provision of mutual needs.

The dependent is in need of the care that is provided. The Provider is in need of the need to be needed.

Giving and receiving are the same energy seen from opposing perspectives.

When receiving, we are giving the giver the opportunity to give.

When giving, we are receiving from the receiver the opportunity to give.

We can only give and provide to someone who needs and depends on receiving what we give and provide.

Dependency is needing to receive what another is giving us because we believe that we are without it.

Providing is needing to give to another because we believe that they are without it.

# Envy & Jealousy

February 12, 2008

Envy is wanting what someone else has.

Jealousy is the feeling of rejection when someone we need doesn't need us.

When someone needs what we can give them, we are enthused by the pleasure of giving them what we have and they do not.

Our enthusiasm for giving them what they want or need enthuses us with their gratitude in receiving it.

We equalise their envy of what we have and they need with our kindness in giving.

When giving and receiving are in balance then envy and kindness are engendered in the pure energy of Love called Gratitude.

When what we have to give is rejected by another and there is no kindness, no gratitude and no pleasure is received, we experience jealousy.

This inequality of negative energy called jealousy, seeks the love of a caring person to quell and unify it once again.

The jealousy of unrequited love (unreturned need) is expressed in our belief that we are not cared for as the rejector of our love does not care for us.

Jealousy is further complicated when the person who appears not to need us, appears to need someone else to meet their needs, that we need to meet.

We are never jealous of another but envious of what they have and we do not. We never envy someone else's jealousy.

Jealousy is our emotional need to be needed that is unmet. We will envy someone whose emotional need to be needed is met.

# Murphy's Law

February 11, 2008

Murphy's Law states: "What can go wrong, will go wrong".

Wrong is a subjective judgement of what we do not want to happen.

When something happens contrary to our wishes, we deem it to be wrong.

Right & wrong are a duality of wanting and desire.

Wanting and not wanting are a focus of our thoughts and what we focus on, we attract.

It is our belief that things can go wrong that make wrong things a reality.

In absolute reality there is no right or wrong, just the focus of our thoughts that creates our reality absolutely.

How we view that reality, in a positive or negative, male or female, active or passive way, is what makes it right or wrong.

Murphy's Law is the Law of Attraction in reverse and is also called the Law of Reversed Action or the Law

of Negative Attraction. (Positive means forward, negative means in reverse.)

What turns up in our life is what we focus our attention on, whether we believe it to be right or wrong is irrelevant.

When we believe in Murphy's Law, also known as Sod's Law, we believe that everything can go wrong because we are following, and are a victim of, our fate.

Once we understand the Law of Attraction, we can create our own reality consciously and follow our Destiny.

# Hobson's Choice

February 10, 2008

Hobson's choice is the belief that we only have one choice.

When we only appear to have one choice, we believe that we have no choice.

We are stuck in a false reality, where only one option gives us no choice but to take that option.

In a relative world of dual reality, there are always two options and we always have a choice.

When we believe that we have no choice, we are denying that that at least one option is a choice.

When we are denying that an option is a choice, we have already chosen not to choose it.

In reality, choosing not to choose something, even when that decision is made sub-consciously, is a choice.

By sub-consciously deciding not to see something as an option, we are in fact creating it as an option.

This is why what we don't want, always turns up, because we have chosen it by focusing our thought sub-consciously, on not wanting it.

When we only have Hobson's choice - our conscious choice - we have sub- consciously discarded all other choices.

Only once we have become conscious of the choice of two options, do we have the opportunity to make our third choice - the choice of our Soul.



# Choice

February 9, 2008

Choice requires difference.

Difference creates choice.

We all have choice, because we are all different.

When presented with a difference, we have a choice and we have a choice to make.

When there is only one choice, there is no choice.

When there are two choices, there is a choice.

When presented with with two choices, the Soul's choice is always the third choice.

What confuses our choice is the belief that not choosing is a choice.

When we choose not to choose, we misunderstand the Law of Attraction.

The only way not to choose something is to 'not give it another thought'.

Choosing not to have something is a positive action to be negative and will attract what we do not choose to have.

The Master always chooses what turns up, because the Master knows that is what they have chosen to experience.

Choosing whatever turns up is 'acceptance'.

Choosing what has not yet turned up is a preference.

Choosing what we believe that we do not have is a want and a desire. The choice of our Soul will always turn up.

When we accept the choice of our Soul, we are Being At Choice.

# Self-Efficacy

February 8, 2008

Self-efficacy is having the physical power to produce a desired effect together with our belief in our own ability.

We believe in our ability based on what we have learned to physically do and our belief that we can repeat it.

Without our true power and authority, we rely on our belief of whether we can do something or not.

Efficacy is a measure of our physical ability and the most physically able are the most efficacious.

Without authority our power is dependent on our ability.

Power without authority has no spiritual ability and therefore relies on our physical efficacy.

Self-efficacy is our ability to cause a desired effect. Cause and effect are a duality our physical world.

Self-Esteem is a measure of our Spiritual ability.

Self-Confidence is a measure of our Spiritual authority.

Self-Worth is a measure of our Spiritual power.

Self-efficacy is a measure of our physical ability.

Strength is a measure of our physical power.

Knowledge is a measure of our physical authority that creates our beliefs.

# Becoming

February 7, 2008

Becoming is the process of experiencing who we are.

Who we are coming to Be, is the process of personal spiritual development and growth.

Who we have come to Be in this life-time is the purpose of our destiny.

The act of Becoming is a conscious choice made with the awareness of who we are Being, distinct from who we choose to be (which role we choose to play).

We are most Becoming when we are becoming our grandest state of Being.

Coming to physical life is an act of birth. Becoming spiritual in life is a conscious choice.

We come to be whoever we choose to be whether we choose consciously or not.

When we fail to consciously choose, we will become a reflection of our sub- conscious Self.

Our sub-conscious self will drive us to be whoever we need to be to fulfil our needs and secure our survival.

When unawakened, we become the product of our ancestral programming and become akin to our parents as is our fate.

Our destiny is to become like our Self and to become akin to our Soul.

# Duty

February 6, 2008

Duty is paying what we owe to our own kind.

Whatever we own, we have an attachment to, and all attachments have a duty attached, which we are due to pay.

We have a duty to those whom we are attached to.

All attachments have an emotional charge called our dues or our duty.

When we do our duty, we are being kind to our own kind.

A dutiful person has an emotional attachment to those they perform their duty for.

When we do our duty, we pay the emotional charge that is due for us to get our emotional needs met.

Duty free means that there is no attachment and no fees are due.

A duty is a 'have to' that is our duty to perform.

Our duties are decided by the authority that we give our power away to.

We have no duty to pay to our Soul.

Our Soul's gift to us is Freedom of Choice, which is Duty Free.

We cannot be At Choice and have duty. We can choose duty because we have choice, but duty is never a Divine Choice.

Divine Choice is always attachment free and duty free.



# Confined, Restricted, Restrained

February 5, 2008

When our Space is confined, we lose our Power.  
When our Time is restricted, we lose our Authority.  
When our Reality is restrained, we lose our Ability.  
When our power is unconfined, we are free to  
connect to our Energy of Love. When our authority is  
unrestricted, we are free to connect to our Energy of  
Light. When our ability is unrestrained, we are free to  
connect to our energy of Life. Without our power, our  
anger becomes free and unconfined.

Without our authority, our intolerance becomes free  
and unrestricted. Without our ability, our frustration  
becomes free and unrestrained. We are confined by  
our emotional needs.

We are restricted by our limiting beliefs and our fears.

We are restrained by our control dramas.

When confined, we cannot feel our power and we  
become confused. When restricted, we do not know  
our authority and we become lost. When restrained,  
we cannot see our ability and we become frustrated.

# Pure Love

February 4, 2008

Love is the power of the Universe.

When all there is, is Love, then Love is Pure.

Pure Love is the unlimited power to be, do and have the Life of our choice.

When Love is divided by gender it is no longer pure.

When divided by male and female gender, Love divides into opposing dualities (dual realities).

Lust is the male energy of wanting that has a female opposite called love, which is emotionally needing.

Hate is the male energy of repulsion that is opposed to the female energy of love, which is the attraction of liking a lot.

Fear is the male energy of negative belief that is opposed to the female energy of positive belief called love.

War is the male energy of aggression that is opposed to the female energy of passive love called peace.

Our male energy is continuously driving us to connect with our female energy, so that our masculine authority is enabled by our feminine power. (This is the gender of our energy, not the gender of our sex.)

Pure Love is limited by our authority to use it, which is our ability to connect to it. Pure Love seeks Pure Light, to enable a Pure Life.

# The Ego

February 3, 2008

The Ego is our Conscious Self. It is our conscious sense of who we believe that we are.

We sense our physical ego with our 5 physical senses, when we believe that we are a physical being, being human.

When we know that we are a spiritual being in physical existence, we sense our spiritual ego with our 3 spiritual senses of seeing, feeling and knowing.

With our spiritual senses we become self-aware and we awaken to the essence of our ego Self.

The role of the ego is to follow our path of personal spiritual development and growth.

Ego is an acronym for Energetic Growth Opportunity, when we use our physical and spiritual senses together in unison.

The unawakened ego will remain in conflict between its guide and its guardian, pulled between the instinct of the Id and the intuition of the Entity.

The awakened ego knows that it is not its journey to choose between the guide and the guardian, but to unite them as co-operators of the Ego.

When its heart and mind are of one accord, the ego knows its vision, feels its purpose, and sees its mission in Life.

It is not our destiny to transcend or transform the Ego, but to choose with conscious-awareness who are Ego Self Is, and then experience that as the highest version of who we can be.

# Truth & Light

February 2, 2008

True Light is the energy of Consciousness.

Visible light is an electro-magnetic wave that illuminates the physical world.

We See the Light of our Reality by consciously experiencing Life through physical existence.

Light is the aspect of Divinity that conveys Knowing & Truth.

Absolute Light is the Absolute Divinity of absolute Truth & Knowing of All That Is.

Relative light in the realm of dual reality is divided by darkness and density (heaviness).

Relative light & dark allows shade and shadow to become grey areas that may be seen as any colour of the rainbow.

Relative light & heavy allows density and force to become possible, as well as the formation of solids, liquids and gases.

Relative love & light allows fear to exist and the possibility of individual truth and personal reality.

Fear (false evidence appearing real as limiting beliefs) is made possible by the existence of relative truth.

Relative truth can be deemed true or false depending on our choice of perspective.

When Absolute Light is divided by polarity, all sorts of dualities, possibilities and truths become evident in our experience of the relative physical and material world of dual reality life.

# In Form, Inform, Information, In Formation

February 1, 2008

We are in form once we are born into physical form or reality.

We are born into form without any information of who we are and why we are here.

At birth, we are new creations in formation.

We develop in our formation as we gain more information and knowledge.

We become informed when we are awakened to knowing our spiritual inheritance.

In form, we are a spiritual being experiencing a physical existence, whether we are informed of this or not.

Absolute reality is beyond physical and spiritual form. It just is without form or formation.

Knowing who we are is the only information that we ever need to know. Information is knowledge, whereas knowing is creativity in formation. Our form is the bench mark of our physical experiences.



Form follows function until we become informed of our spiritual origin.

We form our outer world consciously, once we become informed of our inner formation.

# Crossing the Desert

March 31, 2008

The desert is where we feel deserted, desperate and alone.

The desert is where we learn to give up our attachment to material things.

In the desert we are dependent on our self for survival and on our Soul for Salvation.

In the desert we are confronted by our greatest fears that create our biggest life dramas.

In the desert there is no-one to meet our emotional needs but our self.

Once the Self learns to consciously meet its own emotional need for power, it becomes free to connect to its main Source of Power via its Soul.

Once the Self learns to challenge the beliefs of its ego self, it will gain the faith to follow the path of its Soul.

Crossing the desert is either a wasteland to survive, or an abundant land of plenty to experience, explore and discover.

# Appreciating

March 30, 2008

Appreciating is Growing. Appreciation is the gratitude that we feel as we grow spiritually. Appreciating is the state of being that we attain once we become accepting, allowing, approving, affirming, attesting, and acknowledging. Appreciating is understanding who we are being, and as we understand who we are, we grow and appreciate. Appreciating is when knowing and growing become the same state of being.

Depreciation is contraction (contrary action) and stagnation, which occurs in the absence of knowing, growing and being in gratitude. As we depreciate, we lose our value and worth.

Appreciating who we are being is the measure of our value and self-worth. The more we appreciate who we are, the more self-worth that we experience and the greater our magnitude of personal power grows.

Our value appreciates as we learn to live our True Values.

To 'wit' is to know.

We attest through the reasoning power of our senses.  
These are our wits.

Our wits our ability to reason intelligently.

We 'bear witness', when we attest our genuine truth.

The unawakened soul uses the five physical senses  
to bear witness to their life and affirm their reasoning  
power.

The awakened soul uses their wit or knowing to attest  
the authentic truth of their life path.

The awakened witness observes and the awakened  
observer witnesses.

"To wit" means the manifestation of one's knowing, in  
that present moment.

When "God is our witness" then we are using our  
Divine Senses of Seeing, Knowing and Feeling.

A great Wit understands the irony of the Comedy of  
Duality and the paradox of life.

# Greed & Pleasing

March 28, 2008

Please means “I bow to your superior power”.

Humbleness is bowing to another’s superior authority.

Pleasers are being humble to the arrogance of greed.

“Please can I”? is a plea for permission.

A plea for mercy is a plea for one’s life.

A ‘Pleaser’ has to ask permission from a superior authority and is not free to make their own choices.

Pleasing is deferring to the higher authority of another.

Children please their parents. Pupils please their teachers. Servants please their masters. Dogs please their owners.

When we please the authority of another we give away our power to them. Greedy and arrogant people need to be better than others.

Greedy people need power over other people.

Arrogant people assume authority over other people.

We please others for fear of their displeasure with us.

Greedy people have low self worth and need to win and be better than others.

Arrogant people have low self-confidence and need to be right.

Greedy people and pleasers do not believe that we are all equal.

Arrogant and humble people do not practice being equable.

“Pleasing god does not please God”

“Being humble, to the dogma and doctrine of religion, is not being humble to God.”

“Being humble to God, makes god arrogant”.

“Following the direction of our Inner Coach is ‘Being Accepting’ and is neither humble nor pleasing because our Soul cannot be either greedy or arrogant, this is the prerogative of the ego self”.

# Energy, Matter & Motion

March 27, 2008

Matter and Motion create time.

One revolution (motion) of the Earth (matter) is one day of time.

One revolution of the Earth around the Sun is one year of time.

One revolution of the Solar System around our Galaxy, the Milky Way, takes 26,000 years and is one Aeon of time.

Speed is a measure of the motion of matter in space expressed as distance divided by time.

Energy and Motion create space.

One dimensional space is called distance or length of a straight or curved line.

Two dimensional space is called area, whilst three dimensional space is called volume.

Energy in motion is called Emotion and has a positive or a negative charge.

Matter in motion has velocity or speed, whereas energy in motion has force, magnitude and potential.

## Matter and Energy create Reality

The reality of matter is created by the attraction and repulsion of the energy within matter. A magnetic neutron attracts one proton and repels one electron.

All neutrons are identical, all protons are identical and all electrons are identical. How they interact in different ways due to energy creates different matter in reality and different matters of reality.

Relative space has distance and is measured with speed (speed of light) and time (years) as light years.

Relative time has speed and is measured as distance over time by the orbit of our planet around the sun or the vibration of a quartz crystal (the orbit of an electron around its proton).

Relative reality has time and is measured with speed (of evolution) and distance (from civilisation).

Infinite Space has no distance just Energy.

Continuous Reality has no time just Matter. Eternal Time has no speed just Motion.



# Oneness

March 26, 2008

In the Beginning there was Oneness.

When Oneness divided into 'twoness', it created dual reality or Duality, which is non-divinity as opposed to Divinity.

Non-divinity is power without authority and authority without power.

Oneness is 'oneness'. Power plus authority is 'twoness'. Oneness plus twoness equals 'threeness'.

Threeness is triune reality or 'Triality', which is power, authority and ability.

The creation of 'threeness' allowed the 'Ability of Life' to explore the 'Power of Love' and the 'Authority of Light'.

Threeness then became 'sixness' as the Power of Love divided by gender; the Authority of Light divided by polarity; and the Ability of Life divided by intensity.

Sixness connected to Oneness creates 'sevenness'.

Sevenness is the antidote to all duality and the way back to Oneness.

Sevenness is the 'Seal' that brings everything back into balance, unity and harmony.

Sevenness is duality times triality plus Oneness.

The key to opening the door to Triality and the Holy Trinity is understanding the Sevenness that forms the Seal.

Twoness reigns in the relative world of duality.

Threeness is supreme in the Realm of Absolute Oneness.

# Patience

March 25, 2008

Patience is waiting for an expected occurrence, thinking that it is coming but not knowing when.

Impatience is experiencing that waiting for our expectations is becoming a toleration or becoming intolerable.

Impatience is an anxiety created by the fear that our expectations may not materialise.

When we are waiting for something, we require patience.

When we are awaiting the arrival of something, we know it is on its way and that we are on the way to manifesting it.

When we allow what we know is coming to arrive, we no longer need either patience or impatience.

“Patience makes patients of those who wait patiently”.

# The Need for Approval

March 21, 2008

Our need for approval will attach us to the authority of another because they give us their power in exchange for our obedience to their authority.

When we follow the path of another, we will eventually disapprove of their authority as a reflection of their disapproval when we do not do as they expect.

Disapproval of others will manifest as intolerance of their actions and result in the imposition of a boundary on their behaviour, lest we become incapacitated by their disobedience to our desires.

What we desire or want is what we consider right for us and therefore what we approve of. We impose our right on another because of our need for approval, which manifests as our need to be right. When we are seen as wrong, we are at risk of disapproval, which creates the need for approval.

Children with a need for approval become parents with a need to be right, who demand obedience from their children and create in them a need for approval. So the circle of inheritance proceeds.

The transition of a teenager from needing approval to needing to be right is seen by the parents as a period of rebellion against their authority, approval and right thinking.

We will continually seek the approval of others that we are right until we learn to unconditionally allow what others have, accept what others do and approve of who others are being.

Only then will we approve of who we are being, allow what we desire to manifest and accept what ever occurs in our life as perfect.

# Real & Genuine

March 20, 2008

What appears to be real in life is an illusion that we have created in time and space called our reality.

In our reality, time and space appear to be fixed, so we try to make our reality fixed also.

When we see the world through the genius of our imagination, we know that time is always advancing, space is constantly rotating and reality is always changing, as our perspective and beliefs act upon it.

What is genuine in Life is Divine and Absolute, which is undivided and Holy (Whole).

What is genuine in Life has no opposite and is beyond the physical realm of relative duality (dual reality).

Our genuine reality is Absolute Oneness.

The reality that we create as real for our self is whatever we choose to be real from the infinite possibilities that are available for us to create with our free will. (Free will requires creativity, genius and imagination).

Alternatively we can accept everyone else's reality as our own, but in another's reality, we shall never find our genuine self.

# Rein & Reign

March 19, 2008

Government holds the reins of authority. Monarchy holds the power to reign.

In today's society, Monarchy has the power to reign but no authority, whereas Government has the authority to rein and rule, but no power.

To 'rein in' is to control and direct another, whereas to rule is to 'rein in' all others.

Free rein means that we are free to determine our own choice and be our own authority.

To 'reign over' is the power of the Monarch, which today has no authority to rule.

Without both power and authority the ability to be a supreme ruler is denied. Government needs the power of the Monarchy as much as the Monarchy needs the authority of Government.

An Autocracy has one supreme ruler.

A Democracy has a clear distinction between those who rein and those who reign.



# Extrovert & Introvert

March 18, 2008

When we are disconnected from Source we are without Power. Without power we develop emotional needs.

When we seek our power externally and need others to meet our emotional needs, we open out emotionally to others and become extrovert.

When we seek our power from within our self, we depend on our ability to meet our own emotional needs and open inwardly emotionally and become introvert.

Extroverts actively seek energy from other people, whereas introverts passively seek energy from others.

The Source of our True Power is Love. When we are emotionally needy , we react without Love, in either an introvert or an extrovert way.

Whether we are extrovert or introvert is determined by the nature of our emotional needs.

Being extrovert or introvert is the defence mechanism on which our control drama is based. The more

introvert or extrovert we learn to be, the more energy we can manipulate and the longer we can survive being disconnected from Source.

Extroverts control energy actively as an Intimidator and passively as an Interrogator.

Introverts control energy actively as a Poor Me and passively as an Aloof.

Control dramas persist until we become Overt and connect exclusively to Source for our emotional power.

# Caring & Kindness

March 17, 2008

Kindness is being like someone else. We are their kind of people and they are our kind of people, because we are alike.

Kin like each other, share what they have and like the same things, because they are the same kind of people.

We care about people that we like. People that we do not like, we do not care for.

The duty of care is an obligation to look after our own kin and our own kind. It is born out of the belief that when we look after our own kind, our own kind will look after us.

Kindness is often confused with generosity. Our kind is very giving to our kind, because we give generously to those who care for us and care about us.

We believe that the more that we give, the more that we get back, when we give generously to our kind of people.

We believe a generous kind of person to be kind and generous.

We care for people who meet our emotional needs because they are kind and our kind of people.

The kind of people who meet our emotional needs are deemed to be caring and are considered to be friendly and our friend.

Uncaring people are unfriendly and not like us. They are unkind, untrustworthy and we do not care about them because we do not need them emotionally.

# The Need to Be Right

March 16, 2008

The need to be right is created by our fear that we can be wrong.

Fear is an acronym for ‘false evidence appearing real’. The appearance of what is false or wrong will create the need to be right.

In this relative world of dual reality, right and wrong exist as opposing perspectives of the same energy.

Being wrong is possible when we believe that there is only one true reality.

The illusion is that we all appear to share the same time and reality, yet we all individually operate at different wavelengths, frequencies and vibrations of energy.

We inhabit different realities based on our perspective of life. When we share a perspective of life, we share that reality with another. What makes it true or false, right or wrong is just our perspective of it.

When we adopt another’s perspective on life, we follow their authority, which is never right for us, and

will create a need to be right because we are on the wrong track for us.

Our need to be right will surface as having an issue with Authority. Our rebellion against the authority of others is driven by our need to be right our self.

When we accept that life just is exactly how we have individually created it, we know that we all have choice and whatever we choose will create our own personal, unique and exclusive reality that exists within an illusion of one shared reality called life on Earth.

Once we can consciously see our own reality and accept that other people have their own reality, we can never be wrong and we will never again need to be right.

# Relative & Absolute

March 15, 2008

In Absolute Reality, everything just flows. In relative dual reality, life ebbs & flows.

Well-Being is flowing without resistance. As Divine Flow has no resistance it is experienced as Well-Being in this relative physical world.

We cannot live in the Absolute World down here in the relative world. We just make relative and absolute a duality.

We can live a Life of relative Well-Being, but not until we have experienced being un-well.

To experience unwellness, illness, disease and disorder, we just have to swim against the tide of Wellness. Most people manage this without difficulty.

To experience Wellness, we are required to swim against the tide of un-wellness by changing our direction of flow consciously.

We have to discern what we want - what makes us well, from what we don't want - what makes us unwell.

The problem is that Life, like the tide, ebbs and flows because we are in a world of duality.

We therefore have to change our perspective depending on whether life is ebbing or flowing.

Well-Being is the absence of resistance. When we learn to never flow against the tide of life, we will always flow with Life, which is Being Well.

When we overcome the relative duality of ebb and flow, Life will absolutely Flow.



# My Truth

March 14, 2008

Life just is whatever we create it to be.

I follow my path as guided by my Soul and accept whatever turns up.

Life is just effortless, when we follow the authority of our Inner Coach and allow others to follow the authority of their Souls.

We all have choice and we are most at choice when we allow others to make their own choices.

We all have our own choice, when we stop letting others make our choices for us, stop choosing the choices we make for others, and start to make our own choices consciously in awareness of who we really are.

There is enough of everything for everyone.

Even though we have different abilities with which to create, we all have an equal potential for life, once we acknowledge our equability.

We can create an abundance of what we want or an abundance of what we do not want. There is enough of everything in any quantity that we choose.

We can only have too much of something that we no longer want, and we can only have too little of something that we are limiting our self from having.

Love is the way, when we approve the guidance of our Inner Coach, accept the support that we receive from all others and allow our authentic nature to be expressed.

We cannot ever have too much Joy, Contentment, Fulfilment or Love.

# The Intensity of Life

March 13, 2008

The Intensity of Life is created by our choice of gender and polarity.

Love is divided by gender, Light is divided by polarity, and the Intensity of Life is the effect that is caused by the duality. Life is created from the experiences of the past and the possibilities of the future.

Experiencing different possibilities is only attainable with the distinction of gender and polarity that creates intensity. Intensity is difference. Without gender and polarity there can be no differing intensity to life only perfect balance and harmony.

In Absolute Reality there is no distinction in Life as everything is one and the same - Oneness.

The creation of gender and polarity creates choice and intensity of choice - how much we want it and choose it.

Absolute Love & Light is Divinity and Oneness where choice is not a possibility. The division of Divinity, by polarity and gender, allows the creation of all possibilities of intensity.

Intensity is the complete range of all possibilities in Life. We are “In - tense” when we are in the present tense, balanced between the past tense and the future tense.

The past tense is “I have” and is an experience. The future tense is “I will” and is a possibility. The present tense is “I am” and is a state of Being.

The Intensity of Life is determined by our State of Being in each present moment of ‘now’.

To change our future and choose a new possibility, we are required to change the gender and polarity of our consciousness in the present moment.

The Intensity of Life is the ‘momentum’ of our reality. It is determined by the speed and direction of our Life’s Journey.

We can change the Intensity of our Life by becoming present in that moment and changing the gender of our perception and the polarity of our perspective.

The wavelength of our gender determines our power. The frequency of our polarity determines our authority. With power and authority we have the ability to change the Intensity of our Life.

# Equality; Equota; Equantity

March 12, 2008

Equality, Equota & Equantity all measure the expansiveness of our Energy.

The Equality of Life is how well we perform actions, do deeds and carry out our Mission.

The Equality of Life is measured in Self-Esteem.

When our self-esteem is low, we will resort to greed & arrogance or pleasing & humbleness to restore it.

The sin of greed is responsible for the inequality of Life.

The Equota of Light is the force of our authority of Knowing that we have and the strength of our Vision.

The Equota of our Light is called Self-Confidence.

When our self-confidence is low we will be suffering from having the extravagance of gluttony or the poverty of scarcity.

The sin of gluttony is responsible for the inequota of Light in our life.

The Equantity of Love is the magnitude of our power to Be who we feel we are, which is our Purpose.

The Equantity of our Love is called Self-Worth. When our self-worth is low, we will resort to self-righteous pride and sanctimonious humility in order to restore it.

The sin of pride is responsible for the inequainty of Love in our life.

# Just Caring

March 11, 2008

“I love you” means I need you.

“I care for you” also means I need you.

When I ‘care for you’, I create a dependency of the ‘jealous controller’ that is too attached and insensitive to the other and needs to be cared for.

When I ‘care about you’, I create an independent detachment that is the ‘insensitive loner’, who is contained emotionally and not bothered by other people’s emotions.

When I ‘take care of you’, I take away your independence and create a dependency of the ‘dutiful carer’, that is too sensitive, too attached, and needs to be needed.

Emotional attachment to another creates ‘bother’.

Emotional insensitivity to another expresses ‘not bothered’.

Insensitivity to others creates neediness as they become insensitive to you.

Needing others emotionally expresses attachment.

Being 'too sensitive' and 'attached' is being needy.

Being 'insensitive' and 'attached' is being controlling.

Being 'insensitive' and 'unattached' is being lonely.

Being 'Sensitive' & 'Detached' is Just Caring.

Just Being Loving is being sensitively-detached and empowered.

Just Being Caring is just Loving another for who they are and the positive enjoyment of Being with them.

Being Loving with another requires us to be 'Loving' with another and to be 'with' them.

Life just is 'Care' free, when we are Just Caring.



# Stuck

March 10, 2008

We become 'stuck' when we stick to our programming.

We become unstuck when we challenge our programmed limiting beliefs.

Our limiting beliefs and emotional needs are responsible for creating the habits, addictions and obsessions that make us stuck in the same physical reality.

Being stuck is being at the fate of our beliefs.

Flowing freely is being at choice in our faith and destiny.

“Stuck in a rut” is continuing to go round and round in the same groove without deviation.

Being “In the groove” means experiencing what our peers expect us to experience, which is our fate.

Belief in a fixed reality keeps us stuck in that fixed reality.

When we change our perspective, we make a shift in consciousness that allows us to expand and grow and unstick our reality.

The lighter our vibration the more we flow energetically and the less we encounter entropy and resistance that will eventually make us grind to a halt and become stuck.

# Being Merry

March 9, 2008

The state of merriment, or the state of being merry, is a positive emotion that we feel when we share the same time, space and reality as others of our kind.

Being merry is being in harmony with our family, friends and relatives, enjoying a social occasion together.

We wish everyone in our acquaintance a very merry christmas, because it is a time of sharing our merriment together.

Christmas is a time for sharing and true sharing is when giving and receiving are emotionally in balance.

When we share the positive aspects of who we are with the positive aspects of others, we experience the merriment of being merry.

The reality of christmas is a time of sharing together in one place, a celebration of the highest aspects of who we are.

Being merry has nothing to do with consuming alcohol, even though we experience being merry in

the Pub when sharing the same time, space and reality with our friends.

Drinking to excess limits the merriment when it causes individual realities to differ. Getting drunk is the negative state of being 'too merry'.

# Supervision

March 8, 2008

Supervision is the process by which we ensure that tasks are completed to the standard that we expect.

We supervise or oversee others to ensure that they conform to our authority with their ability.

Super-Vision is the ability to See the bigger picture through the eyes of our Soul's Authority.

Super-Vision is Seeing Intuitively with the genius of our imagination. It is the ability to imagine a conscious reality and bring it into our future through our focused thought.

# Hierarchy

March 7, 2008

Hierarchy is the formalisation of greed. It is how we rationalise who is better than whom.

Hierarchy amongst birds is a 'pecking order'.

Hierarchy in a family is inherited by age.

Hierarchy in business is called a management structure.

Hierarchy in royalty delineates the succession to the throne.

Hierarchy is the structure of perceived power.

In all walks of life people are diligently climbing the social and work ladder of success, to raise themselves up the hierarchy of society to become more powerful.

Society perceives power to originate from status, money and knowledge. Hierarchy is therefore determined by one or all of these criteria.

Status is decided by title, which is determined by our position within the hierarchy of our society.

Money and knowledge are used to buy status in the hierarchy of our society.

Status and knowledge are used to earn more money in our society.

Money and status are used to purchase education and knowledge in our society.

Perceived personal power is measured by an individual's influence in society, which in turn is measured by how much status, wealth and knowledge they have.

The most influential people have most money, most status and most knowledge and sit at the pinnacle of our society's hierarchy. They are also the most greedy.

# Divine Righteousness

March 6, 2008

Divine Righteousness is the Attribute of Being on our Path and Knowing our Destiny.

It is Acceptance that is without tolerance or intolerance of other people's truth. It is Humility that is without acceptance or denial of other people's truth.

Acceptance with Humility is Divine Righteousness that is without the pride & humility of being self-righteous or sanctimonious.

The Righteous Acceptance of our Humility is Knowing the Divine Truth of who we are and why we are here in this physical existence.

When Divine Knowing and Truth, become One without duality, we attain the Attribute of Righteousness.

The path to Attaining Divine Righteousness is via the dual reality realm of relative opposites where we experience the sins & virtues of pride & humility; tolerance & intolerance; denial & acceptance; self-righteousness & sanctimoniousness; in our pursuit of



what is good or evil, right or wrong and positive or negative.

The path of relative duality life & death is strewn with the opposing energies of similar forces.

Knowing the Truth of the Divine Triality of Humility, Acceptance and Righteousness is Goodness. As Jesus declared “Non but the Lord is Good”.

# Common Sense

March 5, 2008

The sense that is common to everyone is Intuition - our sixth sense. Intuition is the guidance system of our Inner Teacher & Coach.

Our Inner Tutor communicates via the three inner senses that are common to us all, although only those who are spiritually awakened will receive the messages.

Our three intuitive inner senses are Seeing, Feeling and Knowing our Spiritual Path.

Our sense of Seeing intuitively is developed as we become more Sensitively- Detached.

The more insensitive (to energy) and attached (to material life) that we are, the less we can See the bigger picture and imagine a different future. As we become more sensitively-detached the power of our imagination, to consciously create our reality, increases.

Our common sense of Feeling intuitively is developed as we become more Emotionally-Rational.

The more irrational we are (in physical life) and the more unemotional we are (to spirit), the less we can feel energy in motion (e-motion) as the spirit of Inspiration.

The common sense of Knowing intuitively is developed as we become more Exclusively-Connected.

The more disconnected (from spirit) and inclusive (with other people in physical life) the less we can hear the messages of our own personal revelations.

# The Absolute Truth

March 4, 2008

Thoughts about my Soul from my Soul are the Absolute Truth.

My Soul resides in the Realm of the Absolute where there is no dual reality and no relative untruth.

Absolute Truths are the inspired revelations of intuitive genius from the imagination of our Inner Coach.

When what we see in our mind, feel in our emotions and know in our heart, all come into balance, harmony and unity, we are experiencing the Absolute Truth and the Oneness, Choice & Equality of our Soul.

Absolute Truth is the Way of Love and the 1st Commandment of Jesus to: “Love the Lord thy God (our Soul) with all thy heart, all thy soul, all thy mind and all thy strength”.

# Time & Money

March 3, 2008

Money & time are similar energies.

Money gives us perceived power and time allows us the authority to use it.

We can spend money or save money, according to the gender of our choice.

We can spend time or save time, in accord with the polarity of our choice.

We can use money frugally or we can waste money extravagantly, as we can use time positively or waste time in negative pursuits.

Whether we spend (expend) our energy or save our energy, use our energy or waste our energy, is as always our choice.

Whether we spend or save, use or waste, we are stuck in the duality of the gender & polarity of our energy.

We seek more money and more time by regulating the intensity of our life.

As we chase more money we expend more time.  
Making money is time consuming.

As we chase more time we expend more money.  
Making time consumes money. When “Time is  
Money” life is at its most Intensive.

The Intensity of our energy is the product of its  
gender and polarity.

We find a balance between the duality of time &  
money when we allow both to ‘flow’ in our Life.

# Personal Choice

March 2, 2008

Our thoughts are a reflection of our personal beliefs.

The emotion of our words is a measure of our state of being.

Our deeds are an expression of our behavioural dramas.

When we allow our thoughts, we authorise our choice.

When we approve the emotion in our words, we empower our choice.

When we accept our deeds, we enable our choice to become creative.

We make all choices in our life with the focus of our thoughts, words and deeds.

Our personal choice creates the reality of our life.

How we accept, approve and allow life to occur is our choice and becomes our reality.

Today's personal choices create tomorrow's personal reality.

We attract into our life everything that we focus our attention on.

Allowing, approving and accepting what turns up becomes pro-active when we disallow negative thoughts, disapprove negative emotions in our words and we make negative actions unacceptable.

When we allow only positive thoughts, approve only positive emotions in our words and accept only positive actions, we start to consciously create and project a positive life into our future.

We consciously create our future as our personal choice, by what we are being, doing and having in each present moment of time.



# Effortless Life

March 1, 2008

Life flows effortlessly when we are guided by the intuition of our Inner Coach.

When we hear our messages of revelation, we avoid having to confront a life lesson.

When we see our lessons in our imagination, we avoid having to confront a problem in life.

When we feel a problem in our inspiration, we avoid life going into chaos.

Chaos is a matter of life & death. When we fail to confront our chaotic life, we face the imminent disaster of death.

To avoid disaster, we are required to move out of chaos by solving our problems.

We solve a problem by feeling the guidance of our inspiration to learn the lesson it is presenting.

We learn our lessons by seeing the guidance of the bigger picture through the genius of our imagination that contains our messages. Imaging or imagining is the art of conscious dreaming.

We hear our messages when we listen to the guidance of our revelations that shine the Light on our True Path in Life.

Following our True Path is without problems or lessons, when we have the eyes to see and the ears to hear, and we follow the path of no resistance that flows effortlessly through a Life of Love & Light that is our Destiny.

# “The End of My Tether”

April 30, 2008

When I reach the “end of my tether”, I have fully explored the limits of one aspect of a duality in this relative world.

In this relative dual reality world, everything has an opposite. Anything without an opposite is absolutely divine.

Whatever side of an opposing duality that we are experiencing, it will have a definite limit, because relativity is not infinite.

We find the limit to our dual reality existence when our power and authority runs out and we reach the end of our tether.

When I run out of power, I react with anger.

When I run out of authority, I react with intolerance.

When I run out of ability, I react with frustration.

Anger, intolerance and frustration all lie at the end of my tether.

When I connect to my power and authority, there is no tether, and I am free to experience my infinite potential for creative ability.

# Disconnected & Detached

April 29, 2008

We are connected to the Absolute World of Spirit, whether we are consciously aware of it or not.

We are attached to the relative world of dual physical reality, whether we are aware of it or not.

Disconnected means that we are unaware of our spiritual existence, our spiritual heritage and our spiritual essence - our Soul.

Disconnected people are usually labelled as Atheist, Agnostic or Humanist, although many religious followers remain disconnected from their True Source.

Detached means that we are aware of our dual physical and spiritual existence but not attached to either. We are free to explore, experience and discover Life.

When attached to our physical existence, we are tied or tethered to it and our spiritual expansion and growth is limited and restricted.

When we are disconnected from our True Source, we are unaware and unable to connect to our True Power and Authority, which supports and guides us on our spiritual journey.

# Being Sentient

April 28, 2008

A sentient Being is a conscious Being who has the awareness of spirit as an emotional feeling.

Being sentient is using our spiritual sense of 'feeling'.

Being sentient is feeling the essence of who we are emotionally.

Emotion is pure spirit divided by gender, polarity and intensity.

Being sentient is the ability to discern frequencies of polarity, wavelengths of gender and vibrations of intensity in our emotional state of Being.

Being Aware is the ability to be sentient (feeling), intelligent (knowing), and visionary (seeing).

Being Conscious is being awake and experiencing the physical, material world with our physical senses.

Being alert to both our awareness and awakeness is the conscious-awareness of being a Spiritual Being on a conscious, physical journey in this relative, dual reality world called Planet Earth.

# Problem Solving

April 27, 2008

When we attempt to solve a problem that doesn't yet exist, we actually create the problem.

Before we can solve the problem, we must first understand what caused the problem.

The problem is always that we have missed an opportunity to learn and grow. Problems need solutions otherwise they lead to chaos and disaster.

The best way to deal with a problem is not to solve it but to learn the lesson for which it was created.

Lessons are opportunities for growth and as we learn our lessons and grow, we avoid having problems in life.

Instead of enjoying solving problems, learn not to have problems.

The way to avoid getting a lesson is to listen to our messages.

Hearing our messages is the way to an effortless life.

When we don't hear the message, we get an opportunity to learn a lesson. When we don't use that opportunity, it becomes a problem.

When we learn the lesson by hearing our messages, we have found the solution to not ever having problems.

The problem is always that we are not awakened, not aware, and not listening.



# Delighted & Enlightened

April 26, 2008

Delight means 'of light' and is the power that accompanies our authority.

Delighted means receiving the power of a positive emotion of Love.

Delightful means emanating or transmitting a positive emotion of Love.

Delighting in is feeling the positive emotion of a word, state of being, or experience.

We are delighted by our state of being in the positive emotion of Joy.

Enlighten means revealing a spiritual awareness.

Enlightened means knowing our true authority (our Light).

Enlightening is a message or thought that reveals or manifests a spiritual awareness of our path.

We are enlightened by our attainment of knowing the truth of our unique and exclusive path in Life.

We are delighted when enlightened, though not necessarily enlightened when delighted.

# Dead to Spirit

April 25, 2008

Being 'dead to spirit' is being 'unawakened'.

People who are unawakened fear the Spirit of the Dead.

Unawakened Souls see the spirit of the dead as ghosts.

Ghostly apparitions are created by our fears.

What we fear appears, including apparitions, ghosts and the spirits of the dead.

Awakened Souls know that it is the Spirit of Life that is important, not the spirit of the dead.

With enough Life Spirit or Life Force Energy, there is no fear and nothing to fear.

Without fear there is no negative energy to create the 'living dead', that those who are dead to spirit experience.

Life Energy is a harmonious balance of Light & Love that resonates with the Truth of who we are and why we are here.

# Raising the Dead

April 24, 2008

Spiritualists believe that they speak to the souls of departed relatives and relate to departed souls in the after life.

We create our own reality, therefore whatever we believe, we create. Spiritualism is a belief system and therefore a religion.

Belief systems are common beliefs held by many people. The more people that hold the same or similar beliefs, the stronger the belief system or religion becomes.

The stronger a belief system, the more potential it has to manifest and create its own beliefs as reality.

One of our strongest belief systems is modern science. Science is the main religion of an atheist and an agnostic.

With enough belief, we can raise the dead and have a conversation with departed souls.

The question is: “why would we choose to”?

Can a dead relative really help us on our spiritual path?

If they were unaware of our path in life, why would they know it in their after-life?

Following our ancestral lineage is our fate in life. Whether that lineage is alive or dead is irrelevant.

Awakened Souls follow their destiny and their 'Light'. They do not linger in an 'after-life'.

# Frightened of Our Own Shadow

April 23, 2008

We are frightened by the fear of a false reality appearing real.

A fear is a false reality created by a limiting or false belief.

Fear becomes very real when we make it our reality because of our beliefs.

The only energy that fear has is the magnitude and the force of the belief that creates it.

Our false and limiting beliefs become our shadow. Fear is created in the absence of Light, Knowing and Truth.

With sufficient force of Light and magnitude of Love, all fear can be overcome. Overcoming fear is the Way to fulfil our potential in Life.

We are frightened of our own shadow because it is our shadow self, in the absence of Light, that creates all our fears.

# Co-dependency

April 22, 2008

Co-dependency is a partnership where each partner provides what the other partner needs, both physically and emotionally. It is a balanced agreement based on give & take and compromise.

Partners are unaware of their dependency on each other emotionally until they become aware of their own emotional needs.

All the time we are in a co-dependent relationship, we are unaware of our emotional needs because they are automatically being met sub-consciously by our partner.

When our emotional needs are being met, we have no emotional needs, and therefore, no opportunity to become aware of what they are.

The way out of co-dependency is to seek independence. Yet we cannot become independent within a co-dependent relationship until we learn to consciously meet our own emotional needs.

The journey towards independence therefore, requires time alone in the 'desert'.

# Gender & Polarity

April 21, 2008

Sensitivity is being emotionally connected to our positive female energy. Exclusivity is being rationally detached with our positive male energy. When we are sensitively connected emotionally, we access our Power. When we are exclusively detached rationally, we access our Authority.

When we are exclusively-connected, sensitively-detached and emotionally-rational, we combine the male and female gender of our energy in a positive polarity, and we access our Ability.

With a negative polarity and a female gender, energy is irrational, inclusive and attached by our beliefs, needs and dramas.

Negative male energy, by comparison, is unemotional, disconnected and insensitive to our true power, authority and ability.

Unemotional and irrational have no sense of 'feeling'. Disconnected and inclusive have no sense of 'knowing'. Insensitive and attached have no sense of 'seeing'. Power has no divided gender.



Authority has no divided polarity.

Ability has both gender and polarity that is balanced and united.

# Growth & Maturity

April 20, 2008

Maturity is a stage of development between adolescence and old age. Growth is an evolution of our reality in space and time.

Maturity concerns stability and certainty.

Growth is about expansiveness and personal experience.

Things grow as part of their connection to nature.

Things mature as a natural progression towards old age. Growth is infinite, eternal and boundless.

Maturity is limited by age and experience.

Fruit matures before it goes bad.

Consciousness grows on a path towards Goodness.

Physical maturity leads eventually to death.

Spiritual growth is infinite, eternal and continuous.

# The Provider & The Dependent

April 19, 2008

The Soul is the Provider for the Self.

The Self is Dependent on the Soul for its Power & Authority.

The Soul is Dependent on the Self for its Ability to develop and grow.

The Self provides the opportunity for the Soul to become spiritually expansive.

When the Self becomes disconnected from its Soul, it seeks alternative ways of providing what it needs or what it thinks it needs.

During infancy, the Self is dependent on its Earthly family to provide its physical and emotional needs.

The journey of the Self towards Independence requires it to take responsibility for providing for itself.

The journey of the Soul towards Independence requires it to take responsibility for its Self.

True Independence is allowing our Inner Self or Soul to provide everything that we need for our Self.

Independent Provision is not created by being independent of the provider but by being Independent with our Provider.

# Power

April 18, 2008

Our society currently operates on the belief that power requires ability:

The ability of intelligence to learn and retain knowledge, because knowledge is power.

The ability to use that knowledge to earn money, because money is power.

The ability to use that money to ascend the hierarchy of society, because status is power.

Knowledge, money and status have become the gods of modern society, because we believe that they hold the key to our power.

In Truth - Ability requires both Power and Authority.

Power has no Ability without Authority, and Authority has no Ability without Power.

We connect to our Authentic Power by feeling the emotions of our Soul.

We connect to our Personal Authority by knowing the Truth of our Soul.

We connect to our Ability in Life by seeing who we really are (our Power) and why we are here (our Authority).

We are all creators with the potential to connect to our infinite Power. Our Ability to connect to our Power is limited only by our Authority to use it as our Soul intends.

# The Analyst

April 17, 2008

The Analyst highlights the obstacles that are causing resistance to the flow of Life. The Analyst identifies the causes of what we have mis-created in Life.

The Analyst sees Life from many different perspectives.

The Analyst knows that everyone creates their own version of reality.

The Analyst requires the skills of both consciousness and awareness.

Without awareness, the Analyst will seek perfect solutions and need to be right.

With the need to be right and perfect, the Analyst will become an anal-yst.

An Analyst cannot perform with their head stuck up their rectum.

The Analyst knows that what appears to be a problem in life, is in fact an opportunity for personal growth and development.

The Analyst gives direction to the lost, clarity to the confused and ability to the frustrated, on their unique, individual and exclusive journey through Life.



# Ascending the Mountain

April 16, 2008

We ascend the mountain of Life because our shadow is cast longest from the summit.

The great paradox is that the journey to the sea involves climbing the mountain first.

The unawakened soul who climbs the mountain will find nothing at the top.

The awakened soul who ascends the mountain finds a clear picture of their shadow cast all the way down to the sea.

We must first climb the mountain to see the enormity of the task that our journey down stream holds for us.

All rivers have their source at the top of the mountain.

This is where we are invited to enter the 'River of Life' and flow effortlessly down to our 'Source' in the ocean below.

We do not descend the river but flow with the spirit of the river on our journey back to our Source.

The journey up the mountain is the 'road to perdition'.  
The journey down the river is the 'road to purgatory'.  
The ocean is where 'paradise' exists.

# The Nurturer

April 15, 2008

The Nurturer allows others to grow. The Nurturer is open and connected.

The Nurturer is sensitive to the needs of others and aware of their emotional state of Being.

The Nurturer empowers others on their personal path.

The Nurturer understands that without power, we cannot progress along our path.

The Nurturer knows that our personal path of development is to grow spiritually.

The Nurturer incubates the seeds that others have sown.

The gift of Nurture requires the attainment of detachment to allow sensitivity to be effective.

We all need a Nurturer to support us on our path when our growth hits resistance and our batteries are depleted.

# Meditation & Sleep

April 14, 2008

Sleep is essential to the physical body.

Meditation is essential to our spiritual path.

During waking, sleeping and meditating, we operate at three different frequencies.

Without sleep, the body struggles to regenerate its power.

Without meditation, the mind is unable to receive its authority.

Without awareness, the mind and body has no spirit and becomes like a zombie.

Sleep and meditation are essential to staying 'awake' - both physically and spiritually.

Spiritually means that we are physically, mentally and emotionally in balance.

We need to be fully awake and aware in order to meditate and receive our messages.

Without enough sleep, we cannot be awake enough, to be aware enough, to connect to our true authority and stay 'awakened'.

# True Values

April 13, 2008

A True Value has value and truth.

A True Value gives us confidence and self-worth.

A True Value is authorised and empowered.

A True Value realises Joy and manifests fulfilment.

A True Value connects us to both Love & Light.

A True Value has no limiting beliefs and no emotional needs.

A limiting belief resists the truth, whilst an emotional need depreciates our worth and value.

We cannot live the Life that we Truly Value whilst we are chasing around trying to get our emotional needs met.

We cannot live the Life that we Truly Value until we learn to value the truth. The value of our truth is inversely proportional to our limiting beliefs.

Our True Values facilitate a Life of True Value.

# Knowledge & Wisdom

April 12, 2008

Knowledge is acquired information and experience that facilitates choosing. Wisdom is innate and intuitive and allows choice.

Knowledge of our physical world is gained through our five physical senses of seeing, hearing, feeling, smelling and tasting.

Wisdom of the spiritual world is gained via our three spiritual senses of seeing, feeling and knowing.

The pursuit of knowledge is for learned masters who seek the secrets of our physical sciences.

The acquisition of wisdom is for the learning student who seeks the secrets of our spiritual existence.

A learned scholar is rationally knowledgeable. A wise sage is spiritually intuitive.

# Being Spiritual

April 11, 2008

Being Spiritual means living as a Spiritual Being.

Once awakened to the awareness that we are a Spiritual Being, we know that we have come here for a purpose, that we have a vision for our life, and that we are on a mission to succeed in that vision and purpose.

Being spiritual is being aware that we have a destiny and being conscious of what our destiny is.

Our destiny is to fulfil our vision, mission and purpose for this life-time.

When we believe that we are a physical Being surviving a human existence, we are at the mercy of our fate and we are unawakened to the spiritual reality of our destiny.

We create our own reality. As a Spiritual Being, we can learn to create our reality consciously.

As an unawakened human Being, we are fated to live the reality that we sub- consciously create with our limiting beliefs and mental programmes.



# Success & Failure

April 10, 2008

Success in Life is living our True Values.

When we live our True Values, we succeed in following our True Path and leading a life of worth and value.

When we are doing what we truly love and value, we are experiencing our full worth and we are connected to our unlimited power.

Our fear of failure disconnects us from our Source of Power.

The very belief that we are disconnected from our power and will fail, is what creates our disconnection and failure.

Success and failure only exist in a world where we believe that there is something we have to do in order to survive.

Our survival is driven by a fear of failure (death) and a need to achieve (life).

Once we stop trying to survive, we can start to truly discover, explore and experience Life.

# Fulfilled

April 9, 2008

Fulfilled means that we are filled full of positive emotional energy.

When we are filled full of positive emotional energy, we are connected to our power and we succeed to the inheritance of our true authority.

Our inheritance is the growth that we have covenanted to attain on our life path. Life, path, & growth are the three aspects of our expansive fulfilment.

Expansive growth is being filled full of Life.

Expansive growth fulfills our Life Path.

Our Life Path grows as we fulfill our Destiny.

The more our destiny fills our life, the more fulfilled is our life and the more fulfilling is our destiny.

When filled full of negative emotion, we are experiencing the failure, rejection and deprivation of our fate.

Failure is to not have the ability.

Rejection is to not have the power.

Deprivation is to not have the authority.

When filled full with power, authority and ability we are fulfilled with our Destiny.

# The Tree of Life

April 8, 2008

The tree is synonymous with development and growth.

Our management tree determines our status, position and path of growth in our business or organisation.

Our family tree is our ancestral line and determines our personal development and fate.

They are both related to the Tree of Knowledge of good & evil.

The knowledge of what is good or evil is passed down our ancestral line and is programmed in us from birth.

Our breeding decides our status in society and our future position in the business world.

How we are bred or programmed sub-consciously from birth, determines our personality and character. It is the foundation of our belief system and drives the dramas of our emotional needs.

The knowledge of what is considered to be sinful or virtuous drives the battle between the forces of light

and darkness that determine the quality of our life or death.

The Tree of Life is our Destiny.

The Tree of Life is synonymous with our personal spiritual development and growth, once we have redeemed our True Identity, and overcome the battle of good and evil outlined in the Tree of Knowledge.

# Freedom & Independence

April 7, 2008

Freedom is having the authority to discern the right choice for our self.

Independence is having the power to make our choices our self.

With freedom and independence, we have the ability to carry out our choices.

Choosing requires will power, which is the will of the ego self.

Being 'at choice' requires the power and authority of our heart & soul.

Freedom is the result of overcoming the authority of our limiting beliefs.

Independence is the consequence of redeeming our unmet needs and connecting to our true power.

Limiting beliefs and unmet needs drive the "I will" of the ego self. Freedom & Independence is the power and authority of the "I am" Soul.

# I Will & I Shall

April 6, 2008

I will is an intention of our ego self.

I shall is an affirmation of our soul's intention.

I will is an intention of our mind based on our sub-conscious beliefs and our emotional needs.

I shall is an affirmation of our soul from the heart of our Beingness. I will is a projection of our fate.

I shall is an expression of our destiny.

I will is the inheritance of our forefathers.

I shall is the gift of our true values.

I will, follows our ancestral lineage.

I shall, follows our vision, mission and purpose in life.

I will do what I need to do and be who I need to be, in order to have what I want.

I shall be who I really am and I have everything I need in order to do what I came here to do.

# Creating Reality

April 5, 2008

Creating our own reality requires Time and Space.

Space is the distance of separation between us and other people that allows our realities to differ.

The more inclusive that we are, the more we allow others into our space and the less separation we have and the less we are connected to our own path and our own reality.

Time is the number of moments in our life, when we are available to receive our messages or conceive unique thoughts that create our individual reality.

Time is the delay between the reality that we think and the reality that we create.

The more disconnected that we are, the less time we have to listen to our Soul and the more that we are driven by other people's dramas that are other people's reality.

When we are sensitively detached in our own space, we are free to respond in a forward direction without resistance and create a positive reality.



When we are exclusively connected to our own time, we are present in that moment to hear our directions and messages that create our vision of reality as we see it.

Our quota of time (our frequency) and our magnitude of space (our wavelength) determine the quality of the reality that we are creating (our vibration).

The greater the potential of our vibration the quicker that the focus of our thoughts becomes our reality.

Our reality is always in the process of being created. Whether we continually create the same reality or consciously change our reality to suit our choice, it is never-the-less determined by the intensity of our thoughts, words and actions.

Perspective is our view of the reality that we have created.

Our beliefs create the perspective that create our reality and our reality endorses our beliefs as our truth.

We therefore all have our own perspective of the truth and the potential to create our own individual, unique and exclusive reality.

# Detached or Disconnected

April 4, 2008

Detached means having no attachment to our physical and material existence.

Disconnected means having no connection to our spiritual and emotional existence.

We are attached to our physical dramas in life by our mental beliefs and our emotional needs.

We are connected to our spiritual ability in life by our power of Love and our authority of Light.

When we are attached to physical life, we become disconnected from our spiritual existence.

When we are detached with physical life, we can connect to our spiritual inheritance.

Our spiritual connection is with our exclusive authority that connects us to our emotional power.

Detachment from our physical, rational senses connects us to our spiritual, emotional sensitivity.

# Positive Thought

April 3, 2008

The ability to think positively requires emotional power.

In the absence of our emotional power, we have emotional needs and our perspective will polarise towards the negative.

Thinking positively is the authority to follow our true path.

When we follow our true path, we think positively (have the authority) and feel positive (have the power).

When we are off track, we are receiving negative thoughts based on limiting beliefs that are creating negative feelings or emotions.

Negative thoughts create a negative reality and experiencing a negative reality creates negative emotions.

Without emotional power our energy levels will rise and fall dependent on our ability to meet our emotional needs that are created by our negative beliefs.

Once we have challenged our limiting beliefs, met our emotional needs and are doing what we love to do, we are free to choose the polarity of our perspective and see Life with a positive outlook.

# Connecting to Source

April 2, 2008

We have a choice of emotional power supply. We can 'run on batteries' or we can 'connect to the mains'.

When we run on batteries, our power supply is limited and needs constantly recharging.

Recharging our batteries comes at a cost, which is our value or quality of life. When we run on batteries we 'need' to continually top-up our emotional energy.

The need to replenish our 'emotional need' and get our needs met is carried out by our sub-conscious mind until we become aware of our emotional needs and get them met consciously.

We cannot plug into the mains sub-consciously. When we plug into the mains we connect to Source.

Connecting to Source requires our conscious choice to follow our own spiritual authority.

Sub-consciously chasing our emotional needs keeps us off track and disconnected from our Source of authority and power.

Once we have consciously met our emotional needs, we are free to follow our True Values and connect to the Source of our True Power - Love.

We are then free to do what we love to do - with Love.

# The Need to be Appreciated

April 1, 2008

We need to be appreciated when we do not value our own self-worth. When our self-worth is depreciated, we may need appreciation from others.

The need to achieve is often driven by the need to be appreciated. When others appreciate what we do and achieve, we learn to do things for the appreciation that we receive.

When appreciation is the reward for achievement, we associate accomplishment with self-worth and our value is directly related to what we do and achieve rather than who we are.

Whereas achievement gains appreciation, we may need approval before being able to achieve anything.

When we risk disapproval, we will fear the failure of non-achievement and not being appreciated.

When the price of failure becomes disapproval and depreciation as opposed to the rewards of approval and appreciation of success, we have too much invested in the duality of success and failure.

Success or failure, appreciation or depreciation, approval and disapproval, are just opposing perspectives of the same energy.



# Boredom

May 31, 2008

“Boredom is the gateway to peace and serenity”.

“We never get bored with Life, only the lack of it”.

Boredom is the absence of emotional Power that stops us enjoying Life.

Boredom is the absence of Authority, that stops us changing, expanding and growing.

Boredom is the inability to be, do, and have something different.

Boredom is the sameness that tells us we are stuck, contracting and life-less.

Our yawns of boredom are our Soul telling us that we are not listening.

A yawn signifies our lack of interest, appreciation and growth.

When we are yawning, we are being our sleepy, unawakened and uninspired Self.

When we are bored with life, we are pursuing a slow and lingering death and we are not realising our creativity or manifesting our reality consciously.

“A life” is a personal experience of the physical world from birth to death.

“Life” is a journey of personal spiritual growth and development in the physical world of dual reality.

“A life” is the existence of the unawakened ego.

“Life” is the opportunity of the awakened Soul to grow and develop its Self by consciously creating its own personal reality.

The unawakened ego Self shares a reality with the rest of the world in which it exists.

The awakened Soul consciously creates “Life” as a reality of its own choice.

To consciously choose the reality of our own “Life” requires the individual awareness and ability to control our personal power and exclusive authority.

“Life” is the awareness of our Power of Love with the consciousness of our Authority of Light.

“Life” is our potential Ability to create our own reality with Conscious-Awareness.

# Vision

May 29, 2008

Our 'Vision' is our picture of the world that we choose to live in.

It is the image of our ideal world.

The ideal world that we choose to live in is our version of Heaven.

Creating our version of Heaven on Earth requires us to see that vision first in our imagination.

Once we can imagine an ideal, then we can choose that idea by holding it in our imagination as our Vision.

What we focus our intention on we create as our reality.

When we are not creating our ideal version of reality it is because it is not the focus of our intention.

The Action that our Intention requires is always our Attention.

An idea is just an idea until we make it our ideal creation by focusing our Attention on the Vision of our Imagination and actually visualise our Intention.

# The Story of Easter

May 28, 2008

With the “eyes to see”, we no longer need to listen to the parable of Easter. Easter represents the Crucifixion; the Resurrection; and the Ascension.

The Crucifixion or death on the cross symbolises our death to spirit in the relative dual reality world of physical existence.

The Resurrection or rising from the dead is our awakening to spirit in Life. We resurrect from the dead when we awaken to our spiritual existence whilst still alive in physical form.

The Ascension is our elevation into the Kingdom of Heaven on Earth or our ability to live a Divine Life in this physical world.

Jesus said “You too can be like me”.

We can all be the Overcomer that overcomes the duality of earthly existence and survives the cross of their fate to discover their destiny and survive their own personal crucifixion. Jesus didn't die on the cross, he resurrected and ascended.

We can all be the Redeemer who remembers their spiritual inheritance and resurrects their true vision in Life by awakening to the Spiritual Path of their Soul as Jesus did.

We can all be the Saviour who creates their own personal reality of Heaven on Earth by bringing the Spirit of Heaven to Earth just as Jesus did.

Easter eggs represent the birth of a new beginning not the death of a famous historical person.

# 6 Divine Questions & Answers

May 27, 2008

Who is God?

God is Love!

What is God?

God is Light!

How is God?

God is Life!

When is God?

God is Time!

Where is God?

God is Space!

Why is God?

God is Reality!

God is Love, Light & Life in Space-Time-Reality.

# Success & Failure

May 26, 2008

“The only failure in life is to be driven by our success”.

When we “fall flat on our face”, we experience apparent failure. The success of learning to walk appears to have a degree of failure when we fall flat on our face.

The Attainment of Life allows success and failure to be a choice. Without the failure of falling over, the success of walking would be a non-event.

Without the possibility of failure, the successful achievement of learning to walk, ride a bike, pass a driving test or buy a house, would not exist. The higher we aim for success with our objectives, the greater the risk of failure becomes.

Success and failure are a product of dual reality existence. When we ‘Attain Life’, we know that we have already succeeded and cannot ever fail.

We know that we can choose success or failure or neither or both.

# Spiritual Attainment

May 25, 2008

Spiritual Attainment is the development and growth of the Self in alignment with the Soul.

Our personal Spiritual 'Entity' is our Soul that seeks expansive growth through the Life of its 'Id' or Self.

As the Id becomes conscious of its Self, it develops an 'Ego', which is its personal sense of Self.

The Soul Attains Spiritual development of its Self through the opportunities for growth that the Self encounters in everyday Life.

Our Physical Ability in Life is the product of our Mental Authority and our Emotional Power.

Physical Ability is called Life. Mental Authority is called Light. Emotional Power is called Love.

We Attain Spiritual Development, Growth and Expansion of our Power, Authority and Ability as the Self and the Soul unite on their exclusive Path of Attainment.



# Material Success

May 24, 2008

Material success is measured by how safe, secure and comfortable we are in life. To achieve anything in life, we require power, authority and ability.

The power to gain material success comes from 'money'. The more money we have, the more power we have to secure material wealth. The more material wealth we have, the more power we appear to have.

The authority to accomplish material success comes from 'status'. The higher our status in the hierarchy of society, the more authority or influence we have over others. The more influence we have, the more power we appear to have, because there is no distinction between power and authority in our society.

The ability to achieve material success comes from 'knowledge'. The greater our knowledge, the more ability we have to get on in life, make money and improve our status.

Money, status and knowledge are the 3 indicators of material success in our society.

# Three Prime Attainments

May 23, 2008

There are 3 prime attainments of Conscious-Awareness that give us the competence, capacity and capability to create our own Life & Reality, within our own Time & Space of Love & Light.

1. Exclusively - Connected is knowing our own authority and Life Path.

Exclusive means: I have faith in my own beliefs.

Connected means: I hear my Inner Messages.

2. Sensitively-Detached is being empowered and feeling our highest emotion.

Sensitive means: I am aware of my energy and the energy of others.

Detached means: I am without emotional needs or attachments and transparent to the needs of others.

3. Emotionally-Rational is seeing the genius of my intuitive, creative, imagination.

Emotional means: I feel my inspiration and realise my power.

Rational means: I know my revelations and my manifest authority.

My Connected, Sensitive and Emotional female energy is in total harmony and accord with my Exclusive, Detached and Rational male energy.

My disconnected, insensitive, unemotional, inclusive, attached and irrational aspects of my self have all been overcome.

My polarity is completely positive and my gender is united with a totally balanced intensity.

# Life Coaching

May 22, 2008

Life Coaching is the process of guiding and supporting an individual's Personal Spiritual Development and Growth.

“Life” is an individual personal experience of growing and developing.

“Coaching” is the activity of guiding and supporting the achievement of attributes and attainments that define our personal spiritual growth and development.

Life is the product of our Spiritual Love & Light.  
As we expand our Spiritual Love, our power grows.  
As we expand our Spiritual Light, our authority develops.

As our Love grows and our Light develops, our ability in Life becomes expansive. Personal Spiritual Development and Growth is the Union of the divided Self & Soul in Life, once the Self has awakened to the awareness of the Soul's ability to Coach its Self.

Life Coaching unites the Self with its Soul - the Inner Coach.

# Physical Time & Space

May 21, 2008

We measure physical time as distance divided by speed.

1 Day (of time) is equal to the distance of one revolution of the Earth divided by its speed of revolution. [ 1 day = 24,000 miles / 1000 mph = 24 hours].

We measure physical space or the space between physical objects as a volume when it is 3 dimensional; as an area when it is 2 dimensional; and as a distance when it is 1 dimensional. Therefore: distance = length; area = length x breadth; and volume = length x breadth x height (or depth).

We measure the space inside physical matter, which is the space between molecules and atoms, as its density. Density or specific gravity = weight (mass) / volume.

We measure physical time in hours, minutes and seconds.

We measure physical distance of rotation in space as degrees, minutes and seconds.

We measure physical distance in space in a straight line using time as a light-year (the distance light travels in a year).

Energy only becomes subject to time and space once it slows down sufficiently to materialise as matter. We can therefore only measure time and space relative to physical matter.

Spiritual Energy exists in Spiritual Time & Space and requires a different method of calculation.

# The Son of Man

May 20, 2008

“The Son of Man” is the symbol of the “Way of Love”. The Way of Love is Oneness, without division by gender.

The Son of Man represents the absence of gender. It signifies the unity of both the male and female gender of our energy. Pure Love is not divided by male or female gender. Jesus (who was male by sex) was united in the gender of his energy. His energy was both male and female. He was in Holy Communion with him self.

The Son of Man has an undivided spirit. The Spirit is whole or Holy. The Holy Communion of the Spirit is the attainment of the Sons of Man.

Holy Matrimony is the communion of a male energy with a female energy, who are united together in the Spirit of Oneness and Love called Intimacy.

Sex is the joining together physically of two sexual bodies.

Intimacy is the union of male and female energy becoming Pure Love.

# Spiritual Time & Space

May 19, 2008

Spiritual Time is the Space between Reality changing.

Spiritual Space is the Time it takes for our thoughts to manifest. It is the void between a conscious thought and its creation in physical reality.

Our thoughts, words and deeds create our Reality.

Thoughts require Time in order to materialise.

Words require Space to realise their emotive power.

Deeds or actions require Reality through which to express their creative ability. Reality is the resulting effect of our creative ability.

The ability to create our reality requires Time for the authority of our thought to manifest and Space to realise the power of our words.

In Absolute Spiritual Reality, Time & Space are undivided.



# Attributes & Attainments

May 18, 2008

Attainments are perspectives of TRUTH.

Attributes are perceptions of LOVE.

Attainments are our highest mental beliefs.

Attributes are our most positive state of emotionally Being. Attainments are what we are here to do.

Attributes define who we are.

Attainments allow us our authority.

Attributes approve of our power.

We attain our highest force of authority through our thoughts. We attribute our greatest magnitude of power via our emotions. Attainments are our mental capacity (IQ). Attributes are our emotional competence (EQ). We attain perspective through revelation. We attribute perception to inspiration.

Attainments are tools of manifestation. Attributes are aspects of realisation. Attributes and attainments answer the questions: “Who am I” and “Why am I here”?

Attributes and attainments are the power and authority that form the foundation of our personal creative ability.

# Instinct

May 17, 2008

Instinct is the survival tool of those unawakened to Spirit. We do things sub-consciously and instinctively to stay alive.

Instinct is our sub-conscious programming that is designed to keep us safe, secure and comfortable.

Instinct is a reaction to impending or apparent danger.

Acting instinctively is acting without consciously thinking.

We act instinctively, we know intuitively.

When we know intuitively, we no longer need to act instinctively. Intuition always knows before instinctive action is necessary. Without instinct, surviving our early years would be impossible.

Instinct is essential until we awaken to the intuitive gifts that are our spiritual senses.

Ingenuity is the genius that is our Soul and Inner Coach. Our Soul is genuine, authentic and ingenuous.

Ingenuous means to be innocent; trusting; demonstrating childlike simplicity; unable to mask feelings; unsophisticated; straightforward; candid, open and frank; just like our Soul.

A genius is born with a special gift. We are all born with a special gift but alas our ingenuity is not always recognised.

We all have the potential ability to connect with the genius that is the authority of our Soul.

Our Soul Connection is our sole connection to our genius.

Genius is not the accumulation of knowledge of the physical world.

Genius is the Universal Wisdom of Knowing our Truth. With the ingenuity of our Soul, we will always have the answers to our prayers. The genie in the bottle is our Inner Coach.

# Intuition

May 15, 2008

Intuition is the guidance of our Inner Tutor or Inner Coach.

Intuition is our Inner Knowing from the Source of our Being.

Intuition provides the answers to all my questions.

Intuition delivers my daily life lessons or challenges that allow my spiritual growth. Intuition is my Teacher, Guide and Coach.

Ingenuity is the gateway to my imagination and intuition is the gateway to my revelations.

My life path is revealed through intuitive revelations.

Intuition is the access or the doorway to my 'Light'.

To receive 'this day our daily bread', we are required to be intuitive. Let those who have ears, hear.

We intuit our messages in a meditative state of mind.

Instinct is our sub-conscious reaction to life's problems. Intuition is our Soul's response to Life's questions.

# Vigilant

May 14, 2008

We cannot be relaxed and vigilant.

Relaxed and vigilant are the same energy experienced from opposing perspectives.

Being vigilant will stop us being relaxed and will therefore make us tense.

Being vigilant means that we are always tense and ready to act, or react, to what ever we fear threatens us.

Whatever we fear, threatens us and we will become a victim of.

We are vigilant to the victimisation of villains that we fear are out to attack us.

To protect our selves from evil villains, we form vigilante groups with other victims, to attack suspected villains before they can victimise us.

These vigilante groups then become the villains by making victims of their suspected villains.

All 'armed forces', including police and security forces, are vigilante groups, or work under the

authority of a vigilante group, usually called either 'central government' or 'local authority'.

One who is on a 'vigil' never sleeps, but is not awake.

# Spirituality

May 13, 2008

Spirit means 'Energy'. Spirituality is the reality of spiritual energy. The reality of Spirit is infinite, eternal and continuous change.

Physical matter is energy or spirit at relative rest. The reality of physical existence is stability and form.

The difference between energy and matter is its rate of vibration.

Solids have a lower vibration than liquids, which have a slower vibration than gases, which have a slower vibration than spirit.

The rate of vibration is determined by its frequency and wavelength and creates the form of spirit as either energy or matter.

Energy and Spirit cannot be destroyed, it just changes form according to its rate of vibration.

The only reality that Spirit has is what is formed as matter - or what matters to us in this physical realm.

We create our own reality out of Spiritual Energy according to what matters to our Self.

# Master & Slave

May 12, 2008

Master & Slave is a role duality that expresses the same energy from opposing perspectives. It is a drama created from our emotional need to be better than others and our limiting belief that we are not all equal. It is an expression in relative dual reality of our sins of greed & pleasing, arrogance & humbleness and pride & humility.

A master of slaves will never master their own destiny. It is not our destiny to be a master of anyone or a slave of anyone, but it may become our fate. It is not our destiny to become the slave of our Soul, as our Soul has granted our Self free will.

It is our destiny to become the attributes of our Soul and attain the choice of our Soul, whilst in relative physical reality.

It is our destiny to become Master of our Conscious Creation, instead of a slave to the sub-conscious creation of our fate.



# Expert & Master

May 11, 2008

Our Ego Self thinks that it is an expert. Our Soul knows that it is the Master.

The Self seeks to become an expert because the Soul has given it free will and choice.

The role of the Self is the exploration, discovery and experience of the dual reality world of the relative physical realm. It does this either with or without conscious- awareness of its Master.

The role of the Soul is to be the Master of the Self. The Soul has nothing it has to do. It just is Master of its own Destiny.

The Ego Self acts on behalf of the Soul, once it has awakened to its true destiny - the Path of its Soul.

Whilst unawakened, the ego self stumbles through life trying to master existence and survival in this physical realm and become an expert in their particular field.

Once awakened to their Soul's Destiny, the Self knows that being an expert is no longer necessary as the Soul is already a Master.

# Oneness

May 10, 2008

Oneness is a state of Being At One with our Self.

When we are At One with our Self, we have no inner conflict, denial or appeasement.

Without Oneness, we are divided by either our pride or our humility.

We will either express the virtues of our ego self with pride and exuberance or we will sub-consciously disguise our virtues with modest humility.

Either way we are putting on a false facade and masking who we really are.

Our ego self is caught up in the dramas of our mental beliefs and emotional needs and acts out the role that it has found best copes with each drama.

In the absence of Oneness and knowing our True Identity, we adopt a false character according to our programmed beliefs and a false personality according to our emotional needs.

Once our conscious ego Self becomes aware of our sub-conscious beliefs and emotional needs, it is then

free to seek Oneness with the True Reality of our Soul.

The Oneness of our conscious and sub-conscious Self is an essential pre-requisite to the journey of seeking the Oneness of our Self with our Soul.

Our Real Self and our True Identity is known only to our Soul.

# Conflict & Appeasement

May 9, 2008

Conflict is the absence of peace.

Appeasement is a false peace that denies or avoids conflict.

Whenever we have opposing dual realities, we will experience conflict.

This dual reality world is ideally constructed in order to experience all possible aspects of conflicting, opposing realities.

Whenever two aspects of our Beingness are in opposition there is the potential for conflict within our self.

A peacemaker has mastered the art of appeasement.

Managing conflict through appeasement results in a passive conflict or a 'cold war'.

A cold war is still a war and opponents are still in conflict.

The greater the conflicting views, the greater the need for appeasement and compromise.

When conflict is avoided, it just lays passively dormant waiting for the opportunity to express itself in a 'hot war' that seeks to annihilate the conflict that has not been confronted.

Once we confront our opposing views, we overcome the need for both conflict and appeasement.

# Peace

May 8, 2008

True Peace is not a duality of war. True Peace is found at the heart and soul of our Being. At the core of our Beingness is the Power of our Heart and the Authority of our Soul. When our heart and soul are connected, we are able to be at Peace with our Self.

Peace of mind is what we seek when we are disconnected from our Authority & Power. Peace of mind has no conflict. When the heart and mind are in conflict there can be no Peace.

Peace is the absence of conflict.

Conflict is a drama that deprives us of our Peace.

All inner conflict is the inability of the heart and soul to be in harmony.

When our heart and soul are not united, our mind is in conflict and peace is impossible.

Peace reigns when war and peace are no longer a duality.

# True Values

May 7, 2008

True Values are a measure of our worth.

What we know is worth doing, is what we truly value to do.

When following our True Values, we are empowered and inspired.

Ordinary values are our standard of personal behaviour that we deem acceptable for our self.

Our values or standards are a reflection of our boundaries, which is the behaviour that we find acceptable from other people.

Our standard values or our value standards are the consensus of our peer group, community or society, and are not a reflection of our True Worth.

Standard values are not what we truly value about our self. They are what other people have taught us to value in our self because they reflect their boundaries, which they impose on us in order to maintain their comfort zone.



Our True Values and our True Worth will remain a mystery until we have consciously overcome our emotional needs.

The dilemma is that we have to connect to our True power to pursue our True Values and we have to pursue our True Values in order to connect to our True Power.

We cannot connect to our True Power and Worth from within the boundaries of our comfort zone.

# Being at Choice

May 6, 2008

Being at Choice is choosing the choice of our Soul.

The paradox is that the Soul's Choice is always to allow our Self to choose.

The Self is granted total free will by the Soul.

Free will is total 'carte blanche' for the ego self to choose whatever it desires.

Carte Blanche is an infinite menu and a white canvas on which to paint our own reality.

Free will is the ability to be the author of our own life.

It is only once the Self chooses the Choice of the Soul that the Soul and the Self unite in their choice and become 'At Choice'.

Every time the ego makes a choice that is not the choice of the Soul, the Self and the Soul remain separate and disconnected.

When we choose the choice of our Soul, we connect to our Power and our Creative Ability.

The stronger the will of the ego the more disconnected from the Soul it will become.

The ego thinks it knows what it wants, the Soul knows it knows what it has chosen.

Being at Choice is remembering what the Soul and the Self decided together to choose for this particular life-time.

# “Force of Light” v ‘forces of light’

May 5, 2008

Our “Force of Light” is the frequency of our Consciousness. It is the quota of Light that we emanate as our Aura.

Our “Force of Light” is the quotient of our combined physical and emotional intelligence that is our ‘Conscious-Awareness’.

The ‘forces of light’ are the Man created energies (thoughts) that are in conflict with the ‘forces of darkness’.

The ‘forces of light’ manifest as the powers, principalities and dominions of light that are synonymous with our emotional needs, mental beliefs and physical dramas.

A positive thought that is in harmony with our beliefs is a principality of light. A negative thought or fear is a false belief and a principality of darkness.

A positive emotional need that is received is a power of light. An unmet need is a realisation of the powers of darkness.

Experiences of fun and pleasure are created by the dominions of light. A nightmare scenario is created by the dominions of darkness.

Whether a force (thought) is light or dark, good or evil, positive or negative, is just an individual, personal, subjective, perspective that creates the 'truth' of our own reality.

Fighting either for or against the forces of light or the forces of darkness will always diminish our "Force of Light".

# Perdition

May 4, 2008

Perdition, or hell in Christian belief, is where the souls of the unsaved suffer the consequences of sin.

The “Road to Perdition” is our journey through life called our fate or our doom. Perdition is the “underworld” or temporary abode of those dead to spirit.

The souls of the unsaved or unawakened suffer the consequences of sin in the relative world of physical dual reality.

Sins means to be ‘without’. When we are without anything, we are in sin or duality. When we are ‘with’ everything, we are Holy, Whole and Divine in the Absolute Realm of Divinity.

The Road to Perdition is in the opposite direction to our ‘Path of Life’ or the life path to our Destiny.

The underworld is the physical realm of relative dual reality. This is the temporary abode (life-time) of the unawakened physical incarnation of those who are ‘dead to spirit’ - the ego self that is disconnected from its Soul.

# Ascension

May 3, 2008

Ascension is living 3 dimensionally in a 3 dimensional world.

We Ascend into Heaven when we live 3 dimensionally in a 3 dimensional world by overcoming all dualities.

Until then we will live 2 dimensionally in a 3 dimensional world called relative dual reality, where everything appears to have an opposing opposite.

Our 2 dimensional reality is either 1st heaven & earth, or 2nd heaven & hell on a journey from life to death.

In a 2 dimensional world of relative dual reality, the height of our ability or potential is measured as the length of our experience in time (called the authority of our age), multiplied by the breadth of our knowledge, (which determines the power of our status in society).

A 2 dimensional 1st or 2nd heaven is without any spiritual depth of Awareness.

A 3 dimensional 3rd Heaven is the height of our Conscious-Awareness, which is our Spiritual Potential.

Our Spiritual Potential to Ascend is realised when we unite the force of our Spiritual Authority with the magnitude of our Spiritual Power and overcome duality with the triune reality of the Holy Trinity.



# “In Due Course”

May 2, 2008

“In due course” means waiting for my fate. In due course I will realise my fate.

My fate is the creation of my fears, false beliefs and emotional needs that create the future dramas in my life that I am fated to experience.

It is only a matter of time before what we think and believe becomes our reality.

Whatever we think, speak and put into action, will in due course become our reality.

There is always a price to pay when we follow our fate and these are called our ‘dues’.

We pay our dues as a consequence of following the course of our fate.

In due course our dues become due and we have no choice but to pay with our life.

In due course is ‘of course’ a certainty, ‘be cause’ we cause everything to be as the realisation of our thoughts, words and intentions.

Our fate will run its course by default.

With due diligence we can choose the course of our destiny.

The course of our destiny is effortless flow, once we learn to cause it to happen with conscious-awareness.

Once 'on course' we are 'on track' and following our 'life path'.

The course we are due to follow is our personal vision, mission and purpose in Life.

# Humility & Humbleness

May 1, 2008

I am seen to have humility when I bow to a higher authority.

I appear to be humble when I submit to a higher power.

Humility and humbleness are seen as virtues, but they may also be seen as sins.

Whether they are good or bad for us depends on our perception and our perspective.

When we show humility to the higher authority of our Soul, this may be seen as a virtue.

When we show humility to the authority of our false beliefs and fears that reside in our sub-conscious mind, this may be seen as a sin.

When we are humble to the emotional needs of our sub-conscious self, this may also be seen as a sin.

When we are humble to the power of True Love from our Source, this may be seen as a virtue.

Whether anything is good or bad, a sin or a virtue, is just a judgement of our subjective personal perspective.

Our Soul chooses to be at One and Equal with our Self, which requires the ego to overcome all aspects of humbleness and humility towards anyone and everything.

Our Soul does not desire that we submit or bow to its higher power and authority, but to connect exclusively to both. This requires us first to no longer yield and obey the power and authority of anyone or anything else.

# Fear of Failure

June 30, 2008

Fear of Failure is rooted in our belief that there is something that we have to do. Fear of Failure creates a need to achieve, to accomplish and to succeed. We have already succeeded in becoming a human being.

We succeed our parents and we become like our parents, without even trying. Our Soul's sole interest is in who we are becoming.

There is nothing that we 'have to' do.

We are human beings, not human doings.

We have come here to Be - to Become.

Who we become is our Attainment in Life.

Our Attainments are the quality of the States of Being that are attributable to us. We always are, and always will be.

We cannot ever fail to Be.

# The Journey

June 29, 2008

We are all on the same journey, yet following different life paths. We are all on a Journey to:

1. Experience our fate.
2. Awaken to our destiny.
3. Bring our vision into reality.

The Journey of Jesus is called “Easter” and tells of his:

1. Crucifixion or fate on the Cross.
2. Resurrection or awakening to his destiny.
3. Ascension or the creation of his vision of Heaven on Earth.

Dante called his Journey “A Divine Comedy”, which took him:

1. Through the Inferno of his fate in Hell.
2. Through the Purgatory of his awakening.
3. To the Paradise of his Heaven on Earth.

All Journeys commence from the Absolute Realm of Oneness as an incarnation into the Relative world of our fate in dual reality. Then follows an awakening to the existence of Spirit and a realisation of the triality

of the Holy Trinity that creates the Kingdom of Heaven as an experience on Earth.

# Attention

June 28, 2008

Attention is either something that we have or something that we need.

Children who need attention, become extrovert and learn to become the focus of other people's attention.

Children who have attention and focus, can create what they need by attraction and become introvert.

What we focus our attention on, we attract to us, either consciously or sub- consciously.

Extroverts, who need attention, control energy in a more active way and adopt the drama of either an intimidator or a poor me.

Introverts, who have attention, control energy in a more passive way and adopt the drama of either an interrogator or an aloof.

Whatever intention, aim, or goal that we have, it requires our attention and focus before we can take action to obtain it.

With enough attention to our intention, the only action required is to allow it to manifest.



# Gender & Polarity

June 27, 2008

The polarity of our thoughts and emotions is either positive or negative.

The gender of our mental and emotional energy is either male or female.

Polarity is the direction of our perspective and is determined by our point of view.

Gender is the clarity of our perception and is ascertained by our feelings.

With dual reality comes choice and with choice comes opposing realities.

Our choice of perspective is its polarity.

Our choice of perception is its gender.

Male gender perceives the world to be rational from a positive perspective and irrational from a negative perspective.

Female gender perceives the world to be emotional from a positive perspective and unemotional from a negative perspective.

Male gender learns and grows and moves forward by adopting a rational perspective and becomes stuck by other people's irrational behaviour and their own unemotional behaviour.

Female gender learns and grows with an emotional perception of life, whilst becoming confused and lost by their own irrational behaviour and other people's unemotional behaviour.

The gender and polarity of our thoughts and emotions determines our potential ability and the intensity of our Life.

# A Space of Love

June 26, 2008

When we need our space, our Space is without Love.

When we are without Love, we need Space or distance between our Self and the person or people who are draining our energy.

Others deprive us of our power when we give our authority away to them.

We get close to people who give us energy and meet our emotional needs. We need space from those who don't.

When we have enough emotional energy or power, we have enough space to include everyone else in what we are doing.

When we connect to our true power, we create a Space of Love in which we are being emotionally positive.

The size of our Space of Love is proportional to the magnitude of our emotional power.

The magnitude of our Space of Love is proportional to the Time that we have to share with other people.

# Father & Son

June 25, 2008

Father and Son are two thirds of the Holy Trinity. They are metaphors for the Soul and the Self.

Our Soul is the Father in Heaven, and resides in the Realm of the Absolute. Our Self is the Son on Earth that is born into the Realm of Relative Dual Reality.

The Father has, as any Good Father would, given the Son free will to live a life of their own choice.

The Son has covenanted with the Father, before incarnating, the purpose for this specific life-time.

The Father, like any Good Father, is always there to give guidance and support. The Son just has to ask.

We are all 'Prodigal Sons' whose father is waiting for us to awaken to the inheritance of our Destiny and return home.

When the Self and the Soul become united as Father and Son they form the Divine Holy Trinity with the Oneness of Spirit, known as the Whole Spirit or The Holy Spirit.

# Sexual & Sensual

June 24, 2008

Sexual and Sensual are not a duality.

A sexual encounter can be sensual or insensitive.

A sensual relationship has emotional feeling.

A sexual relationship has physical feeling.

An intimate relationship is sexual and sensual,  
physical and emotional.

Sensitive people feel other people emotionally.

Insensitive people feel other people physically.

When we are sensitive to another's physical touch, it  
is not sensual and not wanted and may be seen as  
sexual.

When we are insensitive to another's physical touch,  
it is seen as neither sexual nor sensual.

When we are sexually sensitive to physical orgasm  
only, it is not sensual.

When orgasm is the climax of both a physically and  
emotionally sensitive experience, we are being  
sexually-sensual and sensually-sexual.

Romance has emotional sensuality without physical contact. Lust has physical contact without sensual feeling.

Intimacy requires sexuality, sensuality and sensitive-detachment.

# The Holy Spirit

June 23, 2008

The Holy Spirit or Whole Spirit is pure Energy undivided by gender.

Undivided or whole Spiritual Energy is defined as Holy or Divine.

Our highest experience of Divine Spirit is the bliss or ecstasy of Divine Joy.

Divine Joy or 'Love' is experienced when opposing genders come into harmony on the same frequency and intensity of vibration.

This can happen when two people make love with intimacy and harmony in mutual togetherness with an orgasmic climax.

This can also happen when a body of people called a 'church' worship together in harmony and is called a 'Revival'.

Jesus said "Where two or more worship in my name, there will I be".

When two or more people harmonise their energetic gender and intensity with aligned polarity, they

connect with the authority of their Christ  
Consciousness and their power of the Holy Spirit.

Connecting to our Power is just an energetic  
experience with no Ability, unless it is as a result of  
connecting to our own Authority.



# Spirituality & Religion

June 22, 2008

Religion is inclusive. It follows one authority that includes all followers.

Spirituality is exclusive. It follows one unique authority exclusive to each individual person.

Religion is empowered by the unity of the body of the church that is called the Holy Spirit.

Spirituality is empowered by the unity of the Self with its Soul, which is the Whole Spirit.

Religion seeks Oneness with all people.

Spirituality seeks Oneness of the Self & the Soul.

Religion follows the authority of the church's doctrine.

Spirituality follows the authority of the Inner Coach or Soul.

An inclusive religion is for the followers of one religious leader.

An exclusive Spirituality is leading one's own Life, following the vision, mission and purpose of one's own Soul.

# Serving

June 21, 2008

Self-worth is our power to serve others.

Self-confidence is our authority to serve others.

Self-esteem is our ability to serve others.

When we serve others, we are in the service of our Soul.

When we serve our self, we are self-serving, selfish, and in the service of our self. Whatever we give in service to others, we receive in service from others.

When we serve only the self, we alienate our self from others, in an alien world full of aliens.

The Soul knows that we have a 'lien' or connection with all others.

Our strength of connection to all others is the strength of our service to all others. The only thing that we are required to give to others is our self.

The best way to serve others is to just be our Self as our Soul.

# My Quotes

June 20, 2008

“We have to lose our freedom before we can find our freedom”. “Freedom lies beyond the boundaries of our comfort zone”.

“God’s creations are self-perpetuating. Man’s creations require energy to maintain them”.

“With the authority of our Soul, we are empowered”.

“When everything is black & white, there is no colour in our life”.

“Self-worth is how much we value our Self”.

“Circumstances are what keep coming around when we stand still”.

“The wisest Man in the world does not choose to be the richest Man in the world”. “A miser has the ability to be miserable in abundance”.

“When we share our poverty, we both get poorer”.

“When we judge another as guilty, justice becomes an act of revenge”.

# The Need to Succeed

June 19, 2008

A low status creates a need to attain.

A lack of knowledge creates a need to accomplish.

A scarcity of money creates a need to achieve.

Low status, little knowledge and no money, creates a need to succeed.

“Being born with a silver spoon” means that success has been succeeded or inherited by virtue of the status, knowledge and material wealth of the family into which one is born.

Being born into an influential family means that there is no need to succeed. However, whereas there may develop a need to accomplish new areas of knowledge or the need to achieve making ones own money, there is no need to attain status as this comes with the succession.

Status gives a false sense of self-esteem but is without the true power of Self- Worth.

Knowledge gives a false sense of self-worth but is without the true authority of Self-Confidence.

Money gives a false sense of self-confidence but is without the true ability of Self- Esteem.

True Success is:

Attaining the Self-Confidence of being Fulfilled with our own Authority. Accomplishing the Self-Worth of the Joy of our own Power.

Achieving the Self-Esteem of the Contentment of our own Ability.

# Success

June 18, 2008

Success in our society is measured by:

1. The attainment of status and position in the hierarchy of our society. This gives us perceived power over other people.
2. The accomplishment of learning knowledge and the qualifications to be knowledgeable. This gives us perceived authority over other people.
3. The achievement of obtaining money and the ability to make money. This gives us the perceived ability over other people, to have and do whatever we want.

Status, knowledge and material wealth define our degree of success and how much influence one has in society.

Influence is the ability to have power and authority over other people.

Unless people with influence continually create more status money and knowledge for themselves, their influence will decline.

Influence never made anyone truly Happy, although it will meet an emotional need to be better than others, which is greed.

Influence means: I am better than you because of my superior power, authority and ability to decide the fate of other people.

Successfully achieving Happiness is not obtained by seeking influence over other people, nor by allowing others to exert their power and authority over you.

The Success of Happiness is the fulfilment of our own exclusive authority; the joy of our own individual power and the contentment of our own unique ability.

# Motivation

June 17, 2008

Motivation is our motive or reason for doing something. When our motive is clear, we are motivated to achieve our goals and aims. Our motive is usually the achievement of what we want and desire. Our greatest motivation is the need to achieve, win, accomplish and succeed. Without motivation, we will need to be motivated by someone else.

The role of a leader, manager or supervisor is to motivate their followers and workers to achieve an agreed task.

The achievement of tasks and goals is driven by motivation.

The attainment of attributes is empowered by inspiration.

We need motivation to achieve things that we are not empowered to do. We are instantly empowered to attain the desires of our Soul.



# The Essence of the Soul

June 16, 2008

To become the Essence of our Soul, our Self is required to learn the senses of the Soul.

Only when the Self has and uses the senses of the Soul will it become the Essence of the Soul and the Soul will become the Essence of its Self.

The Essence of the Soul is the essence of who the Self aspires to become.

For the Soul to experience the physical realm of Earth, the Self is, in essence, required to become the Soul in physical form.

The Soul senses the world emotionally through its 'feeling'.

The Soul senses the world mentally through its 'knowing'.

The Soul senses the world physically through its 'seeing'.

When the Self sees, feels and knows its Self spiritually in the physical world, it becomes the Essence of its Soul.

We develop physically using our 5 physical senses and we grow spiritually by using our 3 spiritual senses.

Learning and using our 3 spiritual senses is 'essential' to becoming the Essence of our Soul.

# My Guide

June 15, 2008

My Guide and Inner Coach is my Soul.

My Soul guides me with inspiration, revelation and imagination.

My Soul inspires me with emotional power.

My Soul sends me messages of revelation that direct me on my authorised path.

My Soul is the genius of my imagination that is my creative ability.

As my guide, my Soul knows who I am and why I am here.

My Soul and my Self have already chosen my path before I incarnated into this physical world.

The Soul has free will and has given the Self free will.

The Soul cannot tell the Self what choices to make once the Self has incarnated into Life.

To follow the choice of the Soul, which is the Self's true choice, it is required to learn to see, feel and know the world as its Soul.

Only by becoming the Soul will the Self be able to realise, manifest and create its Destiny with full conscious-awareness of who it is and why it is here.

# More “Quotations”

June 14, 2008

“A two dimensional reality looks the same to everyone”.

“A three dimensional reality is holographic and looks different from every perspective”.

“Spirituality without logic is useless to a rational Man”.

“Living without enough is a crisis; living with too much is an extravagance; and living with enough is an adventure”.

“A negative charge is a cost”.

“Wasting time is based on a belief that time is limited and not eternal.”

“Pleasing god, does not please God”.

“Being humble to God, makes God greedy and arrogant”.

“Before we can live in a new world, we have to create a new world in which to live”.

“You cannot ask a Goddess to live with you in Hell”.

“Spirit is free, it is not wild, it cannot be tamed”.

“Without comparison there is no meaning”.

# My Quotations

June 13, 2008

“Dreaming is our Destiny”

“The secret of happiness is knowing how to be happy”.

“Arrogance is pride without humility; greed without humbleness; and wrath without meekness”.

“You can’t have too much Self-Confidence”.

“The Scales of Justice balance at the fulcrum not at either end of a judgement of guilt or innocence”.

“Love is the power of positive emotion on which our thought is transmitted and received”.

“Science is understanding the world from Man’s perspective. Art is seeing the world from God’s perspective”.

“Seeing the world from God’s perspective is an Art”.

“Our Soul is truly selfish, it is only interested in the growth and development of its Self”.

“One choice is no choice, two choices is a dilemma, three choices is divine”. “Our greatest fear is not of dying, but of not living”.

# The Essence of Life

June 12, 2008

The Essence of Life is our power, authority and ability.  
Our ability is limited by our power and authority.  
Our power is limited by our authority to choose.  
Our authority is limited by our power to be.

When we balance our power and authority, we attain our ability in Life.

Our power is limited by our fear of rejection that creates our need to be loved and included, when we are without Oneness.

Our authority is limited by our fear of deprivation that creates our need to be free and allowed, when we are without Choice.

Our ability is limited by our fear of failure that creates our need to achieve and be better, when we are without Equability.

Oneness is our connection to our Power of Love.  
Choice is our connection to our Authority of Light.  
Equability is our connection to our Ability of Life.  
The formula: power + authority = ability is the Essence of all Life.



# Equability

June 11, 2008

Equability is our ability to be equal with all others. It is our state of Being once we attain equality with all others. We do not have to prove our equality, we just have to know that we all have the potential to be equal. To have the potential to be equal to all others requires us to no longer need to be better than any other. No one has a greater potential ability than any other.

We all have potentially equal ability. It is only our birth circumstances that become our fate and deprive us of our full potential. Our fate provides the barriers, boundaries, limitations and resistance that deny us our full potential and our Equability.

Once we know that “We are all Equal”, we no longer need to strive to be better than others. It is no longer about measuring our esteem as how much better we are than another, but by how much we are fulfilling our potential. We then stop trying to be the equal of others and become equal to our potential ability.

# Being of Service

June 10, 2008

Being of Service to another is different to helping someone.

Helping to solve someone else's problems is not serving their higher good and allowing them to grow.

When we do not solve our own problems, we do not get our opportunities for development and growth.

When we do not face our own challenges and learn our life lessons, our problems will continue to present themselves for our attention.

We cannot help someone follow their own path unless we know what their path is.

We can only know their path if we hear their messages, which we do not.

We can 'coach' someone along their path by helping them to hear their messages and by supporting them to become sufficiently empowered to face their personal growth opportunities.

Being of service to others by guiding and supporting them on their path is most beneficial as it allows us to receive guidance and support on our path.

When we are Being of Service to our Self, we are being our Soul, which is different to helping our self or being influenced by a self-serving ego.

# Love & Light

June 9, 2008

Love and Light are not a duality, they are the essence of Life.

Love, Light & Life are the Holy Trinity of All That Is within.

When Life has Light without Love, it is divided by polarity and loses its Power.

When Life has Love without Light, it is divided by gender and loses its Authority.

Without both the Power of Love & the Authority of Light, Life has no Ability to be Divine.

Divine Ability requires our connection to both our power and authority.

Polarity allows personal choice of what we want to have in our Life. These are our attainments.

Gender allows us to choose who we wish to be in our life. These are our attributes.

A choice of the polarity of our authority of Light and a choice of the gender of our power of Love, allows our Life to have differing intensities of ability.

We can live a life of Love without a sense of Knowing our authority, and we can live a life of Light without feeling our sense of power, but neither is Divine.

When we re-unite Love & Light in our Life - we see our own Divinity.

Without Life, Love & Light are just an idea. With Love & Light, Life becomes Ideal.

# Failure

June 8, 2008

“The only failure in Life is to be driven by success.”

Life is the opportunity to live.

Consciousness creates thoughts and words.

Life allows Consciousness to act out the thoughts and words of its own creation. Failure is an opposing duality of success and achievement.

The fear of failure creates the need to achieve, accomplish and succeed. Our fate is to succeed our parents and achieve greater accomplishments than they did. Every father wants their sons and daughters to be more successful than they were.

Once we overcome the need to achieve, we realise that without success there is no failure. When we know that there is nothing we have to do, then we know that we cannot fail.

Whatever we attain is a bonus once we no longer need to achieve and accomplish success.

Our destiny is assured. We cannot fail. We have eternity to travel our path.

# Sexual Attraction

June 7, 2008

Sexual Attraction is the attraction of opposite genders of energy. The gender of energy seeks to reunite with its opposing gender of the same wavelength.

When two people's energy is on the same wavelength, but has opposing gender, they are attracted to each other to become whole. The more similar the wavelength of opposing genders, the greater the force and magnitude of the attraction.

All energy obeys the Law of Attraction that "Like is drawn unto itself". Like wavelengths attract like wavelengths even when they have opposing genders.

When we are the same wavelength and gender as another, we are like that person and we like that person, but there is no sexual attraction only friendship.

It is the attraction of opposite genders of the same wavelength that connects a couple to the undivided Power of Love.

# Forgiveness & Acceptance

June 6, 2008

Forgiveness is fore-given-ness.

When we know that what ever turns up in our life is fore-given, or given for our benefit, we can move to acceptance without toleration.

Our life-path is fore-given in so much as it is pre-determined by our Divine Covenant. Our Divine Covenant is our vision, mission and purpose for this Life-Time. Acceptance of our life-path requires us to receive our messages of inspired revelation that show the direction of our path.

The Self has free-will and can choose to accept the path of the Soul that is forgiven, or can choose its own fate, that will inevitably become a toleration.

Acceptance requires that we follow the path that is fore-given, as any other path is unacceptable to our Soul. Our Soul is unconditionally 'giving'. The question is: Is our Self unconditionally 'accepting'?

Acceptance of what is Fore-given is receiving the gifts of Life that are our destiny.



# Spiritual

June 5, 2008

Being Spiritual is aligning and balancing our physical, mental and emotional energy.

Our emotional energy is our state of Being that approves our Power.

Our mental energy is our thoughts that allow our Authority.

Our physical energy is our actions that accept our Ability.

Our 'Spirit Level' measures how well aligned and balanced we are in this relative world of opposing dual realities.

At the molecular level of physical life, everything is comprised of the same fundamental atomic structure of elements, which is created by the elemental structure of atoms.

Beyond the level of physical atoms, everything is energy.

Energy is Spirit, and everything that is not of a physical nature is by nature spiritual.

Being Spiritual is living in full awareness of Spirit or Energy as it relates to us as individual Souls.

Science teaches us to live in full consciousness of physical matter. Spiritual teaching expands our awareness of our spiritual energy. We understand the physical world with our 5 physical senses.

We become aware of the spiritual world with our 3 spiritual senses.

# Customs & Boundaries

June 4, 2008

Customs are the standards of acceptable behaviour by a particular society.

Boundaries are the standards of acceptable behaviour expected from people outside that society.

We put up boundaries to ensure that other people conform to our standards of behaviour.

We put up physical boundaries to ensure that people who do not conform to our acceptable behaviour are excluded from our society.

We employ Customs & Excise to police our boundaries and borders to keep out foreign, unwanted aliens who do not exercise our customs.

As we cross the boundaries of our territory and visit a different society we encounter different customs.

“When in Rome” means to accept the customs of the society within whose land we are visiting.

When we eliminate boundaries, we no longer need customs, and people become free.

When we eliminate customs, we no longer need boundaries because our customs are our boundaries.

The boundaries that we impose upon our self to keep us safe, will eventually keep us secure within a prison of our own making, as is currently the custom of 'civilised' society.

# Reasonable

June 3, 2008

Being Reasonable is the ability to know the reason for what is occurring.

A rational person believes that there must be a logical reason for everything.

An emotional person knows that life is not always rational and reasonable.

A rational person sees irrational behaviour as unreasonable.

An emotional person sees unemotional behaviour as unreasonable.

Being Reasonable requires the ability to reason.

The ability to reason requires the ability to be both rational and emotional.

Being emotionally-rational and rationally-emotional is the only Reasonable state of Being.

We cannot start to be Reasonable until we stop being unemotional and irrational in our behaviour.

Just being rational is unemotional.

Just being emotional is irrational.

Everything that occurs in Life has a reason. Nothing happens by chance. Rational 'thinkers' see the physical affects of Life.

Emotional 'feelers' are sensitive to the energetic effects of Life.

Being Spiritually Reasonable requires an understanding of Universal Law.

As we become Spiritually Aware, we see that everything is possible and everything is Reasonable.

# Quotations

June 2, 2008

“The only difference between an entrepreneur and a racketeer is perspective”. “The only difference between a terrorist and a freedom fighter is perspective”.

“Our ability to consciously create our reality is relative to the power of our attributes and the authority of our attainments”.

“There is always a reason for our actions, although the reason is not always rational”.

“Imagination is the gift of the Magi”.

“We marry for emotional reasons, yet we need a rational reason to divorce”.

“The attainment of mastery requires the mastery of attainments”.

“We never get bored with Life, only the lack of it”.

“Turning matter into energy is a human activity. Turning energy into matter is a Godlike activity”.

“The only failure in life is to be driven by success”.

“When we attempt to solve a problem that doesn’t yet exist, we actually create that problem”.



# Holidays

June 1, 2008

Holidays are Holy Days. When every day is a holiday, we are doing what we truly value and Life is worth living. Holy days are when we are being Divine and enjoying Divine experiences. Holidays are when we are living our vision 'on purpose'. Holy days are when we are being God-like and remembering that we are created in the image of God.

We are created from the imagination of God in the image of God and when we re- create our Self in the likeness of God, each day becomes a sacred and Holy experience.

Bringing Heaven to Earth is taking a vacation in Paradise. Holy days in Paradise are spent in the Kingdom of Heaven on Earth.

When we take a holiday from our daily task of surviving physical existence, we are able to dream of the reality that we truly desire to create for our Self.

# Sensitively Detached

July 31, 2008

Our Soul is Sensitively Detached from our Self.

Our Soul is spiritually sensitive (physically, mentally and emotionally in tune with the Self). Yet the Soul is totally detached from the temptations of physical existence. The sensitively-detached Soul continually communicates with its self to give direction and support. The sensitively-detached Soul has given the Self total freedom of choice and is unconditionally approving, accepting and allowing of the choices that the Self makes.

The female sensitive Self loses power through its attachment to physical, material life. The sensitive female spirit becomes negatively attached to life.

The detached male Self closes down its sensitivity and becomes insensitive to emotional, spiritual life. The detached male spirit becomes negatively insensitive to life.

# Exclusively Connected

July 30, 2008

Our Soul is exclusively-connected to our Self and is connected exclusively to our Self.

When our Self is exclusively connected to our Soul it becomes connected exclusively to the authority of our Soul.

To exclusively connect to the Authority of our Soul, the Self is required to overcome the duality of both its gender and polarity.

When born into physical reality, our energy is divided by gender and polarity.

At birth, we remain either connected (female gender) or become exclusive (male gender).

This division by gender closes our exclusive connection to our Soul.

In the absence of our exclusive connection to our own authority, we lose our direction or polarity.

Instead of being connected positively to our female gender, we

become connected inclusively to other people who meet our emotional need for power.

Instead of being exclusively connected to our male gender, we become exclusively disconnected from other people and follow the authority of our fears and limiting beliefs.

# Friendship

July 29, 2008

Friendship is a co-dependent relationship.

Friends depend on each other to meet each others emotional needs.

You are a friend to me because you meet my needs emotionally.

Friendship is a platonic relationship between like individuals.

I like you because you are like me and we have similar needs and beliefs.

Society dictates that we like our friends and love our relatives.

We are like our friends and we love the emotionally positive feelings that we need from our friends.

Our friends stop being friends when they stop meeting our needs emotionally.

Friends become enemies when they deprive us of our emotional power instead of supplying it.

Our enemies threaten our supply of emotional energy.  
This false and limiting belief is called fear.

True friendship is when we share the same truths or beliefs as another as well as meeting each others mutual needs.

# Jealousy & Envy

July 28, 2008

Envy is wanting what someone else has.

Jealousy is the intense negative feeling that we get when we can't have what we want from someone else.

jealousy is the curse of a co-dependent relationship. Co-dependent partners care about each other. They care about meeting each others emotional needs.

This creates a need to be needed. I need my partner to need me to care about them, so that they show that they are dependent on me to meet their needs emotionally.

When they stop needing me to meet their needs, then they will stop caring about meeting my needs.

The feeling of no longer being cared for and no longer being needed is Jealousy.

It is the envy that we feel regarding what we want and need from our partner and are no longer receiving.

We feel intense envy and jealousy when someone else is receiving what by right should be ours.

Jealousy is the fear of being disconnected from the person who we believe to be the source of our emotional energy and power.

Envy is the blessing of a co-dependent relationship. We envy everything that we like and love about our partner.

We envy everything that we find attractive about our partner and attracts us to our partner.



# Well-Fare

July 27, 2008

Well-Fare is a measure of how well we are faring or living - our well-being. We fare well when we follow our True Path. Our True Path is the path of our Soul because our Soul is always in a state of Faring Well.

Without the 'well fare' state of our Soul, we may become dependent on the welfare state of Man. The Welfare State created by Man has only one 'L' and that is what we experience - one 'ell of a state.

We fare well with our Soul once our earthly dues are paid in full. Our fare is paid for our Spiritual Journey of the Soul. 'God-faring' people travel the path of their Soul, living their vision and fulfilling their purpose for this life-time.

A 'god-fearing' person is living someone else's vision and following a false god or idol created by their limiting beliefs and fears. A god-fearing person will have to depend on the welfare of his fellow man.

# God is a Jealous God

July 26, 2008

Our Soul is our representative of God on Earth.

Our Self is our representation of our Soul on Earth.

Our Soul resides in the world of the Absolute.

Our Self lives in the relative world of opposing realities.

Our Soul is without nothing, which is Divine.

Our Self is without everything, which is sin.

The only thing that our Soul is without is our Self.

The Soul has given its Self total freedom of choice.

The Soul is without the Self until the Self awakens and re-connects to its Soul.

The Soul needs the Self to follow the vision, mission and purpose for this incarnation.

This 'need to be needed' makes the Soul a "Jealous God". A jealous Soul, that needs its Self, will awaken its Self from this sinful world to the awareness of the reality of its Absolute Power, Authority and Ability.

# Heart & Soul

July 25, 2008

In the Absolute Realm of Divinity, Heart & Soul are the same thing.

Our Heart & Soul is the core or centre and the Source of our Beingness.

The Source of our Beingness is from whence our Self originates.

The Source of our Beingness supplies us with both the power and the authority that enables us to follow an effortless life in this physical world.

In the physical world our Beingness is divided and our Soul becomes our self and our soul.

The purpose of Life is for the self to follow its Soul in order to connect to its power and authority.

Heart & Soul are synonyms or symbols for our Power & Authority.

The emotional power of our heart combines with the mental authority of our soul.

Once we connect to the vision, mission and purpose of our Soul, we automatically receive the true emotional power of our Heart.

When we put our Heart & Soul into Life we become authorised, empowered and fully enabled.

# Connected & Attached

July 24, 2008

We are spiritually connected to souls of our own Monadic Group.

We are emotionally attached to people who meet our emotional needs.

Our spiritual connection to another is eternal.

Our emotional attachment is a drama that we are acting out in this life-time.

Attachments are due to magnetic attraction.

Connectedness is Pure Attraction.

All souls are connected at the Soul level.

Souls of the same Monad or Monadic Group are most similar, most alike and most attractive to each other.

When a member of our own soul group comes into our life for the first time, it is as though we have known them for all eternity - which we have.

Attachments will align us with our fate. Being spiritually connected is our destiny.

# The Need to be Loved

July 23, 2008

We need to be Loved when we are disconnected from the Source of our Love. Our Soul & Inner Coach is the Source of our Love.

Our Source of emotional power comes from the heart of our Being. This is the Soul's Love for its Self.

When disconnected from our Soul, we will seek our emotional power from the external world.

Whatever external power we seek is an emotional need.

Once connected to our True Emotional Power of Love from our Heart, we have no emotional need to be Loved - because we know that we are.

We connect to our Heart & Soul to receive Love. We attach our Self to another or a false god, as a substitute for the love that we need.

True Love flows in a positive direction from Source, through our Self, to the world as a whole.

The need to be Loved is the result of negative resistance, false beliefs, and life dramas that disconnect us from our Source.

# Emotional Commitment

July 22, 2008

Women usually ask for an emotional commitment from their partner. Men usually give their partner a physical commitment.

Most women want their partner to meet their needs emotionally. Even though they may be unaware of what their emotional needs are, they are aware of when they emotionally need their partner and when their needs are not being met.

Most men are conscious of what their material needs are but are usually unaware that their emotional needs exist.

Men historically have committed to meeting their families physical needs and have become the provider.

Women historically have committed to meeting their families emotional needs, yet have not been seen as the provider, but as being dependent on their man.

Independent people are dependent on their Self to provide everything they need both materially and emotionally.



# Fate & Destiny

July 21, 2008

Fate and Destiny are not necessarily the same thing.

Fate & Destiny are not a dual reality.

Doom and destiny are a duality of our fate.

When we follow the gods of our ego self, we will always meet our doom.

When we follow the path of our Soul, we will experience our Destiny. Our Soul holds the blue-print for our Destiny. This is our vision, mission & purpose in Life. Our Destiny is to experience, explore and discover who we are and why we are here. Our Destiny is individual, unique and exclusive to our Self.

Our ego self creates the reality of our doom with the limiting beliefs, emotional needs and life dramas that have become our sub-conscious programming and our fate.

We are fated to meet our doom until we are awakened to our Destiny. Our fate becomes our Destiny, once we awaken to the conscious-awareness of our own Divine Reality.

# Truly Selfish

July 20, 2008

Being Truly Selfish is being like our True Self. Our True Self is our Soul.

Being Truly Selfish is being like our Soul.

Selfish and unselfish are a duality of the ego Self.

When the ego is being selfish it is looking after the best interests of itself.

When the ego is being unselfish it is looking after the best interests of someone else's ego self.

Selfish people put their self first. Unselfish people put others first.

The Soul is Truly Selfish and knows that we are all equal and treats others as it would like to be treated itself.

When we do unto others as we would have others do unto us, we are being Soul- like and Truly Selfish.

The Soul knows that it is never in our long term best interests to do anything detrimental to another because in reality what we do to others we do unto ourselves.

The Law of Attraction determines that like energy is drawn unto itself. What ever energy we focus our thoughts words and action on, we will attract into our own experience.

When we allow others to be Truly Selfish and follow their path, following our own path becomes truly effortless.

# Attractive & Magnetic

July 19, 2008

Pure Energy is Attractive.

Pure Energy is Attractive to similar pure Energy.

Divided energy is magnetic.

Divided energy is magnetically attracted to become whole, undivided and pure.

Pure Attractive Energy is undivided by wavelength, frequency or vibration.

Energy is differentiated by its wavelength and frequency. Its combination of wavelength and frequency determines its vibration.

Opposing wavelengths of the same frequency are magnetically attracted to each other.

Opposing wavelengths are the same wavelength viewed from opposing perspectives.

Space appears to give frequency a direction.

Opposing directions and frequencies are just a perspective of Time.

A pure unopposed frequency will combine with a pure unopposed wavelength to create a pure vibration of Energy that is whole and Divinely Attractive.

Like is drawn unto itself by the Law of Attraction.

Opposites attract each other magnetically.

# Spiritual Intimacy

July 18, 2008

Spiritual Intimacy is being connected to our partner in a physical, mental and emotional way.

It occurs when two partners share the same time, space and reality.

It occurs when two partners share the same power, authority and ability.

It occurs when two partners share the same energetic frequency, wavelength and vibration.

It occurs when two Souls share the same growth opportunity together.

Spiritual Intimacy is the joining together of two Souls, where the harmony, balance and concordance of energy is grounded in the physical realm.

The experience of Spiritual Intimacy is like bringing Heaven to Earth.

It is grounding the Spiritual in the Physical through the merging of the mental and emotional states of Being of both partners.

Spiritual Intimacy is when two Souls experience Oneness.

Before we can experience Spiritual Intimacy with another Soul, we are first required to experience Spiritual intimacy with our own Soul.

# Distinctions of the Soul

July 17, 2008

## Connected or Attached

We are attached to physical and material possessions and dramas. We are connected emotionally to our Spiritual Vision & Purpose.

## Emotional or Sensitive

We connect our Self sensitively to our Soul to feel its guidance. We attach our self emotionally to another to discover their emotional state of Being and their emotional needs, to see if they can meet our emotional needs.

## Exclusive or Excluding

We exclude others from our Life in order to find space, to be alone or to be aloof. We are exclusively on our chosen path when we follow our divine authority and connect to our exclusive power.

Our Soul: Is exclusively, emotionally, connected to our Self. Our Self: Seeks to be sensitively, rationally, detached to Life.



# Just Sex

July 16, 2008

Just sex is physical intimacy without emotional sensitivity.

Sex is just sex when it is a physical need without an emotional connection.

Disconnected men have a physical need for sex to relieve tension created by the accumulation of negative emotion, because they are emotionally disconnected.

Dumping or humping negative emotion onto our sexual partner via a physical act of intimacy does not create an enjoyable experience for our partner.

Inclusive women have an emotional need for intimacy that they may or may not meet through the physical act of sex.

Making love to a physically or emotionally needy partner is not necessarily an enjoyable experience for either partner.

Women prefer romance to just sex when it meets their particular emotional need in a better way.

Men prefer just sex for the same reason.

Just sex is never just.

Intimacy requires both sex and sensuality, not a trade off of sex for romance.

When both partners are exclusively connected to each other, it is never experienced as 'just sex'.

# Conscious-Awareness

July 15, 2008

Conscious-Awareness is the fundamental Energy of the Universe. The Universe is a fundamental Energy of Conscious-Awareness.

Energy is the Conscious-Awareness of the Universe and the Uni-verse of Conscious-Awareness.

Energy - The Universe - Conscious-Awareness are fundamentally One and the same.

To become aware of its Consciousness and conscious of its Awareness, the Energy of the Universe that is Universal Energy, divided and created a dual reality world of consciousness and awareness.

Consciousness and Awareness in separation created a duality of Physical and Spiritual, matter & energy.

The Consciousness of matter is called Light. The Awareness of energy is called Love.

With the consciousness of Light and the awareness of Love, the Universe has created the conscious-awareness of Life.

With conscious Authority and awareness of Power,  
the Universal Energy of Conscious-Awareness  
created the Ability of Life.

Conscious-Awareness is a Divine Attainment.

# Embarrassment

July 14, 2008

We are never embarrassed by not enough power. We are embarrassed by having too much power and not having the ability to use it.

The ability to use our power is compromised by our lack of authority. Our authority to use our power is redeemed with our ability to know who we really are. Our Power is limited only by our Authority to use it.

When our Self is disconnected from our Soul, our power is disconnected from our authority. Without power, we become emotionally needy. Without authority, we are embarrassed by our power.

The only reason that we are without authority is because we have forgotten where it comes from and we therefore seek it from a false or limited resource, which is our fate. Our destiny is to connect to the Authority of our Soul as this connects us to the ability to use our full Power.

When we come from our Truth, we are never embarrassed.

# Self-Consciousness

July 13, 2008

Self-Consciousness is being conscious of our ego Self without awareness of our Soul. We become self-conscious when we do not recognise the power and authority of our Soul because we are without awareness. Unawareness of our true Identity and our true power will result in us being embarrassed to be our Self.

The flush of embarrassment is the heat created by the resistance caused by our conscious self to the power being transmitted by our Soul. We are conscious of our physical Self and this constitutes our ego. Our Soul is aware of our Spiritual Identity and who we really are. Whilst the Self remains unaware of its true Identity, it will suffer an identity crisis called being self-conscious.

Self-consciousness is being without our true authority and the ability to process our power effectively. We call this a lack of self-worth but really it is an overdose of our power or true worth.

# Mood Swings

July 12, 2008

Our 'mood' is our emotional state of Being.

When in a good mood, we are being emotionally positive and Soul-like.

When in a bad mood, we are being emotionally negative and driven by our ego self.

Our ego is our sense of Self, which is our character and our personality.

When our mood swings to negative, we are acting out our character based on our limiting beliefs, or we are expressing our personality that is pursuing an emotional need.

When our character has no limiting beliefs and our personality is without emotional need, we are expressing the personality and character of our Soul, which is our True Identity.

When our mood is perfectly Divine, we are following the authority of our Soul and we are in our full emotional power.

It is a fear or a false belief that resists our effortless flow and swings our mood from being positive to becoming negative.

As our mood swings, it shifts polarity from a forward direction into reverse and resists our flow because our 'attitude' or perspective is without the alignment of our True Vision.



# Being Faithful

July 11, 2008

Being faithful to another is following their authority and their choices.

Being unfaithful to another is following the desires of our selfish ego in the pursuit of getting our emotional needs met.

Being faithful to our partner is conforming to the needs of a co-dependent relationship.

We can only depend on our partner to meet our needs faithfully, when they are being faithful.

A co-dependent partner can only rely on us to meet their needs emotionally, when we are being faithful.

In an inter-developmental partnership, both partners are faithful to their own spiritual path of growth and development.

Our true partner in personal spiritual development and growth is our Soul. When we are faithful to the authority of our Soul, we grow spiritually.

Inter-developmental partners do not need each other, they choose each other for the purpose of sharing their mutual development.

Our True Faith is the path of our Soul. When we are Soul-full, we are Being full of Faith.

# Magnetic Attraction

July 10, 2008

Magnetic Attraction is the attraction of similar polarities.

When opposing poles (genders) align in a similar direction they become magnetically attractive.

A north/south magnet aligns in the same direction as another north/south magnet.

Where opposing poles appear to attract, the attraction is actually a similar alignment of polarities.

Polarity means direction. Energy with a similar polarity or direction will align magnetically.

It is not the metal that is magnetic but the energy state of the metal. This is why iron can be both magnetically attractive or not.

Electro-magnetism is where an electric current aligns the energy of the metal to make it magnetically attractive.

Like frequencies, polarities and directions flow together due to magnetic attraction.

We are sexually attracted to someone with an opposing gender of energy.

We are magnetically attracted to someone who follows the same authority and makes the same choices as we do.

Sexually attractive people share their power with us.

Magnetically attractive people share the same standards, values, principles, ethics, manners, habits, rules, laws and authority as we do.

We are magnetically repelled by people with a colour, creed, race, nationality, culture, religion and ethnic background that is different to our own. We call this prejudice.

# Walk the Talk

July 9, 2008

A Walkie-Talkie allows us to talk to someone who is not physically there with us. It allows us to communicate our reality across space in that moment of time.

It is our personal means of communication that does not require us to connect to a main telephone exchange.

Religion is generally accepted as the main Communication Exchange between Man & God.

With a Spiritual Walkie-Talkie, we can connect individually and exclusively to God via our Soul.

Our Soul is our personal representative of God and carries a Walkie-Talkie at all times.

Walkie Talkies are designed for two way communication. When we talk into our own Spiritual Walkie-Talkie, we will always get an answer.

Once in direct communication with our Inner Coach, our Soul is able to “Talk our Walk” which allows our Self to “Walk our Talk”.

# Attached

July 8, 2008

We are Attached to what we need emotionally.

What we need emotionally, we form an attachment with.

An emotional need attaches us to whatever meets that need emotionally.

We become attached emotionally to people and possessions.

Whatever we are attached to emotionally, we will need to own and possess.

Our possessions or belongings are material things that we we have become attached to because emotionally we need them.

When we become emotionally detached from our possessions and belongings, we have no need to own them and have no feelings either way about losing them.

Our attachment to ownership will result in grief at the loss of what we need emotionally.

Grief is the energy drain of experiencing becoming unattached to our emotional attachments.

When we become detached from our emotional needs, we are free of our attachments.

# Cash Flow

July 7, 2008

Money is an energy.

Energy flows until it encounters resistance.

When energy meets the resistance of fear and false beliefs, it stops flowing freely.

Fear of poor cash flow causes resistance to cash flowing and creates poor cash flow.

The need for cash reserves to overcome poor cash flow just endorses the existence of poor cash flow.

Poor cash flow creates the need to borrow, which creates an increase in cash outflow as well as cash in flow.

Increased cash outflow decreases cash reserves and creates slower cash in flow.

Cash flow problems are created when cash flowing out exceeds cash flowing in.

Cash reserves accumulate when cash flowing in exceeds cash flowing out.



Cash flow management is about regulating the ratio of cash flowing in and out.

Knowing that there is always enough overcomes negative cash flow, unless negative cash flow overcomes us knowing that we will have enough.

Having enough is a state of Being not a condition of having enough.

When 'knowing that we have enough' is a condition based on and dependent on us having enough, then we will never have enough and always be experiencing negative cash flow.

When we have enough cash today to pay today's expenses then we are experiencing having just enough.

The difference between having enough and having just enough, is having a cash reserve.

In the Absolute Realm there is no such thing as negative cash flow. All energy just flows naturally.

# My Lord

July 6, 2008

My Lord is my Inner Coach.

My Inner Coach is the Source of my Authority.

My Authority allows access to my Power.

My Inner Coach is Lord of my Power & Authority.

My Lord is always connected to me.

The question is “Am I connected to my Inner Coach”.

“Am I obedient to the directions of my Lord”?

I always get what I ask for. This is the Law of attraction.

The question is: “Am I asking for my Lord & Inner Coach to guide me”? Otherwise I am following the fate of my ego’s desire.

My Lord Knows my Destiny, yet has given my Self free will.

I can choose my destiny or my fate, the guidance of my Lord or the will of my ego.

# An Abundance of Wealth

July 5, 2008

Abundant riches is having plenty of money to buy material possessions and possess material wealth.

An Abundance of Wealth is having enough of everything that we need in each moment of time. Wealth in Abundance is the provision that we have made for our Life Journey.

On our Life Path, everything is provided for our Well-Being and we will have enough for everything that we need to fulfil our vision.

When Abundance means enough of everything, then we have overcome the duality of poverty and plenty that will ebb and flow in our life and provide us with either too little or too much. When an Abundance of Wealth becomes enough, then it will no longer be not enough or more than enough. An abundance of riches cannot buy us an Abundance of Wealth.

Abundant Wealth is a State of Being Content without the need, longing, yearning or desire for something more.

# Enough Abundance

July 4, 2008

Enough is enough. It is neither too little nor too much.

Enough is without scarcity and without gluttony.

Enough has no extravagance and no frugality.

We can only drive one car at a time, therefore we only need one car park space.

One car park space is enough, two is more than enough, none is not enough.

We only need a car park space 'now'. An empty space is useless to us in the past or the future.

Money is the same as a car park space. We only need enough in the present moment.

When our car park space is 'reserved' we know that we will always have enough space to park.

When we have enough money in 'reserve', we know that we will always have enough.

A Money Reserve will attract more money to flow to us to ensure that we will always have enough.

When abundance is in opposition to scarcity it is more than enough.

When Abundance is enough, then we will always have enough Abundance without having too much and being extravagant.

Without a Money Reserve we will only ever have just enough.

With a Money Reserve, we will always have enough.

Savings are what we put aside for future spending. They are not a Money Reserve.

When we save money for the future we are declaring a scarcity mentality, which is miserly and frugal.

The secret to having enough in abundance is to spend 90% of our income, whilst tithing 10% to our Self in the form of our Money Reserve, which is never spent.

To have enough in abundance, we are required to know how much enough is. Too much is not enough.

# The Holy Trinity

July 3, 2008

The Holy Trinity is Triality in Unity.

We live in a relative world of dual reality, where everything has a polar or opposing opposite. In duality, everything is divided by gender, polarity and intensity. We overcome duality and redeem our Oneness, when duality becomes Triality in Unity.

Pure Energy has the Ability of Life. Pure Energy in the realm of relativity is divided by power and authority.

The Power of Divinity is Love, which is divided by gender.

The Authority of Divinity is Light, which is divided by polarity.

This allows Divinity the Ability to experience, explore and discover all extremes of intensity of Life.

When the Holy Spirit of Love and the Father of Light are united, then the Ability of Life is realised, manifest and created within the Son of Man.

# Fear of Deprivation

July 2, 2008

Fear of deprivation is grounded in the belief that everything is limited and may run out.

Fear of deprivation is the belief in poverty, scarcity and lack. Fear of deprivation creates the need to be free.

We fear being deprived of oxygen, food, water, shelter, comfort, love, time, space, truth and freedom.

We fear being deprived of life. We do not fear death so much as fearing being deprived of the opportunity to live. We fear not being free to live.

Deprivation is the fear of not having enough of anything we believe that we need.

The fear of deprivation creates gluttony or the pursuit of having more than enough and more than we need.

There is enough of everything, and this becomes our experience once we know that the Universe is infinite, boundless and unlimited.

All we have to do is ask. "

# Fear of Rejection

July 1, 2008

Fear of Rejection is created by the belief that we can become disconnected from our Power.

Fear of Rejection is the belief that we will not be Loved. Fear of Rejection creates a need to be Loved. We feel Loved when we are connected to our Power. Our True Power is the Love from our Source.

When born into physical life, we become disconnected from Source, although our Source is never disconnected from us.

Our disconnection from Source creates the need to connect to others for our Power.

Babies bond with their parents to receive the Love that they require. When this bond is broken, or not created, a feeling of rejection follows.

We are never rejected by our True Source of Power. We just need to learn to re- connect to never fear rejection again.



# Sharing

August 31, 2008

Sharing can be divisive or expansive.

Sharing is divisive when we divide what we have between one or more others.

When we divide what we have amongst others, we have a scarcity mentality, which expresses our belief that others do not have enough.

Divisive sharing, sometimes called charity, is an expression of scarcity that creates more poverty.

When we divide what we have in a belief in scarcity, we just increase the scarcity and share it.

Expansive sharing is when we share what we have with what another also has.

With expansive sharing the product is greater than the sum of the two halves that are being shared.

Expansive sharing is an expression of enough that results in an abundance of enough.

We can never have too much expansion or more than enough abundance.

When we share abundance, we don't get more abundance, we just share it with another.

Sharing what we have in abundance allows us to appreciate what we have in abundance.

# Freedom

August 30, 2008

We value Freedom as our greatest asset.

Indeed, freedom of choice is our greatest gift.

Yet Freedom, as well as being a True Value, can also be a need.

When we are without our freedom, we feel the need to be free.

When we are free, we no longer need to be free, and we truly value what we are doing with our freedom, not the freedom itself.

A lack of freedom is called slavery.

When we become a slave to anything in Life, we give away our choice and our freedom.

Slavery is the inability to master our choice.

We all have 'free will' and 'freedom of choice' but we will only enjoy our freedom once we have mastered our will and our choice.

The question is: "Who is the Master of our Choice"?

Is it the will of our ego, the will of someone else's ego,  
or are we making a Divine Choice?

Are we a 'slave' of our sub-conscious programming  
or have we 'mastered' the "Choice of our Soul"?

# Law of Attraction

August 29, 2008

The Law of Attraction states that **“Like is drawn unto itself”**. Therefore: “What we give out, we get back”. This is also known as: “Do unto others as you would have them do unto you”; “What we sow, so shall we reap”; and “The Law of Karma”.

Secondly: “What we have we attract more of”. What we focus our thoughts on becomes our reality. As our reality appears it endorses our beliefs about reality and continues to appear until we change our beliefs about our reality.

The Law of Attraction is Universal and immutable. It is without exception. The Law of Attraction is the result and effect of “Consciousness”. Consciousness causes Reality in line with the Law of Attraction. Consciousness is not just conscious thought. Consciousness is the sum total of our conscious, sub-conscious and unconscious thoughts. Consciously creating our reality is quite a challenge when we are only conscious of as little as 7% of our potential total “thoughts”.

Consciously creating our reality can be quite a problem when as much as 25% of our potential thoughts are false programmes, fears and limiting beliefs held by our sub-conscious Self. Consciously creating our reality becomes a major opportunity once we know that at least 70% of our thoughts can potentially emanate from the Soul, Wise Self, or Inner Coach that is our Unconscious Self.

The paradox is that our Unconscious Self has given our Conscious Self the freedom of choice. Unless we consciously ask our Unconscious Self, it can have no discerning thought on the matter.

In the absence of asking and hearing a reply, we will default to the thoughts and choices of our Sub-conscious Self, whilst our Unconscious Self remains just a potential that is unrealised.

If we choose to attract “Heaven” to the reality of our Earthly Life, is it not prudent to ask that Unconscious part of our Self, that resides in the Absolute Reality of infinite and unlimited possibilities, what it is that we truly want to ‘Attract’ in our Life?

# Energy Reserves

August 28, 2008

With enough physical energy, we can do whatever we want. We feel healthy and strong.

With enough emotional energy, we can be whoever we want. We feel wealthy and empowered.

With enough mental energy, we can have whatever we want. We feel wise and enlightened.

With enough money, which is also an energy, we can buy whatever we want. We feel rich.

The paradox of money is: How do we store enough in reserve, without stopping the flow.

The apparent reality is that a reserve of money attracts more money to flow, but storing money stops it flowing. Apparently the more we give out, the more we get back and the more we keep the more we attract.

The answer lies in the distinction between a reserve and savings.

A reserve of money continues to grow steadily and is never depleted and attracts more money.

Savings are a statement of not having enough.  
Because I do not have enough, I have to save up my money. Savings are always depleted when we eventually buy what we have been saving for. Scarcity and poverty always attracts more of the same.

Saving physical energy is a statement of weakness.

Saving emotional energy is a statement of needing motivation.

Saving mental energy is procrastination and indecision.

With sufficient energy reserves we never need to save our energy, we never waste our energy, and we always have enough energy to use, when we want and need it.



# Creatures of Habit

August 27, 2008

Creatures of Habit do the same thing, at the same time, in the same place. Their space-time-reality is unchanging. The nature of space-time-reality is continuous change.

Creatures of Habit are stuck in space-time by their own particular reality. Creatures of Habit fear change.

Creatures of Habit repeat their routine because they have found it to be safe and it is within their comfort zone.

Creatures of Habit are unaware that they are the Creators of their own Reality.

Creatures of Habit become prisoners of a reality that they believe they are a victim of by virtue of their birth.

We are prisoners of our habits because our 'comfort zone' will eventually become our prison.

Within our comfort zone there is no growth and no continuous change and we eventually forfeit the opportunity to make new choices.

Creatures of Habit lose their freedom to choose and choose by default what is their routine or habit.

Our choice is always ours. We can be a Creator of Reality or a Creature of Habit.

# Power Nap

August 26, 2008

A “Power Nap” is a short sleep that reconnects us to our emotional Power.

When feeling emotionally low on energy, a power-nap recharges our emotional ‘batteries’.

The ‘power’ that we connect to whilst asleep is our Source of Emotional Love at the Heart of our Beingness.

A power-nap replaces our feeling of emotional negativity with a positive emotional feeling that replenishes our power.

When we awake from a power-nap, we see Life from a new and more positive perspective.

When we fail to connect to our energy source whilst asleep, or are woken too early, we will feel drowsy, sluggish, dis-orientated and off-balance.

Our fears, false truths and limiting beliefs will resist our ability to enjoy the benefits of a power-nap.

We only connect to our Power when aligned with our True Authority.

# Fear

August 25, 2008

There are 3 primary fears or 3 sponsoring beliefs that create a false reality.

**Fear of Failure:** is the apparent belief that we will not be acceptable because our ability is not sufficient for us to succeed.

Fear of failure creates low self-esteem and the emotional need to be accepted and acknowledged and the need to win and to succeed.

**Fear of Deprivation:** is the apparent belief that we are not free/allowed to have what we want because we do not have the authority to choose.

Fear of deprivation creates low self-confidence and the emotional need to be allowed, to be free, to be safe, and the need to be right ethically, morally and legally.

**Fear of Rejection:** is the apparent belief that we will not be able to connect to the power that we need because of the disapproval of others.

Fear of rejection creates low self-worth and the emotional need to be included, to be loved, to have approval and to be connected to another who gives us power that we emotionally need.

# Inspiration & Aspiration

August 24, 2008

Inspiration is our highest emotional power.

Aspiration is our highest thought of mental authority.

Our aspirations require inspiration in order to manifest as our reality.

When our aspirations come from the will of our ego self rather than the authority of our higher Self or Soul, we will lack inspiration and require motivation instead.

We are motivated to aspire to the height of our ego self's desire.

We are empowered with inspiration, when following the aspiration of our Soul. Our Soul inspires our Self to become like our Soul.

Our Self aspires to become the image or likeness of our Soul.

“Aspiration without Inspiration will result in perspiration”

We cannot inspire others to follow our authority. We can only aspire to connect others to their own inspired authority.

# Arrogance

August 23, 2008

Pride without humility is Arrogance.

Greed without the humbleness to please others is Arrogance.

Wrath without the patience of meekness is Arrogance. Wrath is will-power. Meekness is lack of will-power. Will-power is the power of our will or ego self.

Humility without pride creates intolerance.

Humbleness without greed creates anger.

Meekness without wrath creates frustration.

Arrogance with pride is false self-confidence.

Arrogance with greed is false self-worth.

Arrogance with wrath is false self-esteem.

The meek will inherit the Earth without Heaven, unless they have the ability to be empowered by their Soul's Authority. We cannot have too much self-confidence, but we can have too much arrogance.

# Motivation

August 22, 2008

We are motivated to be right and to perform to the best of our ability. This is Pride.

We are motivated to have what other people have. This is Envy.

We are motivated to live in luxury and extravagance. This is Gluttony.

We are motivated to pursue and want whatever we desire. This is Lust.

We are motivated to win and to be better than everyone else. This is Greed.

We are motivated to lead others to follow our example. This is Wrath.

We are motivated to obtain knowledge, material wealth and status. This is Sloth.

When we are motivated by our sins, we see them as a virtue:

Our pride becomes humility.

Our envy becomes kindness.



Our extravagance becomes charity for the poor.

Our lust becomes love.

Our greed becomes pleasing.

Our wrath becomes meekness.

Our sloth becomes due diligence.

Once empowered by the attributes and attainments of pure Love, motivation becomes unnecessary.

# Opportunities for Growth

August 21, 2008

An 'issue' is issued by the Soul to its Self.

The Self, as a master, will view the issue as an opportunity for growth.

The Self, as a student, will view the issue as a challenge issued by the master.

The Self, that is unawakened, will view the issue as a problem.

A problem is always viewed from a negative perspective.

A challenge is either viewed as positive or negative, depending on how much power is available to carry out the challenge.

With enough power, the issue is seen as a positive challenge that is achievable. With insufficient power the challenge will be seen as too big a challenge to overcome. An opportunity is always seen as a positive opportunity for development and growth,

Our perspective on Life will decide whether we are an awakening student or an aware master.

# Need & Purpose

August 20, 2008

We need to survive this life-time until we know that we chose this life-time. The need to survive is called instinct.

Knowing our purpose for this life-time requires intuition. In the absence of Knowing our purpose for Life, we will spend our life getting what we need emotionally. Our emotional needs are created by not connecting to our true source of Power. Our purpose is to know, see and feel, who we really are. This is how we access our power.

In the absence of knowing our purpose, we will be without the power to be here on purpose and we will continually need to replenish our emotional power by getting our emotional needs met.

Our purpose is pre-destined.

Our needs will determine our fate.

When we live Life on purpose, we realise our Vision, access our Power and fulfil our potential for this Life-time.

# Simple Love

August 19, 2008

Simple Love is uncomplicated by conditions.

Conditions are needs that make Love conditional and complicated. Love becomes complicated by our emotional needs - our emotional need for Love. When we have emotional needs, we emotionally need Love and seek the conditions by which it might become available to us. By seeking the conditions under which we may find Love, we create conditional Love. By making Love conditional, we have simply disconnected our Self from our Source of Love.

Feeling unworthy of Love is based on the belief that Love is conditional and we must meet those conditions in order to feel worthy and of value.

Love simply has no conditions, other than the conditions that we place on Love that simply disconnects us from Love.

Love simply Just Is.

So, Love simply and simply just Love.

# Unconditional Love

August 18, 2008

Unconditional Love is ‘being accepting’ of what another is doing. Unconditional Love is ‘being approving’ of who another is being. Unconditional Love is ‘being allowing’ of what another wants and has. Unconditional Love is being accepting, approving and allowing, of others, and being without the emotional need to be accepted, approved or allowed, by others.

When we are unaccepting and tolerating others, our love is conditional.

When we are angry and disapproving of who others are being, our love is conditional.

When we are frustrated and controlling and not allowing others their freedom of choice, our love is conditional.

When we need approval, acceptance and to be allowed by others, we do not Love our Self unconditionally. Only once we learn to Love our Self unconditionally can we learn to Love another unconditionally.

# Power & Authority

August 17, 2008

We all have the authority to be divine, but few have the power.

We all have choice. Choice is our Divine Right, and with choice, we have Authority. We all have the authority to choose. The only thing that limits our choice is not knowing what to choose. Not knowing what we want limits our choice and takes away our authority. No authority equals no power.

When we exercise our Divine Authority, we automatically connect to our Divine Power. Divine Authority is the choice of our Soul and the Power of our Soul is Love. Our Soul has infinite love for Life and infinite Power. The Soul is Omnipotent. With infinite Love and eternal Light, the Soul has continuous Life in both physical and spiritual form.

When we make the choice of our Soul, we are empowered with the Divine Power of Love.

When we make the choice of our Self, we will have to rely on will power. which has no Divine Authority.

# Reiki

August 16, 2008

Reiki means Universal Life-force Energy.

Our Universal Life-force Energy is our ability to connect to our power and our authority. Reiki has no distinction between the power and authority of Life's energy or ability. Reiki is the power & authority of love & light, yet without the Power of Love & the Authority of Light its ability is useless.

Reiki is a belief that Life-force Energy comes from the Universe, enters the body through the crown chakra and leaves the body through the hands of the healer. It is a belief system that Life-force energy comes from a source external to our Self.

Reiki worships no religion or belief system, yet by definition, with followers following one belief system, it has become a religion in its own right.

Our ability to Love others is limited only by our ability to Love our Self. Our ability to heal others is limited only by our ability to heal our Self. Life-force Energy comes from within and is universally available to all who learn to connect to it.

# Life Path

August 15, 2008

Before we are awakened, we follow someone else's life path.

It may be our parents, our religion, our employer, or our society in general. This is our fate.

Once awakened, we start to follow our own unique life path. This is our Destiny. Our challenge is that we have a choice of Life Path.

The question is: "Which path are we on"? Are we following the path of our Ego Self or the path of our Soul? Whichever path we follow, we are 'on track'. The question is still "Which track are we on"?

Our Soul has given our Self, choice. We can follow the choice of our Self or follow the choice of our Soul. Either way the Self will be presented with opportunities for personal development and the Soul opportunities for Spiritual Growth.

The real question is: "Which path is effortless - the path of the Ego or the path of the Soul"?



# Personal Development & Spiritual Growth

August 14, 2008

Personal Development is the process of reprogramming our 'software' or updating our 'software' to run better.

Spiritual Growth is the process of re-writing our own 'operating system'.

Personal Development is working on our character and our personality to develop our Self.

Spiritual Growth is working on our True Identity to expand our Soul.

Personal Development is about being optimistic, less negative and more positive.

Spiritual Growth is about finding balance in all things.

Personal development is concerned with reducing our tolerations, challenging our limiting beliefs and getting our emotional needs met.

Spiritual Growth is about gaining more power, authority and ability to live Life on purpose and to realise our Vision for this Life-time.

# Authority & Influence

August 13, 2008

We do not have authority to make choices for other people.

We can only influence the choices made by other people when they give their authority away to us.

We all have choice. This is the authority of the self to choose and our authority to choose for our Self.

We all have the potential ability to make our own choices and we realise our potential through making choices.

Freedom of choice is our authority to choose and is our Divine Right. It is God- given.

What limits our ability to choose is the influence of other people, especially other influential people.

We are influenced from birth by the choices that other people make.

Other people seek authority over us, so that they can influence our decision making.

When we take away another's authority to choose for their self, we take away their power.

When we give away our authority to the influence of another, we deny our Self our True Power.

Without power, whatever authority we follow, we can never fulfil our potential ability.

Our Potential Ability is the product of our own personal Power and Authority that is accessed by connecting exclusively to the 'Influence' that is available from our Inner Coach.

# Fate or Destiny

August 12, 2008

Those who know that they have choice can choose their fate or their destiny.

Those who have no distinction between their fate and their destiny have no choice but to accept their fate.

Those who believe that they are without choice, follow their fate to their doom.

To realise our destiny, we just have to choose it.

It is our destiny to make conscious choices.

To choose our destiny, we first have to stop choosing the doom of our fate.

The pessimist tolerates what turns up as their fate and remains a victim of it.

The optimist accepts what turns up as their destiny and sees an opportunity for growth in every experience that is presented.

The realisation that everything has an opposite in the realm of relative dual reality, testifies to the fact that “we all have choice”, because duality creates choice.

The question is not whether we have choice but “do we consciously choose to have choice”?

Do we sub-consciously tolerate our fate or do we consciously accept our destiny as the gift that it is?

# Seven Limiting Beliefs

August 11, 2008

The belief that “life has rules” creates **death**.

Knowing the rules, ‘the right way’, is pride.

For the sake of our pride, we need to be right.

The belief that “we have no choice” creates **hunger**.

Wanting what someone else has chosen is envy.

For the sake of our envy, we need freedom to choose.

The belief that “there is not enough” creates **poverty**.

Wanting more than enough is gluttony. For the sake of our gluttony, we need to feel comfortable and safe.

The belief that “love is not the way” creates **war**.

Taking whatever we want is lust. For the sake of our lust, we need to feel loved.

The belief that “we are not all equal” creates **racism**.

Being superior to others is greed. For the sake of our greed, we need to win.

The belief that “there is only one reality” creates **ignorance**.

Directing others on the wrong path is wrath. For the sake of our wrath, we need to be acknowledged.

The belief that “we are victims of our fate” creates **sickness.**

Being a victim of life is sloth. For the sake of our sloth, we need to achieve.

# Beauty & The Beast

August 10, 2008

Beauty is reflected in everything created by God.

Ugliness is reflected in everything created by Man.

That which is created by God, emanates Divine Energy.

What is created by Man, requires energy to maintain and sustain it.

What Man creates, Man possesses and owns.

That which God has created is free for all Men.

Everything created by Man bears the sign of the 'beast'.

What is created by Man is subject to Time and has a definite life-span.

That which is created by God is Eternal.

Acts of god are created by the global consciousness of Man. They are the consequence of the collective consciousness of all Men on this planet.

God Is. God does not act. Ugliness is created by the beast. Beauty just Is.



# Three False Gods

August 9, 2008

**1. Money** is used to measure our value and worth.

Money is the currency of material wealth. The more money that we have, the more material possessions that we can obtain and own. We believe that other people value our material wealth and therefore value us.

**2. Knowledge** is used to measure our confidence.

We believe that the more knowledgeable that we are the more other people will confide in us for advice and trust us with their confidential matters. The more confident we are the more people will believe that we are knowledgeable.

**3. Status** is used to measure our self esteem.

The higher our status in society, the higher we believe that other people will hold us in esteem. The higher we are held in esteem by others, the more power and influence we believe that we have over other people.

Our true **Power, Authority and Ability** comes from our Soul, within our Self, not from other people.

# Grace & Favour

August 8, 2008

Grace and Favour are free.

Grace is the Power of Love.

Favour is the Authority of Light.

With Grace & Favour we experience the Mercy that is Life. We are full of Grace when we are connected to our Power. With Power, we are graceful and effortlessly flow.

Life is favourable when we are connected to our Divine Authority. We favour being in the effortless flow of Life.

Mercy is not something that we give to another but to our Self. With Grace & Favour we give the opportunity of Life to our Self.

“There but for the Grace of God, go I”, means that without my connection to my Divine Power & Authority, I will be at the mercy of my fate, instead of living the Life of my Destiny.

With Grace, we are all ‘God’s Favourite Son’.

# Emotional Intelligence

August 7, 2008

Emotional Intelligence is the measure of our Self-Worth, Self-Esteem and Self- Confidence.

To the emotionally unaware:

Self-confidence is confused with arrogance.

Self-worth is confused with vanity.

Self-esteem is confused with pride.

To the emotionally disconnected:

Self-confidence is directly proportional to how high others hold us in their esteem and value our worth as a person.

True Self-Confidence is a measure of how well we are connected to our Authority. How well we are connected to our Authority determines how effectively we make good choices.

Lack of self-confidence is caused by limiting beliefs and fears.

True Self-Worth is a measure of how well we connect to our Power, which is a measure of how well we value our Self.

Lack of self-worth is created by our emotional needs.

True Self-Esteem is a measure of our Ability, which is relative to our ability to connect to our power and authority. It is a measure of our ability to be Well and enjoy Happiness.

Lack of self-esteem is due to our life dramas and the character that we are playing.

# Creation

August 6, 2008

In the beginning God created the Heaven and the Earth. Heaven is the domain of our Soul - our God. Earth is the domain of our Self - our Man.

The duality of physical and spiritual existence is realised in the manifestation of relative physical reality on Earth as opposed to the Absolute Spiritual reality of Heaven,

In the beginning God created Heaven 'on' Earth, Heaven on Earth is the Garden of Eden. Earth as God created it to Be.

The Garden of Eden is not a place on Earth. It was the Earth at the time of Creation.

Then God (our Soul) created Man (our Self) and God (our Self) gave Man (our Self) choice. and the world of relative dual reality came into Being to allow Man to be at Choice.

God created duality and this relative world of Earth in Heaven so that Man could have choice and, through Man, God could experience Choice, because in the

Absolute Realm of oneness there is no choice, just Absolute Oneness.

With the choice given by God, Man is able to choose to create either Heaven on Earth or Hell on Earth by virtue of his personal perspective of what is good or bad.

In the beginning God created Heaven on Earth and this is the 'Nature' of the Earth. However it is Man's nature, and the nature of Man's perspective, that decides whether it is heaven or hell to live on Earth,

# Seeing

August 5, 2008

Seeing is the spiritual ability to see with the eyes of our Soul. It is the ability to see the Absolute Big-Picture of Life, rather than the relative small picture of our individual existence in this Life-Time. It is the ability to see Life as a continuous discovery without life or death. It is the ability to see Light as an eternal exploration without relative and opposing light and darkness. It is the ability to see Love as an infinite experience, without the fear of false beliefs that create love and hate.

From the Soul's perspective there is only this present moment of Time that exists in each moment of Now.

The Soul sees all past experiences and all future possibilities in each present moment. This is Being Omnipresent.

With the eyes to see as our Soul, we have the imaginative genius of our insight, foresight and hindsight, to create, manifest and realise, the reality of our Dreams.

# Knowing

August 4, 2008

What we know in our mind comes from our sub-conscious programming. Our sub-conscious knowing is the sum total of our memory of earthly experiences since our birth. What we Know in our Heart comes from the Wisdom of our Soul. Our Spiritual sense of Knowing is how our Soul communicates with our Self.

When our Soul communicates an important message, we Know from the bottom of our Heart at the Core of our Beingness that this is our Truth. When we truly Know, we have no distinction between our Heart & Soul.

Mental knowledge comes from physically experiencing the material world and increases our ability to live in this world.

A Spiritual sense of Knowing comes from the Spiritual Wisdom of our Soul that is connected to the Universal Consciousness of All That Is.

We move from physically knowing in our mind to Spiritually Knowing, once we Know that we do not know.



# Male Gender

August 3, 2008

The Male Gender is exclusively disconnected from others of the same gender.

Without an exclusive connection to its Soul, the male gender will follow the authority of its ego self and become exclusively disconnected from its Soul.

The male gender needs to exclusively connect to an opposing female energy to gain its power.

With emotional insensitivity, the male gender may connect to a different female energy, as its ego self determines. This is called lust.

In the absence of an exclusive connection to its true Authority, the male gender will follow the authority of its rational consciousness, and become insensitive to all other stimuli.

The male gender is insensitive to other people unless they provide a source of emotional energy.

The male gender is unemotional because emotion is a distraction from the authority of its rational consciousness.

The male gender has lost, without its feeling of emotion, all awareness of Spirit.

The male gender defines the opposite of rational as irrational and sees emotion as irrational.

The female gender defines the opposite of emotional as unemotional and sees logic as unemotional.

# The Female Gender

August 2, 2008

Female energy is inclusively-connected to its own gender.

Without an exclusive connection to their Source of Authority, the female gender is powerless and will need an alternative power source.

The female gender inclusively connects to similar female energy to gain its power.

The female gender exclusively connects to a single male energy, to gain its authority.

In the absence of connecting to their true power through their divine authority, the female gender soon becomes off track, lost and confused, and their inclusive connection becomes an inclusive attachment to other people.

An inclusive attachment is seen in some religions as the need to have communal worship.

The female attribute of sensitivity becomes irrational when confused without emotional awareness.

Sensitivity to the energies of the physical world can be very over-whelming without the emotional awareness of one's spiritual path.

# Emotionally Rational

August 1, 2008

Our Soul is Being Emotionally-Rational in relationship to our Self.

Our Soul is connected to our Self via rational consciousness and emotional awareness.

As our Soul is both rational and emotional it has total Conscious-Awareness.

In the physical realm of relative dual reality, the Self adopts either a male gender of rational consciousness or a female gender of emotional awareness.

In the absence of seeing a complete picture of the rational world of physical science combined with the emotional world of spiritual religion, we become confused and divided by polarity as well as gender.

Male conscious rational scientists tend to lose their way and become unemotional.

Female emotionally aware spiritualists tend to lose their way and become irrational.

In the absence of a distinction between consciousness and awareness, we see them as the same thing, and we use them to create a small picture of the world as we see it according to our personal perspective of the truth.

Any perspective of reality that is divided by either gender or polarity is without full Conscious-Awareness of the Divine Truth.

# Order & Chaos

September 30, 2008

We create order in our life to avoid our problems becoming chaotic.

We believe that an orderly life is problem free because a chaotic life is full of problems.

Chaos is an accumulation of too many unresolved problems. Order does not solve problems, it systemises them.

When our life follows the same order, we create the same reality, and only create problems that we know that we can solve.

Order does not avoid problems, it creates solvable problems. Whether we choose order or chaos, we still encounter problems.

The difference between order and chaos is the number and magnitude of the problems that we are currently faced with.

Effortless flow in life has no order and no chaos. Life just flows without resistance encountering orderly-chaos and chaotic-order.

A problem-free life, without chaos, lies in the direction of our challenges and opportunities, that are beyond the safety, security, and order of our 'comfort-zone'.



# Being Fulfilled

September 29, 2008

Being Fulfilled Is:

Knowing my Vision.

Living 'On Purpose'.

Experiencing my 'True Values'.

Knowing who I am.

Knowing why I am here.

Living without problems.

Accepting my challenges.

Allowing my opportunities.

The Omniscience of all Knowing.

Our Destiny, and our Destiny is to fulfil our Destiny.

Making wise choices.

Unlimited Self-Confidence.

Being filled full of our own Authority.

Shining our Light.

# Obsessive, Compulsive, Behaviour.

September 28, 2008

Excessive means 'too much'.

Excessive behaviour is seen as an obsession.

Compulsive means 'to have to'.

Obsessive, Compulsive behaviour is due to having too many 'have tos'.

Have-tos, musts, ought-tos, and shoulds, are all programmes that we have been taught to do, that are not our personal conscious choice, and are therefore without our own authority.

Compulsory behaviour is what we do without thinking. It is a sub-conscious reaction with which we have been programmed by someone else's authority.

Routines, habits and addictions are all orderly activities that we do regularly without consciously thinking.

Compulsory behaviour becomes obsessive when it takes over our life and becomes other than what we consciously want.

Behaviour becomes excessive and obsessive once we are no longer in control of what we are doing.

Orderly behaviour, that is routine, becomes disorderly and chaotic when we no longer choose to do it but are unable to stop.

We tolerate doing what we have-to, ought-to, should, or must.

When our tolerations become intolerable, our behaviour has become obsessive and compulsive.

# Fate & Destiny

September 27, 2008

Fate and Destiny are not the same thing. They are not a singularity. Fate and destiny are not opposing forces. They are not a duality.

Fate and Doom are a duality of fortune and misfortune, that are the result of luck or chance. The Triality or 3rd Way out of the duality of fate & doom is our Destiny.

Our Destiny is neither our fate nor our doom. It is neither our fortune nor our misfortune. We do not follow our Destiny by chance, nor do we need to be lucky. We follow our Destiny by Choice. We follow our fate or our doom by not consciously choosing.

Einstein knew that “God does not play dice”. Our Life is not a game of chance. Our life is a chance to explore, experience and discover our Destiny, unless we deal in fate or doom.

Our Soul is the ‘dealer’, our Self is the ‘player’. Our Soul has already chosen the cards. We just have to play them.

# Meekness

September 26, 2008

Meek people are followers of another's authority. Religion nurtures meek followers who follow the word of the Lord of their Religion.

Meek people are disconnected from their own exclusive path and are following the inclusive path of another.

Meek people do not get angry because they never resist the path that their ego has chosen.

Meek people are the victims of wrath, which is the word of another Man.

Meekness invites victimhood because disconnected from our own authority, we have no power.

Meekness requires patience because without power our creative ability is rendered useless.

Meek people are at the mercy of life instead of being the creators of their life.

The meek shall inherit the Earth. Unfortunately the physical world of Earth is without the paradise of Heaven.

# Wrath

September 25, 2008

Our Wrath is our 'Word' (our Wrote). Our Word is the attention or focus that we apply to a thought.

Our Wrath is the emotion on which we transmit our thoughts, words and actions. When our thoughts, words and deeds are the will of the ego self, we experience the 'wrath of Man'.

The wrath of Man has become associated with anger, because anger is the emotion that we feel when our will is frustrated by our lack of power. Wrath is deemed a sin when the will of our ego is disconnected from the choice of our Soul. When our will is disconnected from our Soul, we hit resistance and we experience an emotional negativity that we call anger.

The 'Wrath of God' is not God's anger but our Soul's Word. God's Word is God's Will that all Men have the choice to discern and follow their own wrath.

God is Divine and incapable of anger. Man's Wrath or Word defines his exclusive meaning for Life.

# Problems, Challenges & Opportunities

September 24, 2008

A **problem** is a negative occurrence that needs to be solved.

A problem is seen to be bad because it is something that we do not want.

A **challenge** may be either a positive or a negative situation, depending on whether we succeed in the challenge or not.

A challenge may be viewed as good or bad depending on whether the outcome is a success or a failure. It is not the challenge that is good or bad but our perspective of the outcome.

An **opportunity** is a positive experience that we accept without hesitation.

An opportunity is good because it will give us what we think or know that we want.

A situation, an occurrence and an experience are all the same thing. However how we perceive them is always down to our own unique, individual and exclusive perspective of Life.

Whether Life is a challenge, a problem, or an opportunity is just a matter of personal choice.

Whether we see Life as a challenge, a problem or an opportunity is indicative of our Emotional Energy.



# Loving & Liking

September 23, 2008

We **love** (need) someone who gives us emotional power (positive energy).

We **fear** someone who takes away (drains) our emotional power.

We **like** (are like) someone who shares and endorses our authority (positive choices).

We **hate** someone who takes away or deprives us of our authority and choice. We **love** (need) someone of the opposite gender because they make us feel whole.

We **like** (are like) someone of a similar polarity because they share our beliefs and our reality.

People who we like, who are like us, become our friends because we share the same interests or are interested in similar (like) things.

People who we love, are people who we need, because they make us feel whole.

Friends are people who meet our emotional needs. We either like or love them depending on whether they meet our need for power or authority.

We need people who we either like or love until we learn to connect consciously to our own Source of Power & Authority (our Inner Coach).

Once connected to our own Power and Authority, we can share the Power of our **Love** with others of a **Like** Authority, who make congruent choices and create concordant realities.

# Feelings & Emotions

September 22, 2008

Our Soul is Pure Feeling.

Our Self experiences emotions.

Our Soul's Feelings are Pure Love. Pure Love is what our Soul Feels for our Self. Pure Love is the sum of all our emotional states of Being. When we receive Feelings from our Soul, we interpret them through our thoughts, as emotions. Feelings have no positive or negative polarity, no gender and only one intensity.

Emotion or the motion of energy is experienced according to the polarity, gender and intensity of the thoughts that our mind receives and interprets.

The only Pure Emotion is Love. All other emotions are aspects of Love, even negative emotions, which are negative aspects of Love. Negative emotions are created by negative thoughts and beliefs that we call fears.

Our Soul has only Feeling because it possesses no limiting beliefs, programmes or fears.

Feeling is experiencing our Soul's Energy in Motion.

# Connected

September 21, 2008

Connected means ‘in communication with’.

When we connect to our Inner Coach, we are in communication with our Soul. To connect we require our own Space.

To connect we require our own Time.

To connect we require our own Reality.

Meditation is how we connect to our own Space-Time-Reality.

When we connect, we hear the revelations of our Soul.

When we connect, we see the images/visions/dreams of our Soul.

When we connect, we feel the inspiration of our Soul.

When we connect, we know how to manifest what we have chosen.

When we connect, we see the genius of our Soul’s creativity.

When we connect, we feel the realisation of who we really are.

# Well-Being

September 20, 2008

Well-being is not a condition.

Well-being is being well, which is a state of Being.

In our state of Being well, we are without conditions to the contrary.

Well-being is an emotional state of Being, as is Happiness.

When we place conditions on our Well-being, it depreciates in value.

Well-being is the value of our self-worth.

We are either being worthy of who we really are, or we are not.

Not being well is the result of the conditions that we have created in our Life.

Our Well-being is not conditional.

We have been given the potential for unconditional Well-being. We just have to be well unconditionally.

When we put conditions on our Well-being, we experience being un-well, ill and dis-eased.

# The System

September 19, 2008

The system is our fate.

Our fate is to live in a dualistic world of relative and opposing opposites. This is the system.

According to the system, we always have two choices. We quickly learn to deny the choice called bad and to choose the choice called good.

The system dictates that everything is either right or wrong, good or bad, positive or negative.

The system determines what is good or bad for us, what is acceptable or unacceptable.

It appears that our only choice is to accept the system and be good or reject the system and be bad.

The system declares winners to be those who rise to the top of the system, to become celebrities, personalities, characters of leadership, and good examples of the system.

The only True Winners in Life are those who learn to overcome the system. We will never Live our Destiny following the system.

# God & Goddess

September 18, 2008

God and Goddess are not a duality, they are the same thing. God or Goddess is Divinity, which has no duality and no gender.

There is no such thing as male and female divinity. Divinity is the state of Being Godlike or Goddess-like, and it requires the balance and unity of both our male and female energy. We are able to worship a false divinity or a false god or goddess because we always have choice.

A false god or goddess is a representation of the false characteristics that Man believes that a god or goddess has. A false god has a male personality, whereas a false goddess has a female personality.

As god is believed to live in heaven, it is also believed that heaven's counterpart of Earth is the goddess Gaia. Yet neither are Truly Divine.

Seeing the Creator as either God or Goddess is just a human choice and an individual perspective of Divinity.

# Impotence

September 17, 2008

Impotence is being impotent, which is without power.

Omni-potent is Being all-powerful.

When we are impotent, we are without power and we need emotional power.

Our Soul gives us the energy to be emotionally potent.

Female impotence creates a lack of passion and desire to unite with a mate.

Male impotence creates penile malfunction, although the passion and desire of the ego may remain.

An emotionally disconnected man or woman will have no awareness that their impotency is the result of their lack of emotional energy.

When we are driven by our sub-conscious ego to get our emotional needs met, we are not acting with our true potency but seeking to regain our emotional energy through the act of sexual union.



We lose our potency within a sexual relationship, when we are no longer developing and spiritually growing.

We stop growing when we lose our authority to make our own choices. When we lose our authority, we lose our power and become impotent in life and love.

The act of sexual union is an essential aspect of spiritual growth and development. It was never designed as a means of getting our emotional needs met or as a reward for someone meeting our emotional needs.

The mis-use of sexual relationships always leads to our loss of power and impotency.

Disconnected from our True Source of Power, we lose our True Potential and become eventually impotent.

# ‘Man’

September 16, 2008

‘Man’ is the physical manifestation of Soul.

Woman & man is a duality of divided gender that is separated from their Soul. The Soul is not divided by gender, nor is ‘Man’. For a man or woman to become ‘Man’ as a physical incarnation, they are required to re-unite their opposing genders. When man & woman experience a ‘coming’ together energetically they both, for a brief moment in time, experience the Oneness of Man & Soul.

The ‘Son of Man’ has the ‘Ability of Man’ to be united in their male and female gender, as is their Soul.

By the Law of Attraction, male and female energy will always seek to become re- united. When male energy seeks female energy, it is called lust or wanting sex. When female energy seeks male energy, it is called love or needing romance.

A True Soul connection is when ‘Man’ has the ability to share their Love & their Light with their fellow ‘Man’.

# Lust & Need

September 15, 2008

When a man lusts after a woman, he is lusting after his True Power, not the woman.

When a woman 'loves' or emotionally needs a man, she needs her True Power, not the man.

Lusting after a woman has become seen as a man 'just wanting sex'.

Man never just wants sex, he wants and lusts after the potency and power of being connected to the Absolute Power of Love.

When a woman needs a man emotionally, she is seen as the romantic heroine seeking her romantic hero to meet all her needs emotionally.

Women need romance and a romantic man to meet their emotional needs, before they have the energy to connect with their man to the Absolute Power of Love.

Lust and Need are a duality, that is an aspect of the Absolute Power of True Love, divided by male and female gender.

We express True Love when in a state of Being in Pure Joy with a partner that is in a state of Being in Pure Joy.

Is there anything that either men or women seek more?

# “Re-pairing”

September 14, 2008

When we ‘repair’ something, we bring two halves together to make them whole. When we ‘re-pair’, we re-unite a pair back to Oneness.

Pairs exist in dual reality as opposing perspectives of the same whole energy. In the world of relative duality everything exists in pairs because everything is divided relative to itself.

Repairing One’s Self is the act of Redemption or Redeeming our Divinity. When we redeem our Oneness, we see Life as unified, whole and repaired.

Our relative world of dual reality is a contextual field in which all things may be experienced as divided and in need of repair. When we re-pair the male and female aspects of the gender of our energy, we discover the unified Power of our Love.

When we re-pair the positive and the negative aspects of the polarity of our energy, we discover the unified Authority of our Light.

# Vision or Calling

September 13, 2008

Our Vision is our covenant to our Soul, for this lifetime.

Our 'calling' is what our Ego calls us to do.

Our Vision is a picture of Life that contains our True Worth, of what we really Value. Our calling is what we believe that we are called to do.

Our Vision is an expression of who we really are.

Our calling is an expression of what we think that we need to do.

Our Vision will connect us to our True Power and Authority.

Our calling will ensure that we meet our emotional needs.

Our Vision is a reflection of our Faith.

Our calling is the result of our combined beliefs.

Many are called, few live their chosen Vision.

# Miracles

September 12, 2008

Miracles are occurrences that contravene the Laws of Science as we know them to be.

When our world is created from our proven rational beliefs, we exclude the possibility of miracles occurring.

A rational scientific mind believes that everything has a logical reason and therefore excludes the possibility of miracles being a reality.

Our beliefs create our reality. Therefore those who believe in miracles experience them, and those who do not believe, do not experience them.

When we know that all possibilities exist and we comprehend our own creative power and ability, miracles become an everyday event.

Our belief in scientific reason and logic creates our reality according to those rational laws.

A super-natural outlook on Life allows the super-natural to manifest in our Life.

When we know that all possibilities exist and that we create our own reality, then we know that miracles exist as a possibility and a reality.

One Man's miracle is another Man's everyday occurrence.

Once we believe in miracles, we start to see what a miracle Life Really Is.



# Racism

September 11, 2008

Racism is the belief that one race or nation is superior to another.

Racism is being prejudiced in favour of one race or nation over another.

Racism is the belief that one culture is better than any other.

Race-ism is the competition between different races and creeds to win.

Racism is founded on a belief that we are not all equal.

Racism is the arrogance of pride, greed and vanity.

Racism is the humble prejudiced by the arrogant, the pleasers prejudiced by the greedy and the modest prejudiced by the proud.

Racism, prejudice and bias are always the accusation of an inferior mentality that feels victimised and oppressed.

Without the inferiority complex of a victim, racism cannot exist.

The winners are always as racist as the losers, and the losers as racist as the winners, in the human 'race'.

# The Meaning of Life

September 10, 2008

The meaning of Life is what ever meaning we give it.

We define Life by the meaning that we give to it.

There is not one meaning to Life, as Life has a different meaning for everyone.

Everyone sees Life from their own personal perspective and gives their own meaning to it.

Whatever meaning that we give to Life manifests as our perspective of Life and is created as our own reality in Life.

When the meaning of Life is to find the balance in Life, the balance becomes the mean and the mean becomes the meaning of Life.

When the meaning of Life is the reason for Life, it means that the Self is here for a reason and a purpose.

When the meaning of Life is the purpose of Life, we can start to live Life 'on purpose'.

Once we know we are here for a purpose we can discover, explore and experience our Soul's Vision for this Life-time.

When I am living in a world where everyone is in control of their own power, their own authority and responsible for their own actions, I am living my Vision and Life will have meaning for me.

# The Devil

September 9, 2008

The Devil is a creation of Man not God.

The devil & god are a duality and are neither of God nor Divine. The devil is in opposition to false gods and man made saints. The devil means 'of evil' (d'evil). Evil is 'livE' backwards.

When we go against the divine flow of Life, we encounter evil and the devil.

The only power that the devil has is the power that we give him. When we fight evil with 'good', we just give more of our good energy to evil actions.

The devil is created by our own evil thoughts.

The only way to defeat evil is to not give it another thought.

Once we have no evil thoughts, the devil no longer exists in our life.

What we see as evil becomes evil and gives energy and creativity to the devil.

# Enough

September 8, 2008

Having Enough means experiencing neither too little nor too much.

Less than enough is scarcity and more than enough is gluttony.

Having enough is determined by our state of being in the present moment.

Believing or imagining that we will encounter scarcity or not have enough in the future, actually projects that reality into our future.

When we have enough money for what we need today, we have just enough.

When we have money left at the end of the day, we have more than enough for today's needs.

When we have enough money for today and a reserve of money, we comfortably have enough and are content.

Building a reserve ensures that we always have enough.

We have a reserve in case we do not have enough  
and we have a reserve that attracts more money.

Whenever we spend our reserve it becomes savings  
and is no longer a reserve.

# The Richest Man in Babylon

September 7, 2008

The Richest Man in Babylon puts 10% of everything he ever earns into a Money Reserve.

He never spends any of this reserve.

A 'Reserve' is not savings. Savings are money put by to spend at a later date.

A reserve is never spent. It is reserved for the sole purpose of attracting more money.

By the Law of Attraction money is drawn unto itself.

Having enough money today projects enough money into our future.

The Richest Man in Babylon tithes 10% of his earnings to his Self.

When we tithe 10% of everything to 'God' it becomes 'God's Gift' to us.

The Richest Man in Babylon spends 90% of everything he earns, including the interest that his reserve produces.

The Richest man in Babylon never hordes money as he knows that this stops money flowing.



# “Happy for You”

September 6, 2008

Being “Happy for You” means that I accept the choices you make because they allow you to be happy.

We cannot share our happiness when we are tolerating the choices that another person makes.

Tolerations deplete our energy and therefore inhibit our ability to be Happy.

Our happiness is our responsibility and we are not responsible for any one else’s happiness.

When someone is happy, we can share our happiness with them, and be happy for them.

I do not depend on another to make me happy.

No one can be happy for me unless I am happy myself.

I do not choose for another to be dependent on me for their happiness.

Once I have learned to be the master of my own happiness, I am able to share my happiness with the happiness of another.

Two happy people sharing their happiness have happiness for each other. Sharing our happiness with a sad person will eventually make us both unhappy. We cannot share another's happiness without also sharing our own sadness.

We can only share each other's happiness once we are both happy and we both have happiness to share.

# Faith

September 5, 2008

Our Faith is our ability to follow the design of our Creator.

God is our Creator because by definition God is the Creator of everything.

Everything that God has created has a purpose, which is its Divine Purpose.

Our Divine Purpose is our Vision for this Life.

Following our Vision is our Faith and requires Faith.

“The faith of a mustard seed” is its divine purpose.

The purpose of a mustard seed is to become a mustard plant and eventually become mustard, a food stuff, a seasoning and a herb.

God has instilled faith in the mustard seed to fulfill its life purpose.

Mustard seeds that are given the right conditions in life will always become mustard plants.

We however, unlike the mustard plant, have free choice.

We can follow our fate and become a human being or we can follow our faith and become a Spiritual Being with our own unique vision, mission and purpose for Life.

# Spiritual Tuition

September 4, 2008

Spiritual Tuition requires a Spiritual Tutor.

Our Spiritual Tutor is our Inner Coach.

We connect to our Inner Tutor with our Intuition.

Intuition is our Inner Tutor giving us tuition.

Our Inner Tutor does not teach us lessons.

Our Inner Tutor presents us with opportunities to learn to grow spiritually.

Our Inner Tutor challenges us to learn our Life lessons.

To the unawakened, a life lesson that is presented by our Inner Tutor is a problem to be solved.

Unfortunately, solving problems may help us survive better physically but does not allow us to grow spiritually.

The ability to hear our intuitive messages gives us the opportunity for spiritual growth.

We master our spiritual tuition as we develop our  
Intuitive Spiritual Senses of Seeing, Feeling &  
Knowing.

Our Spiritual Tutor connects us to our innate Higher  
Wisdom and allows us to discover who we really are  
and why we are here.

# The Paradox of Money

September 3, 2008

The Paradox of Money is that:

1. Saving money blocks the flow of money. Giving money away or spending money allows money to flow back in.
2. Money attracts money. Like is drawn unto itself. Therefore the more money we have the more money we attract.

So, how do we have money, so that we attract more money, without stopping it flowing in and running out?

How do we create the circumstances where we always have enough money?

The secret of having enough money is to always have more money flowing in than flowing out.

When more money flows in than out, we have an abundance of money flowing in.

When more money flows out than in, we experience a scarcity of money flowing in.

When more money flows in than out, we will always have enough.

When the same money flows in as out, we have 'just enough' but no abundance.

As more money flows in than out, we start to build a reserve of money that attracts more money to flow and builds a bigger reserve of abundance.

The difference between 'just enough' and enough is a 'Reserve'.

We have more than enough money, which is too much, when we cannot spend 90% of what is flowing in.

We have less than enough money, which is not enough, when we cannot reserve 10% of what is flowing in.

We have enough money when 90% of what is flowing in buys everything that we want and need.



# Religion

September 2, 2008

Religion is one Man's representation of God.

It is one vision of one Man's beliefs about the Creator of the Universe.

A Spiritual Master knows that all Men have their own path in Life and are destined to see Life from a unique, individual and exclusive perspective.

A Spiritual Master never seeks to be the founder of a Religion.

A Spiritual Master knows that to encourage a person to follow the same path would result in the loss of both their paths. As we give, so do we receive.

A Spiritual Master knows that it is not our purpose to follow the Path of Mastery, but to Master the Path that we are following and the Life that we are leading.

A Spiritual Master is an example of having Mastered the path that they have followed.

Christ did not start the Christian Religion - his followers did.

Religion is not founded by a Spiritual Master, but by

their followers.

Spiritual followers succeed a Spiritual Master to become Religious Leaders. Religious Leaders follow the path of a Spiritual Master, not their own path. Religious Leaders seek followers to endorse their Master and their Leadership. Religion will always find conflict with a Man's True Path.

# Art

September 1, 2008

How a rational Man sees the world is called Science  
How a spiritual Man sees the world is called Religion.  
A Divine perspective of the world is called Art.  
The quality of our Art is relative to the quality of our  
Life - how Divine it is. The quality of our Life is  
determined by our Art of Living.

The Art of Life is seeing God in everything.

An 'artful' Man is full of deceit not Art.

An Artist is one who expresses the wonder of God in  
their actions. Man invents new creations with  
Science.

Man interprets past creations through Religion.

Man re-presents the Creations of God through Artistic  
Impression. The True Master of Art is our Divine Self -  
our Soul.

# Connecting to Source

October 31, 2008

When we are disconnected from the Source of our Power, our energy is divided by intensity, polarity and gender.

The intensity of our energy is divided by being either extrovert and active or introvert and passive.

The polarity of our energy is divided by being positively expansive or negatively contractive.

The gender of our energy is divided by being hot and feminine or cold and masculine.

To connect to our Source of Power, we are required to: Moderate our Intensity and become 'overt'.

Neutralise our polarity and be in equanimity.

Unite our gender and be temperate (warm & cool).

To be in the Oneness of our Soul and to connect to our Power requires us to attain the attributes of our Soul and make the choices of our Soul.

Our Soul resides in the effortlessness of the Divine Flow, the stillness of the Diviner Gap, and in the presence of the Divine Now.

# Control Dramas

October 30, 2008

Control Dramas are how we compete for energy with other people.

Control Dramas are our sub-conscious way of gaining power from and over other people.

How we control the energy that flows between people is a sub-conscious drama that is learned from an early age.

Control Dramas are either passive or active and either introvert or extrovert. Introverts who passively control energy are 'Aloof'.

Extroverts who passively control energy are 'Interrogators'.

Introverts who actively control energy are 'Poor Me's'.

Extroverts who actively control energy are 'Intimidators'.

The energy of the Intimidator is high intensity, male gender with a negative polarity.

The energy of the Interrogator is low intensity, female gender with a negative polarity.

The energy of the Poor Me is high intensity, female gender with a negative polarity.

The energy of the Aloof is low intensity, male gender with a negative polarity.

Like intensities are attracted to opposing genders with similar polarities.

Therefore an Interrogator will attract an Aloof and an Intimidator will attract a Poor Me.

Once we neutralise the intensity, unite the gender and realign to a positive polarity, our energy will no longer attract control dramas in our Life.

# Intuition

October 29, 2008

Intuition is our 6<sup>th</sup> sense and our spiritual intelligence. What we call our sixth sense is in reality our 3 spiritual senses.

Our 5 physical senses are how we experience the conscious physical world with our eyes, ears, touch, smell and taste.

Our 3 intuitive senses are how we become aware and experience the spiritual world of energy by 'seeing', 'feeling' and 'knowing'.

Those who use their intuitive sense of knowing are called 'Gnostics'. Those who use their intuitive sense of feeling (including intuitive taste and smell) are called 'Sensitives'. Those who use their intuitive sense of seeing are called 'Seers' or 'Visionaries'. We are 'conscious' of the physical material world. We are 'aware' of the spiritual intuitive world of energy. We are consciously-aware when we use all our physical and intuitive senses together. 'Instinct' is reactive and often negative and fear driven. Its purpose is survival. 'Intuition' is pro-active and responsive and always

positive. Its purpose is personal development and spiritual growth. Instinct is controlled by our sub-conscious mind. Intuition is guidance from our super-conscious mind.

The Source of our Intuition is called many things:

- Our Source
- Our Inner Tutor (Inner Tuition)
- Our Wise Teacher
- Our Inner Guidance System
- Our Inner Self
- Our Real Self
- Our Unconscious Self
- Our Still Small Voice
- Our Core Essence
- Our Heart
- Our Supreme Consciousness
- Our Soul
- Our Inner Coach



# Wanting & Needing

October 28, 2008

Wanting is what the conscious ego thinks it needs.

Needing is what the sub-conscious ego (the id) thinks it wants.

We need something when we sub-consciously believe that it is necessary. Something is necessary when our conscious ego decides it wants it.

Problems occur when our wants and needs are in conflict.

When we are in doubt and conflict as to whether our wants and needs are necessary, then our id and ego are not congruent, and we are sub-consciously creating resistance to our conscious desires. Conflict between our conscious and sub-conscious self is procrastination and will always result in opportunities being missed and problems being created.

Our Soul and Inner Coach is never in conflict and always knows what its Self really wants and needs.

The Soul has no distinction between wants and needs, and sees all new choices as opportunities for growth.

# Being Valid

October 27, 2008

Being Valid is having a reason or purpose for Being. We exist as Human Beings in order to experience Being. Without a purpose and a sense of value and worth, we will need to be validated or approved by others.

The need to be validated will hinder our decision making because without the validation that we need, we will risk failure and being wrong.

Our Inner Coach, the Soul, has granted our Self unconditional choice. From the perspective of our Soul, whatever choice that we make, is valid.

Whenever we make a choice, we become valid, because we are here to choose.

Our Inner Coach is not a judgemental Soul. It never disapproves or invalidates our choice. The only failure is the failure to choose, which is never valid and never approved. Failure to choose brings us more of the same and inhibits personal growth. All possibilities exist and all choices are valid.

To be valid, we just have to choose.

# Ego & Soul

October 26, 2008

The ego gains confidence by accumulating knowledge and power over others. The ego feels worthy by accumulating money and material assets. The ego becomes esteemed by accumulating status and influence over others. The Soul has confidence by virtue of its authority and ability to make choices. The Soul has value and worth by virtue of its power to be who it really is.

The Soul has esteem by virtue of its ability to use its power and authority creatively.

The Soul is confident in its Self and confides in the Truth of its Self.

The Soul is worthy of its power and values the power that its Self has access to.

The Soul is esteemed by the ability of its Self to be, do and have what it passionately desires.

The ego relies on other people to attest to its worth, affirm its confidence and acknowledge its esteem.

# Passion & Desire

October 25, 2008

We have a passion for what we feel that we need emotionally. We have a desire for what we think that we want materially.

A passion without desire is an emotional need.

A desire without passion is a limiting belief.

Wanting or desiring what we do not need is lust.

Needing or being passionate for what we do not want, is being needy.

A passionate desire is needing what we want and wanting what we need. When our passions and desires come into union, they are Divine.

We can be, do and have whatever we choose.

It is only Divine when we need with a passion, want with a desire and choose with a passionate desire, who we are being, what we are having and how we are doing.

# Mutual Appreciation

October 24, 2008

Our Soul is unconditionally approving, accepting and allowing of our Self, and therefore totally appreciating of its Self.

The Soul wholly approves of who the Self is Being, allows the Self to have whatever it chooses, and accepts all activities that the Self actions. It has given the Self unconditional Choice.

The Purpose of the Self is to become totally affirming, attesting and acknowledging of its Soul, thereby coming into mutual appreciation with its Soul.

The role of the Appreciative Self is to:

Affirm the authority of its Soul, by making the choices of its Soul. Attest the attributes of its Soul, by Being who the Soul is.

Acknowledge the ability of its Soul to realise, manifest and create its own Reality.

The reality of the Soul is called 'Heaven'.

When the Self realises, manifests and creates the Reality of its Soul, it brings Heaven to Earth.

To align with the Soul, the Self is required to become unconditionally approving, accepting and allowing of all others. Only then will all others reflect these attributes of the Soul to its Self.

To align with the Soul, the Self is required to affirm, attest and acknowledge its Soul, in an act of mutual appreciation of its Self and its Soul.

Ontology is the nature of Being. Who we are Being is our nature.

Our nature is not a reflection of Nature but a reflection of who we are Being in any moment of time.

Ontology is the study of the essence of who we are Being. Our personality is determined by our emotional needs.

Our character is determined by the limiting beliefs that decide our behaviour and the role that we are playing.

Our behaviour is determined by our standards and our boundaries, which are our beliefs and convictions.

Our True Identity is a reflection of our True Values. Our True Identity is our Natural State of Being.

We are Naturally Well, Naturally Happy, and Naturally Worthy, Confident and Esteemed.

Our True Nature is seldom re-presented, as it is diluted by our beliefs, fears and emotional needs,

which determine our character, personality and the dramatic roles that we have chosen to enact in this life-time.

Ontology is the study of both ‘who we are’, our character and personality, and ‘who we really are’, our True Identity.



# Stillness

October 22, 2008

Stillness is the Space where Time stands still.

When Time & Space are without motion, Reality is unchanging and still.

Absolute Reality is Stillness.

Absolute Stillness is without Time, Space & Reality.

We come to this world to experience expansive growth,

Expansion and growth have motion not stillness.

Our Soul resides in the Stillness of the Realm of the Absolute.

Our Self resides in the motion of time & space that creates our dual reality world.

For the Self to commune with the Soul, requires the Self to experience stillness in motion.

Being “still, in the flow” is a space where time stands still and reality flows from our Soul to our Self.

In the Stillness of the ‘gap’, is found the ‘flow’ of each moment of ‘now’.

This is the Stillness of the “Quiet Zone”.

# The Redeemer

October 21, 2008

The Redeemer is the one who reclaims their own power, authority and ability. We redeem our power when we become who we really are.

We redeem our authority when we make the choices of our Soul.

We redeem our ability when we reclaim our power and authority.

We all have choice and the Redeemer is always at Choice.

The Redeemer remembers their Vision, Mission and Purpose for this life-time.

The Redeemer has the authority and knows the choices that are required to follow their Life Path.

The Redeemer has the power to be their authentic Self.

The Redeemer is fulfilled with wisdom, is healthy with contentment and has a wealth of joy in their life.

The Redeemer redeems their True Self in the image of their Soul, from whence they were created.

# The Overcomer

October 20, 2008

The Overcomer is the one who overcomes the paradox of dual reality existence.

We live in a world of opposing opposites.

In this relative world, all things are relative to their opposing opposite reality.

The role of the Overcomer is to experience the extremes of all dualities and to find the balance.

The Overcomer brings both ends of a duality together, in unison, and eliminates the duality and the paradox.

The Overcomer finds the Third Way out of the dilemma of dual reality existence.

When confronted with two choices, the Overcomer always takes the third choice, which is Divine.

The Overcomer knows that Divinity is a triality of the Holy Trinity and involves no duality, whilst defining the Oneness of Singularity.

The Overcomer knows that the Oneness is from whence we came and the Triality of Threeness is where we are going.

Triality is the 'trial', the 'quest' and the 'destiny' of the Overcomer.

# The Healer

October 19, 2008

The Healer is one who brings us into balance and equilibrium.

We vibrate with Good Health when we are physically, mentally and emotionally in balance.

We vibrate with Good Health when the frequency and wavelength of our energy are in synergy.

Our Reality is determined by our Space & Time. The wavelength of our Space and the frequency of our Time, determines the vibration of our Reality. When we have enough Space and enough Time, the intensity of our Reality is vibrating with harmony and Good Health.

Doctors, Surgeons and Physicians all treat the symptoms of our illness, bad health and disease, but seldom address the cause.

The Healer sees, knows and feels the cause of any imbalance and restores equilibrium in our physical health, emotional wealth and mental wisdom. The qualification for Healing is to be 'Healed'.

# Our Life Path

October 18, 2008

Our Life Path is exclusive and unique to each of us individually.

Life Paths may be similar and for a time follow a similar course, but they are never the same.

Our Life Path is the journey that we can 'see' for this life-time. It is our mission. Our Life Path is an expression of who we have chosen to Be in this life-time.

It is our Purpose to define who we are Being, and to give 'feeling' to our Beingness.

Our Life Path is the Light that illuminates our Vision for this life-time.

We 'know' the path that we are taking, when we can see the light at the end of the tunnel.

Our Life Path is our perspective of Life, based on the reality that we consciously create in our Life.

We are distracted from our path by our limiting beliefs, our emotional needs, and the physical dramas that we get sucked into in life.

# Seven Levels of Judgement

October 17, 2008

There are 7 Levels of Judgement:

- 1.** Judgement of others. This is making choices for or about others.
- 2.** Non-judgement of others. We decide not to openly judge or blame others, after making a judgement of others. This requires false humility and is self-righteous.
- 3.** Judgement of Self. This is deciding whether who we are is good or bad for us. This is essential for personal development and is not to be confused with self blame or criticism.
- 4.** Non-judgement of/by Self. This is denial or procrastination.
- 5.** Discernment by Self. This is following the choices of our conscious ego self.
- 6.** Acceptance of others. This is being without tolerations and without boundaries.

## **7. Acceptance of Self. This requires the perspective of our Soul.**

In the early stages of personal development and spiritual

growth, discernment is essential to choosing what is right or wrong for our Self. It is judgement of others that impedes our own personal development. As we influence the path of others, so will others influence and create resistance to our path.

As we learn to communicate with our Inner coach, we learn that the discernment of our Soul, is preferable to the choices of our Self and acceptance of our Soul's Choice becomes the choice for our Self.

Only by accepting the Divinity of our Soul can we become our Soul, the image in which we were created, and move to total Acceptance of our Self.

Unless we first attain Acceptance of all others, we cannot attain Acceptance of or for our Self.



# The Meaning of Life

October 16, 2008

The meaning of Life is to give meaning to Life.  
The purpose of Life is to live Life on purpose.  
The purpose of Life is to give meaning to Life.  
When we live Life on purpose, Life has meaning.  
Life has meaning when: “Our infinite existence becomes a definite existence”. When we define our existence, we give meaning to Life.

An infinite Life has no definition, no meaning, and no purpose. We are a definite aspect of an Infinite Beingness.

Our individuality defines our Beingness, that becomes the meaning and purpose for our Life.

# A Dutiful Son

October 15, 2008

## A Dutiful Son:

Believes that it is his duty to follow the authority and the example of his parents.

Follows the beliefs that he has inherited from his parents. Respects the boundaries laid down by his parents. Pleases the greed of his parents power. Is humble to the arrogance of his parents authority.

Is proud to be related to such upstanding and righteous parents. Believes that it is his duty to be a good son.

Is the good son that his parents want.

Believes that a good son always does what his parents want.

The 'Son of Man' has no duty to pay to his parents. His True Mother & Father are the Love & Light of his own Power & Authority.

# Followers

October 14, 2008

Natural followers need leaders to follow.

Natural leaders need followers to follow them.

True Followers lead their own Life and True Leaders follow their own Life Path.

True Followers are Disciples of the Truth.

Disciples of the Truth follow their own path and their own truth, and lead by example of their own truth.

Natural followers have humility and renounce their own authority in favour of the authority of another.

Natural followers are humble and adopt a lower stance than their leader, believing that they have less ability.

Natural followers please their leader, in order to share the power that they believe that their leader possesses.

Natural followers need to be liked, need to be included, and need approval.

True Followers follow the Authority of their Inner Guidance or Inner Coach, that allows their Power to flow from Source, and enables authentic purpose.

A True Follower is a Disciple of their Soul.

# Leadership

October 13, 2008

Natural Leadership qualities are the product of the nature of the leader. A natural follower has the qualities and the nature of a follower.

What decides our nature and our qualities to either lead or follow, are our emotional needs.

Leaders need to be right, need to be better than others, need to be recognised and need to be acknowledged.

Leaders by nature are proud, greedy and arrogant. Leaders appear to have power, authority and ability. True Leaders are connected to their own source of power, authority and ability.

Natural leaders seek power, authority and ability over other people, because they need to achieve, they need to win, and they need to be appreciated, accepted and revered by others.

These are just some of the emotional needs that determine the nature of natural leaders, and the nature of their determination.

True Leaders are neither driven by their emotional need for power, nor their fears and false beliefs regarding authority and responsibility.

True Leaders have the 'ability to respond'. They do not react and conflict with the dramas of Life that confront them.

True Leaders feel their true power, know their true authority and see the bigger picture of their Life and the ability that they have to 'lead' their own Life.

# Being Expansive

October 12, 2008

Being Expansive means growing spiritually. Growing spiritually is becoming more aware of what we know, what we feel, and what we see. As we become more aware of who we are, we grow in power. As we become more aware of why we are here, we grow in authority and choice. As we gain more power and authority, our ability to choose becomes expansive.

As our Power to Be expands, we grow in Self-worth. As our authority to know expands, we become more self-confident. As our power and authority expands, our ability and self-esteem becomes expansive.

With the confidence, worth and esteem of our Soul, we have the ability, power and authority to create our version of Heaven on Earth.

As we individually create our vision of Heaven on Earth, our Soul and our experience of Heaven become evermore expansive.

# A Firm Foundation

October 11, 2008

“A house built on sand cannot stand tall”.

Our ‘house’ is our society and our culture.

The foundation stone of any culture is its core beliefs.

Western Society generally believes that:

Authority over others allows high self-esteem. Money buys power and values our self-worth.

Ability is dependent on education and rational intelligence that enables our self-confidence.

These cultural beliefs have not as yet allowed Western Society to grow tall, only fat.

Building a firm foundation requires us to find our Truth. The Truth is: Our Authority comes with our confidence to confide in our Soul. Our Power is the value and worth of who we are Being. Our Ability is the esteem that we attain when connected to our Divine Power & Authority.

A firm personal foundation allows us to grow tall, stay lean, and create the society of our dreams.



# Core Beliefs

October 10, 2008

Our Core Beliefs simply explain our vision of the world in which we consciously choose to live.

Bringing Heaven to Earth starts with the belief that this is possible. When we believe that Heaven is beyond the reach of mortal beings, then that becomes our reality.

Core Beliefs come from our Heart at the Core of our Being. The Truths of our Soul become the realities of our Self, once the ego challenges its own limiting beliefs. Core Beliefs are overshadowed by the programmed beliefs that limit the Self to the truth of its ego.

Heaven is a description of the Earth as our Soul would wish to experience it.

The Self can only experience Heaven on Earth by living as the Soul has chosen to live on Earth.

The Soul knows only the ways of Heaven.

It is the ego self that creates hell on Earth.

Hell on Earth is the reality that is created with our limiting beliefs and fears.

# Our Belief System

October 9, 2008

Our Belief System determines our ability to make conscious choices. Our inability to choose is created by our conflicting beliefs.

Our beliefs determine our behaviour. Therefore an orderly belief system creates orderly behaviour and a chaotic belief system creates chaos.

A system of many complicated beliefs will result in a complicated life. A system with a few simple beliefs will simplify our life.

A simple system that handles many complicated beliefs will result in an effortless life.

Our behaviour determines our reality. What we believe, is our truth and our reality, until we change our belief and then a new reality becomes our truth.

Our belief system is our operating system, on which our beliefs and our programmes run.

A very efficient belief system operates our behaviour to our very best advantage and benefit.

# Motivation

October 8, 2008

Motivation is the power that we need when we are disconnected from our Divine Source of Power. When we follow the authority of another, as the child of a parent or the employee of an employer, we will need their motivational power to achieve their objectives. When we follow our ego's choice or authority, we will require our ego's motivation to achieve it.

The motivation of our ego is the will power to get our emotional needs met. Our emotional needs are our lack of power. The ego knows sub-consciously that getting our emotional needs met will give us the power that we need to motivate us to achieve our aims and objectives.

The irony is that the objectives of the ego are to get our emotional needs met, so that we have the power that we need (motivation) to meet the objectives of the ego.

When we follow the authority (choices) of our Soul, we are empowered and no motivation is necessary.

# Will Power

October 7, 2008

Will power is the power of the ego self to take action.

Will power is the power of 'I will' rather than the Power of "I Am".

Our True Power comes from the "I Am".

The "I Am" is who I am Being.

Who I am Being determines the magnitude of my Power.

The Soul is really only interested in who we are Being.

What we are doing (the action we are taking) is only the vehicle through which we experience 'who we are'.

When what we are doing fails to offer an opportunity for the Soul's spiritual growth, the Soul will not be inspired and therefore not inspire and empower our Self. The ego self will then need will power to achieve its goals.

Will power is without inspiration and empowerment and therefore the power of the will is dependent on

the ego self getting its emotional need for power met in its own selfish way.

Our emotional needs are the result of the ego's need for power to carry out the ego's will.

Fear and limiting beliefs create our emotional needs and the need for will power.

# Source

October 6, 2008

Our Source is where we come from.

Our Self is disconnected from Source, but our Soul remains connected and is our Source.

Our Soul is the Source of both our Power and our Authority.

We have Divine Authority when we connect to the choices of our Soul at Source. These are our Inspired Choices.

We connect to our Divine Power when following our Divine Authority. We realise our Inspiration through the revelation that is manifesting.

When connected to our Source of Power and Authority, we have the Ability to be, do and have whatever we choose. (We means our unified Self & Soul).

We always have the ability to be, do and have whatever is our choosing, because our Soul has given our ego-self unconditional choice.

However when our choice is not aligned with our Soul (who we really are), the ego is without its Divine Power & Authority, and will have to rely on 'will-power' to get anything achieved.

Only when aligned with our Soul's Choice will we be empowered with inspiration and enabled to consciously create our reality effortlessly.

Our Soul never exercises conscious choice. Only our Self has that ability.

Source is totally and unconditionally accepting of what we choose to do, approving of who we choose to be and allowing of what we choose to have, in this life-time.

# Hypocrisy

October 5, 2008

A hypocrite is one who practices hypocrisy.

Hypocrisy is when our standards do not match our boundaries. Our standards are the behaviour that we deem acceptable from our self. Our boundaries are the behaviour that we deem acceptable from others. When our boundaries are different to our standards, we are not walking our talk.

In other cultures, a hypocrite is one who hides their intentions and their true personality.

Our true Intention for this life-time is called our 'Vision'. Our true personality and character is our Identity. One whose true Identity is hidden, is unawakened to spirit and unaware of their Vision.

Our Soul has no standards or boundaries.

The unawakened Self needs standards and boundaries, as well as personality and character. It will find it impossible to avoid hypocrisy.



# Respect

October 4, 2008

Respect is allowing others to follow their own path.

Respect is seeing life from another person's perspective.

Respect is accepting another person's reality as their truth.

The need for respect is the need for others to allow us to follow our own path. We feel respected when others endorse the path that we are following. We are respectful when we allow others to follow their path.

We have respect for leaders who we follow and we follow leaders who are respectable. We are able to follow the example of respectable people.

When we follow our own path, we have self-respect and we no longer need the respect of others.

We need respect from other people when we have no respect for our own path in life.

# Divine Order

October 3, 2008

Divine Order means everything is flowing effortlessly.

In Divine Order there is no resistance.

Order is the sequence in which we take action.

Divine Order is beyond Time and therefore without sequence.

Divine Order is individual and personal choice, in a field of infinite possibilities.

Infinite possibilities means that we have infinite choice and we are not subject to things being in sequence or in order.

Divine Order creates the ability for each individual to create their own reality, consisting of either their own order or their own chaos, because we have infinite choice.

When we choose interference, interruption and resistance, it will flow effortlessly to us in Divine Order.

When we choose expansive growth and unlimited change, then that will flow effortlessly to us, because

it is the Divine Order and the Natural State of the Universe.

The Universal Law of Attraction determines that what we order and what is delivered, is always Divine.

# Abundance

October 2, 2008

Abundance is a measure of what we have.

Abundance is the ideal state of having everything that we want and as much of what we want, as we want.

When abundance means everything, it is more than what we want, because everything also includes what we don't want.

An abundance of everything means a limitless supply of everything, which also includes what we don't want.

When abundance is limitless, it is not our choice, because we are limited in life to what we choose.

Our choice is unlimited, but what we can have is limited to what we choose. We can only have abundance when we choose it.

When we choose either too much or too little, we will not receive abundance, but an abundance of too much or too little.

To have enough in abundance is to have an abundance of enough of what we want and choose.

We have to define enough as abundance and abundance as enough, otherwise abundance will be either too much or too little.

# Everything & Nothing

October 1, 2008

Everything and Nothing are a duality.

Nothing exists only as a creation of an illusion, in a world where all possibilities exist.

In the Absolute world of Divinity, nothing does not exist, and nothing cannot exist.

Everything does not exist in the world of Absolute Singularity, because physical existence is the experience of the world of relative dual reality.

In the Absolute world, everything and nothing are the same, as neither has any meaning.

Divinity is the All that Is, not the all of everything or the all that is not.

There is nothing that is not, and nothing is not.

In the Relative world of Choice, everything is too much, and nothing is too little.

From a physical perspective, when we want for nothing, we have everything, and when we have everything we want for nothing.

From a spiritual perspective, when we have everything, we have nothing, and when we have nothing, we have everything.

When we have neither everything nor nothing, and both everything and nothing, we have neither not enough nor more than enough.

When we have enough, we have Abundance.

When we have Enough in Abundance, we have both Enough and Abundance.

# Goodness

November 30, 2008

Jesus said “None is Good but the Lord”.

Goodness is having the wisdom to know what our Soul wants for our Self. What our Soul wants for our Self is always Good.

The Goodness of the Soul has no duality of bad.

Bad and good are a subjective view by the ego self.

Goodness is a true value of the Soul and an attainment of the Self. Goodness is the attainment of the attributes of Being:

At One with our Authority.

Credible with our Truth.

Faithful to our Vision.

Goodness requires the attainment of Absolute Divinity, as becoming Divine requires the attribute of Absolute Goodness. Goodness is without any aspect of negativity, evil, badness, wrongness or imperfection. Goodness is Godness, without division, impurity, fear, need, or drama.

From our Soul's perspective, we are always Good.



# Pro-active, Reactive, Responsive

November 29, 2008

Pro-active means taking action to produce an end result. Being pro-active requires us to have a clear intention of what we want and a focused action plan for achieving it.

Reactive means tolerating a result or effect and making the best of it. We react to a negative outcome. When we can no longer tolerate the outcome, it becomes intolerable and we instinctively react.

Responsive means accepting whatever turns up with a positive perspective because we know that it is perfect for us. Being responsive requires us to take responsibility for whatever turns up in our life, because we know that at some level we created it.

Once we accept that we created a situation or occurrence, we are able to respond responsibly. Being responsive is seeing whatever turns up in our life as a gift. The best response is always Gratitude & Appreciation.

# Attraction & Promotion

November 28, 2008

We Attract with our Heart.

We Promote with our head.

Our super-conscious Soul communicates through our heart, from the core of our Being. Our sub-conscious Id communicates from our programmed memory.

When we choose from our ego, we will encounter resistance from our Id.

When we choose from our heart, we will be inspired and empowered.

When we promote, we will require motivation.

When we attract, we are empowered.

We attract with Divine Power and Authority.

We promote with the authority of our ego and the power of our will.

To promote, we take positive action.

To attract, we allow positive outcomes.

To promote, we are required to produce results.

To attract, we are required to accept the results.

# Being Better

November 27, 2008

Wellness is the reason for getting better.

As we get better we become well.

Self-development is the process of becoming better and attaining Wellness.

There is no limit to attainining Wellness or how better we can become.

We do not need to be ill to get better.

We can already be well and still develop and increase our Wellness, as we get better and improve how well we are.

Being better is a measurement of where we are and in what direction we are moving along our personal path of development and spiritual growth.

Our Soul is Absolutely Well.

The purpose of our Life is to become Equal to our Soul and as Well as our Soul.

To become as Well as our Soul we are required to expand, develop and grow to become and Be Better.

Being better does not require us to do anything, just  
Be Better.

When we do anything to compete, win and be better  
than someone else, we are not being better, we are  
doing better than another.

Doing better than another never made anyone Well.

Doing better is based on pride, greed, vanity and  
arrogance and is driven by our emotional needs.

Being Better is a True Value of Expansive Creativity,  
Discovery & Awareness.

# The Participator, The Spectator, & The Observer

November 26, 2008

The Spectator is one who watches the participator. The spectator and the participator are a duality and a human drama. We have a choice as to whether we participate in life or whether we become a spectator and watch others participate in life.

The Participator takes part in the action, whereas spectators only watch. Participating or spectating is the choice of the ego self and is dependent on the emotional needs and limiting beliefs of the individual. It is only our fears and limiting beliefs that stop us participating in life and become a spectator. Whether we participate or just watch, we are following our fate.

The Observer is the Divine Choice of our Soul and Inner coach. To Observe is to objectively serve.

The role of the ego self is to subjectively serve (sub-serve).

The Soul is the Observer of the Self, whether the Self chooses to spectate or participate. The Soul is always there to Observe the Self and to Objectively serve the Self in all moments of Time.

# Subservient

November 25, 2008

The role of the ego self is to subjectively serve the Soul. The ego self is the "subject" of physical life. The ego self is the subject of the Soul's objective for this life-time.

The Soul objectively serves the Self by observing at all moments in time.

The Self subjectively serves the Soul by subjecting itself to physical life.

When the Self is being subservient to the Soul, it is following the authority, messages, choices and guidance of the Soul, its Inner Coach.

The Self is not humble to the Soul. The Self is not lower and the Soul is not higher, this is a false perception of Reality. The Soul cannot grow and appreciate without the Self.

The Soul has the power to grow, but the Self has the authority not to.

The Self and the Soul are always equal in subservience and ob-servience.

# Lust & Love

November 24, 2008

Lust is wanting and desiring the physical benefits and pleasures of life. Lust is the male energy of desire.

Love, that is opposed to lust, is emotionally needing (as in: I would love to have) the emotional benefits or passions of life. Love is the female energy of passion. The greater our desire for physical or emotional gain, the greater we lust after it. The greater our need for emotional gain, the more we will passionately love to have it.

Lust and love are the passionate desires of True Love, that are divided from each other by gender and are separated from True Love by their polarity.

A woman that sees a man's lust as just his desire for physical sex, has not seen or felt his emotional needs. A man that sees a woman's love as her passion for him, has not seen or felt her emotional needs. True Love is beyond the passionate needs and material desires of each individual partner. True Love is neither divided by gender nor separated by polarity.

# Ego

November 23, 2008

Our Ego is our individual, exclusive and unique sense of Self. Our ego is who we believe our Self to be. Our ego is that which the conscious mind perceives to be its Self. Our ego is made up of our character and our personality. Our personality is determined by our emotional needs. Our character is determined by our programmed beliefs.

The dramas in our life are created by our personality and the role that our character believes that it is playing in life. Our ego is actively participating in the reality that we have created as our life.

The purpose of my life is not to transcend my ego but to experience, explore and discover all aspects of life as my ego Self. Without the ego, our individual and unique sense of Self, there can be no experience of life.

My vision is for my ego Self to live life as my Soul, thus bringing the experience of Heaven to Earth.



# Contentment

November 22, 2008

Contentment is having everything that we want.

Contentment is having enough.

Contentment is being satisfied with what we have.

Contentment is being without nothing and having no aspect of scarcity or lack.

Scarcity or lack creates wanting, waiting and discontentment.

When we are 'counting the days', we are deciding how long we will have to wait before we are satisfied and content.

Discontent and waiting take us out of the present moment to a future time in which we will be content and we will receive that which we believe that do not already have.

Contentment can only exist in each present moment. In each present moment of now, we are either content, waiting to be content or wanting to be content. When we know what we want and we have what we want, we have contentment.

We will never be content until we know what it is that we really want and we know that we have enough of it.

Our Primary Instinct is the basic sub-conscious programming with which we are born, and is there to keep us alive. Our primary instinct is to meet our need to survive death and to continue in life. Our secondary instinct is to meet our need to be safe, secure and comfortable. Our secondary instinct is made up of learned sub-conscious programmes that meet our physical and emotional needs.

Our primary instinct will overtake or supercede our secondary instinct in times of emergency or danger to life. Instinct is the authority and the choice of our sub-conscious ego self. When we do something instinctively, we do it without consciously thinking, because it is an action or behaviour that derives from sub-conscious thought.

When we do something intuitively, it is a conscious decision or conscious thought that originates from the super-conscious Mind of our Wise Self or Inner Coach.

# Deep or Shallow

November 20, 2008

Rational thinkers are often deep thinkers.

Deep thinkers have the gift of analysis.

Analytical thinkers search the depth of all possible outcomes in a logical way.

Deep logical thinkers are often very shallow when it comes to being emotionally sensitive.

Deep thinkers often have high IQs but very low EQs.

Highly rational people hide or contain their emotions.

Highly sensitive people have deep emotional feelings.

When deeply sensitive people are unable to rationally manage their feelings they are seen as irrational and too sensitive by deeply rational people.

Sensitive people often see Deep Thinkers as emotionally contained, insensitive, unemotional and disconnected.

Highly sensitive people with a high EQ and a low IQ may be seen by rational people as intellectually shallow (the dumb blond syndrome).

Whether deep or shallow, rational or emotional, we are at one end of an intellectual- emotional duality.

Being Emotionally-Rational is Being “Deeply-Shallow”.

# Thought

November 19, 2008

A thought is a communication with our Inner Self. Thoughts come from within. Sounds come from without. We translate internal thoughts and external sounds through the use of words and the media of language. External sounds have no meaning until we define them with words. When we cannot define a sound with words, the sound is lost to our comprehension as we have no way of knowing what the sound is or what caused it.

Internal thoughts and feelings are also meaningless until we learn to define them with words. We store experiences of external sounds and words as memories. Our sub-conscious mind stores all of our memories. How good a memory we have is determined by our ability to re-call experiences from our memory store into our conscious mind.

Our challenge is to discern whether our inner thoughts are just sub-conscious memories or messages from our Soul.

# Hearing

November 18, 2008

We feel physical vibrations as sounds with our ears, which we call hearing.

Our audible hearing, like our visual sight, is how we recognise and interpret the physical world.

Sound is a vibration of air molecules translated as hearing. Light is a vibration, or frequency of photons, translated as sight.

Different frequencies of sound are created by different realities, as are different frequencies of light are created by different realities.

Sound and light, together with touch, taste and smell are how we determine the reality of physical life.

When we hear a revelation from our Soul, there is no sound vibration in the physical as it is a spiritual communication that does not materialise in the physical world.

When we hear a belief from our sub-conscious ego self, there is no sound vibration, just a recording of a sound vibration that we have received in the past,

that we are sub-consciously choosing to re-play and experience as a thought.

We have the ability to hear a conscious audible word, a sub-conscious memory and a super- conscious revelation.

Only once we have learned to determine the difference will we truly hear our messages.



# Listening & Hearing

November 17, 2008

Listening is a skill. The skill of listening is the ability to learn to stop not listening. We stop not listening once we stop talking. When we stop talking, we are able to listen. The question then is to whom are we listening. Listening to other people is as useful as talking to other people.

The real skill of listening is 'hearing' what other people are saying by hearing the 'messages' that are contained within other people's words.

The purpose of listening is to 'hear' our 'messages'. Our messages outline the direction of the path that our Soul chooses for our Self to take.

The opposite of talking is listening.

The opposite of hearing is asking.

When we ask for direction, we will hear the answer once we learn to hear our Inner Coach, instead of listening to our Ego Self.

# Enough

November 16, 2008

We will never have enough to satisfy our ego's desire. We will either have too little or too much; not enough or more than enough; miserable scarcity or extravagant gluttony.

We will only be content when we choose our Soul's Choice. With the authority of our Soul's Choice, we will always have enough. What our Soul knows to be enough, is Abundance.

Abundance is infinite, unlimited and boundless, which is enough for anyone and enough for everyone. When our abundance is in opposition as a duality of scarcity, it will be an extravagance that is never enough.

We know that we have enough when we are content. Contentment is the feeling of having enough, the feeling of always having had enough, and the feeling of forever being able to have enough.

Saving is an affirmation of Scarcity. We save things because we believe that things are scarce and limited. We save money because we believe that we will not have enough.

Believing that there will not be enough is a scarcity mentality, which creates scarcity as a reality. Scarcity is rooted in the belief that everything that we have, or can have, is created by Man. It is based on a belief that our power is an expression of how much money we have and that when our money is limited, our power is limited.

When we know that everything of value is created by God, and that God is omnipotent and all powerful, infinite and eternal, we also know that the only limitations are the ones that we place upon our reality.

Scarcity is a limitation and a scarcity mentality is created by limiting beliefs that things in life are scarce. Whatever we believe in life to be scarce will become scarce in our reality and our experience.

# Innocence

November 14, 2008

Innocence is having a True Connection to our Inner Authority. When we follow our True Path, we have attained Innocence.

Innocence requires our connection to our Inner Sense of who we really are.

Innocence requires the attributes of Being: Righteous, Accepting and Compassionate. Innocence is without any judgement of good or evil, or of being guilty or innocent.

We never have to prove our Innocence. It is a state of Being that emanates from us.

Without Innocence, we will be judged by others to be good or bad, right or wrong.

We may be found guilty or innocent of contravening Man's Laws.

True Innocence is following Universal Laws.

Contravening Universal Law is naivety due to ignorance of their existence. Childlike Innocence turns to naivety as we close down to Spirit and forget who we really are.

# Compassion

November 13, 2008

Compassion is the ability to share the same emotional state of Being as another person.

When we share a negative state of Being (emotion) with another, we are in sympathy (e.g. grief).

When we share a positive state of Being with another, we are in empathy (e.g. contentment).

When we fail to connect to someone emotionally, we are in an emotional state of apathy. (e.g. aloof).

Compassion is sharing our passion with another who has a similar passion. Our passion is our emotion.

When our emotional power is low (weak), our passion becomes negative and creates an emotional need.

When our emotional power is high (strong), our passion is positive and allows our True Values to be experienced.

When we share a passion that is a pleasure, we increase the pleasure. When we share a passion that is painful, we increase the suffering.

True Compassion is sharing our highest aspects of Love, which we attain with Sensitive Detachment.

# Dark Matter & Dark Energy

November 12, 2008

Scientists believe that the Universe is made up of:  
Baryonic (ordinary) Matter, Dark Matter & Dark Energy.

Dark Matter is matter that does not emit radiation, (we can't see it) but it has a gravitational effect (we can only see its affect on ordinary matter).

Dark Energy accounts for 74% of the Mass Energy of the Universe and has an anti-gravitational effect.  
Dark Energy is the fabric of 'Space'.

Philosophers believe that the Consciousness that created our Universe, or the Consciousness that is our Universe, is made up of what is:

A Conscious Matter, a Sub-Conscious Matter or a Super-Conscious Matter

A Supra-Conscious Universe is a triality of these 3 aspects of Consciousness.

Matter and Energy are the same thing viewed from a different perspective or experienced as a different vibration.

As Einstein discovered  $E=MC^2$ , which means Energy equals Matter in a system where the speed of light is a constant.

Quantum Physicists have reached the conclusion that all matter reduced to its ultimate component is Energy. There is therefore a high probability that:

Conscious Energy perceives Ordinary Matter.

Sub-Conscious Energy perceives Dark Matter.

Super-Conscious Energy perceives Dark Energy.

The Energy of Supra-Consciousness is 'Thought'.



# Perspective & Perception

November 11, 2008

Perspective is how we know the polarity of our energy.

Our perspective is determined by the direction in which we are looking.

We look forward in a positive direction to a positive occurrence in the future.

We look backward in a negative direction to a negative experience in the past.

We always have choice and we always have a choice of perspective.

Our perspective is determined by our beliefs.

Positive beliefs manifest a positive reality and negative limiting beliefs or fears manifest a negative reality.

To change our perspective it is required to change a belief from negative to positive, from contractive to expansive, and from backward to forward thinking.

Perception is how we feel the gender of our energy.

Our Perception is realised through the clarity of our awareness.

Our female perceptions are high frequency, warm and soft.

Our male perceptions are low frequency, cool and hard.

We perceive different genders of opposing dual reality through the wavelength of our emotional state of Being.

To change our perception of Life, we are required to first realise the sponsoring belief that is creating the gender and intensity of our state of Being.

When we change our belief about a situation in Life, we are able to perceive a new and improved feeling about what is occurring in our Life.

We are able to perceive the Feeling of our Soul as a new State of Being by choosing a new emotional state to be in.

# Consciousness

November 10, 2008

Consciousness is knowing, feeling and seeing the Physical World of Matter. Consciousness is the Attainment of Being:

Rational in how we see our Self.

Detached in how we know other people.

Exclusive in how we feel our Soul.

Being Rational, Detached and Exclusive are positive attributes of Consciousness. When we can see only the rational physical world, we become unemotional. When we know other people in an unattached way, we become insensitive. When we feel our self but not our Soul, we become disconnected. Being unemotional, insensitive and disconnected are negative aspects of Consciousness. The Consciousness of seeing, feeling and knowing matter is the male gender of our Energy. It is called Being Physical or Human and has a positive and a negative polarity or perspective.

The negative polarity of the male gender of consciousness is called Science. Scientists are

conscious of the physical world of matter through  
their negative male perspective of Life.

# Awareness

November 9, 2008

Awareness is our ability to know, see and feel 'Energy'. Awareness is the Attainment of Being:

Connected energetically to our Soul.

Sensitive energetically to other people.

Emotional energetically to our Self.

Being Emotional, Sensitive and Connected are all positive attributes of Awareness. When we are connected energetically to other people, we become inclusive.

When we are too sensitive energetically to other people, we become attached. When we are too emotional energetically to our Self, we become irrational.

Being inclusive, attached and irrational are all negative aspects of Awareness.

Awareness of seeing, feeling and knowing energy is the female gender of our energy, called being Spiritual.

Awareness has both a positive and a negative polarity and perspective.

The negative aspects of being inclusive, irrational and attached are very prominent within mainstream religion.

# Heart

November 8, 2008

Our Heart is:

Our Core Essence.

The balance of our Identity.

Our Singularity.

The Source of our Power.

Our Equanimity and Stillness.

The Originator of our feelings.

The Gap between our Realities.

The Seat of our Omnipotence.

The Divinity of Pure Love.

Undivided by Gender.

The Space of Love.

The Generator of the Energy of Life.

The Definer of our Magnitude of Joy.

The Residence of our Soul.

# Intuition & Instinct

November 7, 2008

We get our physical and emotional needs met instinctively. We instinctively need food, water, oxygen and shelter in order to survive. We also instinctively need emotional power to sustain us.

We get our spiritual needs met intuitively. Our spiritual need is to develop and grow, consciously and mentally.

Spirit is our consciousness and our degree of consciousness is our spirit, which needs our spiritual power, authority and ability to grow. Spirit is energy and needs to expand, otherwise it slows down, stagnates and contracts. Our sub-conscious mind acts instinctively.

Our conscious mind acts consciously.

Our super-conscious mind (our unconscious) acts intuitively.

How conscious we are, is measured by our ability to act intuitively instead of instinctively.



# Discernment

November 6, 2008

Discernment is knowing what I want and need.

Discernment is knowing what is good or bad for my Self.

Judgement is deciding what is right or wrong for others.

Self-judgement is deciding what is right or wrong action for our self based on the standards of others.

What is good for me is what I want and need irrespective of whether it is judged as good or bad, right or wrong, by other people.

Moral judgement, ethics and our conscience, will impede our accurate discernment of what is good for our Self.

What is good for our Self is always accompanied by a high intensity of emotional feeling.

Confusion often arises because what is bad for us is also accompanied by a high intensity of emotional feeling.

A dual reality world of opposing opposites requires di-scernment to decide which end of the duality is either good or bad for our self.

Tri-scernment is knowing, feeling and seeing, what my Soul wants for my Self, which is never good or bad, it just is, an opportunity for the Soul & the Self to develop and grow.

# Distinctions

November 5, 2008

A Distinction is the difference between two similar things. We perform with distinction when our performance is different to everyone else's and therefore unique.

When two words have the same meaning then they have no distinction. When we see two words as distinct from each other, we give them both clarity and meaning. We clarify and give words distinction by defining their unique meaning. We do not need different words to describe the same thing.

All words have a distinct meaning, which makes them separate in purpose from all other words. Having a similar meaning is distinct from having the same meaning.

Similar words or synonyms are the same but different, once we realise and define the distinction between them. People are similar to words. We are all the same but all different once we find our unique, exclusive and individual Vision for Life, we find our Distinction.

# Distinctions of Happiness

November 4, 2008

When our Ego is 'happy' with its power, it is pleased by an emotional need that has been met. When the Ego is 'happy' with its choice, it is delighted with the conviction of its belief. When the Ego is 'happy' with its ability, it is proud of the character that is acting out a drama. Whenever we are proud, pleased or delighted, we are happy with the personality, the character and the drama that our Ego Self is playing.

When we feel our Soul's Power, we explore Joy.

When we know our Soul's Authority, we discover Fulfilment.

When we see our Soul's Ability, we experience Contentment.

Joy, Fulfilment & Contentment are the attributes of our Soul that attain True Happiness.

Only when we attain the attributes of Joy, Fulfilment and Contentment our Self, will we explore, experience and discover the True Happiness of our Soul.

# The Paradox of Choice

November 3, 2008

When we choose another as our partner, we choose for them and deprive them of their choice. By the Law of Attraction, when we deprive another of their choice, we will be deprived of our choice.

We do unto others that which we would have them do unto us, because what we sow, we shall reap. What we do unto others will be done unto us. When we choose for another what they choose for themselves, we allow them their own authority to be at choice. When we give others the authority to choose, we regain our own authority to choose.

So, how can we choose a partner, and our partner choose us, without depriving each other of our own authority? We each allow our Soul to choose and approve and accept our Soul's choice. When both partners choose their Soul's choice the partnership is authorised and therefore empowered with Love. When a partnership is empowered with Love, then both partners are in Love.

# Light-Hearted

November 2, 2008

Light is the awareness of our Consciousness. The degree to which we are conscious of our awareness of Spirit, is our Light.

Pure Light or awareness emanates from our Soul, at the Heart of our Being. Our Soul is Light-Hearted by its very nature. The nature of our Heart & Soul, is Light. Our Soul knows no darkness, is never heavy-hearted and never takes life seriously.

The degree to which we take life seriously is the degree of resistance that we encounter in Life. We take life seriously when we believe that life can go wrong. When we know that nothing can ever go wrong and that we cannot fail, we can lighten up and stop being too serious.

A Light-Hearted Soul is connected to pure Joy through the Love that is the nature of a Light- Hearted Soul.

# Disconnected from Source

November 1, 2008

Everyone has a Soul at the heart or core of their Being. Everyone's Soul is connected to Source. There is no such thing as being heartless.

There is no such thing as a cold heart.

There is no such thing as a heavy heart.

At the Heart of every Being is a Soul.

Every Soul is connected to Love. Yet not every Ego Self is connected to its Soul. It is our disconnection from our Soul that disconnects us from the Source of our Love. Being evil is just a measure of our disconnection from our Source of Love.

When disconnected from our Source, we are unaware and unable to express the Source of our Love.

Our Heart is incapable of Being cold or heavy and our Soul is never heartless and never disconnected from our Self.

# An Opportunist

December 31, 2008

An Opportunist sees each day as an opportunity for Personal Spiritual Development and Growth.

An opportunity for Personal development arises as:

A limiting belief to be challenged and cleared.

An emotional need to be met.

A life drama to be overcome.

An opportunity for Spiritual growth is the opportunity to become an aspect of our True Identity. As we become who we really are, we connect to our true Authority and are able to hold more of our Spiritual Power as our energy vibration increases. We become more like our true Self as we make choices about who we no longer choose to be.

An Opportunist takes every opportunity to discover, explore and experience Life. We redeem our True Identity by challenging the limiting beliefs that our old character was convicted by, and meeting the emotional needs that determined our previous personality.



An Opportunist no longer acts out their role in the continuing dramas of Life.

An Opportunist takes every opportunity to create their own Life as the Reality of their own Choice.

# A Realist

December 30, 2008

A Realist believes that their Reality is REAL.

The reality of a Realist is what appears to be literally true. What is literally true is what can be verified by our 5 physical senses as literally physically true. The truth of a Realist is based on their beliefs.

A Realist:

Believes that their truth is real and they believe it to be the true reality.

Believes that there is only one reality and what is real for them is real for everyone who is sane.

Has no comprehension of the possible existence of multiple realities.

Believes that Reality was either created by “God” or is an accident of “Science”.

The Law of Attraction implies that the focus of our thoughts creates our Reality. It follows that as we all have different thoughts and emotions, with different perspectives and perceptions of life, that we all experience different Realities.

The Law of Attraction is a Reality for anyone who wishes to create their own Reality.

Unfortunately this is not the Reality for Realists because when we believe that there is only one reality, that becomes our experience.

# Direction

December 29, 2008

Our Direction is our “Way”. When we show someone the Way, we give them direction. When we show someone the Way, we are no longer lost. We cannot show the Way and be lost our Self. There is not just one Way. There is not The Way.

My Way is totally individual, unique and exclusive to my Self. I have one probable Way. You have many possible ways (probably one each).

When we tell someone what to do, we are directing them and telling them directly and we are telling them our probable way and not their probable way. We cannot give others Direction by leading them our Way or directing them our Way.

We give Direction and show the Way by:

Modelling who we really are.

Reflecting their personality and character.

Being in synchronicity with others.

Passing on messages of revelation.

Connecting others to their power.

Projecting a positive perspective of Life.

Shining and radiating our Light.

Being empowered with Love.

We can give Direction and show the Way, but we cannot successfully tell another where to go and how to get there.

# Optimist & Pessimist

December 28, 2008

An Optimist looks at Life from a positive perspective. An Optimist is optimistic about positive events occurring and pessimistic about negative things occurring.

A Pessimist looks at Life from a negative perspective. A Pessimist is pessimistic about positive events occurring and optimistic about negative things occurring.

What determines our positive or negative outlook is our pessimistic or optimistic perspective. By the Law of Attraction, we attract and experience what we focus our attention on.

An Optimist will attract a positive outcome and a Pessimist will attract a negative outcome, even though the actual outcome may be the same. Both Optimists and Pessimists believe that we make our own luck. The question is “Whether we make good luck or bad luck”?

The Opportunist does not believe in Luck and knows that we all create our own Reality.

# The Business of Spiritual Growth

December 27, 2008

Spiritual power is 'Positive Emotional Energy'. It is called "Love" because we literally love it.

Positive Emotional Energy is generated by who we are Being for the purpose of powering what we are doing.

In our society, particularly in commerce and business, money is synonymous with power, not love.

In the absence of being able to bottle and store 'love', businesses use money to power what they are busy doing.

Business uses money as a form of energy that can be stored in a bank, and transferred physically from one person to another.

All businesses operate with a profit and loss account, which accounts for the difference between income (energy in) and expenditure (energy out).

A surplus of energy in, over energy out, gives an energy gain or profit. The opposite flow of energy results in an energy loss or a negative cash flow.

We are all in the business of growing our own personal spiritual energy by gaining a profit or surplus of positive emotional energy.

When we suffer a net loss of our spiritual energy reserves, we suffer a negative energy deficiency called depression.

As our Love for Life accumulates a Life of Love, we profit spiritually and grow with the appreciation of a positive emotional energy called Joy.



# Miracles

December 26, 2008

Miracles are extra-ordinary, super-normal events of a personally beneficial nature. Extra-ordinary events of a detrimental nature are called disasters. It often takes a disaster for miracles to be seen to occur. Whether something is deemed to be a miracle or a disaster is just a subjective perspective. Disasters such as bankruptcy, redundancy, divorce or a near-death experience, whilst at the time may be considered to be a detrimental occurrence, may in time be viewed as a miracle that awakened us to our spiritual path.

Miracles can only happen to people who believe in miracles. When we do not believe in miracles, we will wait for an eternity for a miracle to improve our life. When we believe that miracles are possible, they become an every-day occurrence. Life, Nature and the nature of life are all examples of every-day Miracles in action.

# The Yellow Brick Road

December 25, 2008

The Yellow Brick Road is a metaphor for our Life Path.

Our Life Path is the Journey that our Soul and our Self have agreed to travel in this life-time. All Life-paths are unique and exclusive to each and every individual.

Our Vision for our Life illuminates the Path along which we have chosen to travel.

We all see our Life Path in our own unique and individual way.

It may appear to be:

A Roller-coaster ride of intense highs and lows.

A Waltzer ride that speeds up and down and goes round in circles.

A Merry-go-round of Joy & Sunshine.

A Roundabout that puts us in an eternal spin.

A Treadmill that we can't get off.

A Railway line with pre-determined destinations.

A free and easy ride on a Harley Davidson.

A World Cruise on a luxury Liner.

A circumnavigation of the world in a one-man yacht.

A Summer's ramble over meadows of wild flowers.

A Winter's trek across an Arctic Wasteland.

A Mountain that needs to be climbed.

An arid crawl through a parched Desert.

A series of Peaks that need to be conquered.

A white-water rapid ride in an inflatable dinghy.

An endless descent to the depths of the Sea.

Irrespective of how our Journey appears, it is not about when, why or where we are going, how we are going to get there or what we have to do.

Our Yellow Brick Road is our opportunity in Life to experience, explore and discover “Who We Are”.

What we choose to do and how we choose to do it is the vehicle through which we can decide who we choose to Be.

It is who we choose to Be on our Journey that is the sole interest of our Soul. Who we meet on our Yellow Brick Road is a reflection of who we are Being. This allows us, on reflection, to choose to continue being

who we are or to change who we are Being for the Better.

Better, Being Better, Becoming Better is attained through the expansive spiritual development and growth of our Self in co-operation with our Soul.

Our Destiny is to follow our Yellow Brick Road by seeing the Vision that illuminates our Path and knowing the purpose for choosing this individual, unique and exclusive journey that we call our Life.

# Spiritual Growth

December 24, 2008

Spiritual Growth requires the ability to see Life from a new perspective. In a fixed reality system, growth is impossible.

When we believe that there is only one reality and that it is fixed, then that becomes our reality and no spiritual growth is possible.

When we believe that we create our own reality with our thoughts and beliefs about reality, then that becomes our reality and spiritual growth is possible.

Without the ability to see Life from a new perspective, we are unable to create a new reality and grow into that reality.

The ability to see new perspectives in Life is limited only by our lack of imagination or our inability to see with our mind's eye.

Whatever we can imagine in our mind's eye becomes the focus of our thoughts and is then in the process of being created.

The question is not “Have I Imagination”? It is how well and easily can I connect to the unconscious part of 'Me' that is my imagination and my Creator, my Magi, and my Genie.

# The Same Difference

December 23, 2008

The paradox of human existence is that we are all the same, yet we are all different.

From a physical perspective, we are all the same, we are all human Beings, yet we are all different personalities and characters.

From a spiritual perspective, we are all the same and originate from the singularity of Oneness. Yet we all identify with a different vision, mission and purpose, as our authority and choice for this life-time.

The paradox of being the same but different is echoed by the paradox that is the Nature of Attraction.

The Law of Attraction states that “Like energy is drawn unto itself”. Like or same energy attracts like or same energy.

Paradoxically “opposites attract” also.

Opposing energies attract because every “same” energy has a different gender and a different polarity.

It is normal to feel energy as either a male perception or a female perception, because all emotions are divided by their gender.

It is possible to know energy from either a positive or a negative perspective, because all thoughts are divided by their polarity.

In this dual reality world, our thoughts and emotions are relative to the gender and polarity of the energy that we are both transmitting and receiving as thoughts and emotions.

It is the different intensities of the same energy, created by the choice of gender and polarity, that allows Human Beings, with the same original Identity, to have differing characters and personalities.

It is the gender of our emotions that emotes our relative personality, and the polarity of our thoughts that makes the character and the role that we are playing become believable.

Without a different gender, polarity and intensity to our energy, we would all be One and the Same.



# Being There

December 22, 2008

When we are inclusively connected to others, we are being there physically and emotionally, but we are absent mentally.

When we are exclusively disconnected to others, we are being there physically and mentally, but we are absent emotionally.

Being There Spiritually requires Sensitivity & Detachment. When

There for someone else means being there spiritually with them. There Spiritually means:

Sharing the same space, time and reality with them. Connecting physically, mentally and emotionally with them. Being exclusively-connected with whomever we are with.

we are exclusively-connected to Spirit, in a spiritual way, we are Being There for our

we are exclusively-connected in Spirit to another, we are Being There in Spirit for

# An Effortless Life

December 21, 2008

Life is designed to flow effortlessly.

Attaining effortless flow requires us to overcome the duality of hard and easy. In this relative dual reality world, life is either hard or easy until we learn to flow effortlessly with Life.

Life is always hard when scarcity exists.

Life is always easy when everything is plentiful.

Life can be hard when we attempt something new.

Life appears to be easier when we stay within our comfort zone and lead a normal life.

Whether life is hard or easy becomes our fate or our fortune. An effortless life is our destiny and our birthright.

To flow effortlessly with life, we require the direction of our Wise Teacher and Inner Coach.

Life flows effortlessly with opportunities when we hear our messages and learn our lessons that avoid the problems that make life chaotic and herald an imminent disaster.

We attain effortlessness when we see all circumstances and occurrences in life as an opportunity to be lived, and we no longer see life as either a problem to be solved or a challenge to be overcome.

# Uncertainty

December 20, 2008

Uncertainty is knowing that we do not know. Knowing is a certainty. It is without doubt.

Embracing uncertainty is not embracing doubt. It is embracing our knowing that we do not know.

In the absence of knowing, we require faith. When we know with faith, we have a certainty that has overcome doubt.

When we know with Knowing, we have faith because our certainty of knowing has overcome our uncertainty of not knowing.

When we truly know, we know that the only certainty is that uncertainty exists. Without uncertainty there would be no challenge to Life.

Without uncertainty there is no positive or negative choice. Without choice and uncertainty, there is no opportunity for growth.

Without opportunity for growth there is no purpose for Life.

# Gluttony & Greed

December 19, 2008

Gluttony and Greed are often confused.

Gluttony is having or wanting more than enough of something or anything.

The opposite of gluttony is scarcity or less than enough of something or anything.

Gluttony is often defined as over-eating or over-indulging with food. It is in fact the over-indulgence or extravagance of anything.

Too much of anything is gluttony.

Greed is often seen as depriving someone else of what they want by having too much oneself. This belief derives from a scarcity mentality and is in fact a judgement of gluttony.

Greed is the belief that we are superior or better than another. The opposite of greed is pleasing.

Pleasing is being humble or adopting an inferior stance to someone else's superior power or authority.

The greed of winning or attaining a higher status than another, is rarely seen as a sin in our modern society,

which is why greed has become synonymous with gluttony rather than its true definition.

Discrimination, bias, preferential treatment and prejudice are all examples of greed and pleasing others selectively.

Greed is an aspect of arrogance without humbleness which has false self- confidence and esteem.

Gluttony is without contentment, abundance and knowing what is enough.

# Source

December 18, 2008

Source is the origin of All that Is and the Originator of all that ever was and ever will be. All that Is, is the source of who we really are. Our Soul is an aspect of Source and a part of All that Is.

Our Soul is the Source of who we are. When we are being who we really are, we are being our Soul.

Our well-being is attained by aligning with the Source of our Well-being, our Soul.

Our happiness is attained by aligning with the Source of our Happiness, our Soul.

Our health, wealth and wisdom are attained by aligning with the Source of our Health, Wealth and Wisdom, our Soul.

When we align with our Soul, we become our Soul and align with the Source of who we really are.

When we align with the power, authority and ability of our Source, we have the potential ability to become Omnipotent, Omnipresent and Omniscient, in the image of our Soul.

# A True Master

December 17, 2008 A True Master:

Connects to all Life.

Connects to Pure Light.

Connects to Pure Love.

Knows their exclusive Authority.

Feels their exclusive Power.

Knows that Divinity is within each and every one of us.

Sees the bigger picture of Life.

Knows that their Ability comes from their own Power and Authority.

Is the Master of their own Destiny and a Servant of their Soul.

Knows their own unique, exclusive and individual Path in Life.

A True Master has Overcome:

Life & Death

Good & Evil



Right & Wrong

Light & Darkness

Love & Hate

Love & Lust

Love & Fear

A True Master is the Master of their Self, not other people.

A master of slaves and servants needs other people for their power and authority. Slaves of authority and servants of power allow a master to think that they are a master. A True Master allows all others to be a True Master.

# Sensing Vibration

December 16, 2008

We sense vibrations of light with our visual eyes.

We sense vibrations of sound with our physical ears.

We sense vibrations of matter as physical touch.

We sense vibrations of molecules as taste and smell.

We sense imaginary pictures in our mind's eye as a thought vibration that we can "see".

We sense words of revelation as an epiphany or thought vibration that we just "know".

We sense realisations of emotions as feelings or a thought vibration about how we are "feeling".

Visible light is the vibration of packets of energy called photons hitting the retina of our eye. Audible sound is the vibration created by atoms of matter colliding with the drum of our ear.

Touch, taste and smell are determined by the vibration of different molecules of matter on our skin, nose and tongue.

Seeing, Feeling and Knowing are the spiritually intuitive sense of energy vibrations that we receive as either pictures, words, or emotions and translate into our conscious thoughts as inspirations, revelations, or the genius of our imagination.

# Vibration

December 15, 2008

Everything in our Universe is an energy vibration.

All forms of energy are a vibration.

Without vibration there is no energy.

All forms of matter are a slower vibration.

Vibration is frequency and wavelength of energy united.

Frequency determines the positive and negative aspects of a vibration that is its polarity. Wavelength determines the male and female aspects of a vibration that is its gender. The frequency and wavelength of a vibration is called its intensity.

Therefore intensity determines the frequency and wavelength of a vibration.

The intensity of a vibration's frequency is experienced as fast or slow.

Fast frequencies are felt as positive and slow frequencies as negative.

The intensity of a vibration's wavelength is experienced as hot, cold, cool or warm.

Negative female wavelengths are hot.

Negative male wavelengths are cold.

Positive female wavelengths are warm.

Positive male wavelengths are cool.

The polarity and gender of an energy determines its intensity of vibration.

All thoughts, words and actions are carried on an emotional vibration that has an intensity determined by the gender of its wavelength and the polarity of its frequency.

Arrogance is a negative male aspect of emotion with a counterbalanced positive female aspect of humbleness.

Sloth is a negative female aspect of emotion counterbalanced with a positive male attribute of diligence.

Envy is a negative male aspect of emotion counterbalanced with a positive female aspect of kindness,

Gluttony is a negative female aspect of emotion counterbalanced by a positive male attribute of scarcity called abstinence or poverty.

Anger is a negative female aspect of emotion counterbalanced by a positive male aspect of patience.

Wrath is a negative male aspect of emotion counterbalanced by a positive female aspect of meekness.

The wavelength of conscious energy in motion is called an 'emotion'. The frequency of conscious energy in motion is called a 'thought'.

A conscious thought with the awareness of emotion is an energy vibration called an 'experience'.

The 'Light' of our thoughts plus the 'Love' of our emotions equals the experiences of our 'Life'.

# Psychology

December 14, 2008

Psychology is the study of human behaviour. Human behaviour is how the Self acts and behaves.

Our behaviour is driven by our sub-conscious desire to meet our emotional needs, until we become consciously-aware of how to connect exclusively to our own emotional Power.

Our emotional needs are created by our sub-conscious programmed beliefs.

Human behaviour is the effect of emotional needs created by limiting beliefs that result in physical and emotional dramas.

Human behaviour is classified as our personality and our character.

Our personality is the result of our own unique collection of emotional needs.

Our character is the role that we are playing in the drama that is created by our limiting beliefs.

True Psyche-ology is the journey of exploring, experiencing and discovering the true identity of our Soul.

Our True Psyche is the True Essence of our Soul and who we really are.

The Personal Spiritual Development and Growth of our Psyche or Soul, is why we are really here.



# Nous

December 13, 2008

Nous (pronounced nowse) translates as Mind from Ancient Greek.

Nous has been collectively termed with Psyche (soul), Soma (strength), and Pneuma (heart), to fit the first commandment of Jesus to : “Love the Lord thy God with all thy heart, all thy soul, all thy mind and all thy strength”.

The Mind of our Self is seen as our intellect and our common sense.

Common sense is seen as our rational ability to make conscious choices based on our comprehension of the physical world. It completely ignores our emotional intelligence and our spiritual essence.

Our conscious mind is less than 10% of our total 'Consciousness'.

Our Soul's Consciousness is the sum total of our conscious mind, our sub- conscious mind, and our super-conscious mind.

To have Nous or True Common Sense requires the use of both our Rational and our Emotional

Intelligence, to understand both our physical and our spiritual existence, using our 5 physical senses of seeing, hearing, smelling, tasting and touching, together with our 3 spiritual senses of Knowing, Seeing & Feeling.

Our 3 intuitive spiritual senses are common to everyone, once we learn to redeem their everyday use.

# Stillness

December 12, 2008

Stillness is:

Who we really are.

The Oneness of all that is, without division or separation.

The 'Gap' in Space.

Emotion without motion.

Pure Feeling.

The Gateway to Divinity.

The Realm of the Absolute.

The Source of Space-Time-Reality.

We connect to our Stillness to become our authentic Self. Our Soul resides in the stillness of Infinite Space, Eternal Time and Continuous Reality.

The Realm of the Absolute is the Stillness of Pure Love & Pure Light that is Life in its purest Essence.

Boredom is the gateway to peace & serenity. Peace & Serenity are the gateway to Stillness.

# The Holy Trinity of the Ancient Greeks

December 11, 2008

The modern Greek Orthodox Church follows the Holy Trinity of Christian belief that is the Father, Son & Holy Spirit.

The Ancient Greek (Pagan) Philosophers believed in the Holy Trinity of Psyche, Soma & Pneuma.

The Psyche means the Soul and is synonymous with the Wise Father and the Light of our Authority.

The Soma means the New Born and is synonymous with the Son who is the physical incarnation of the Father, born into the material world and enables our Ability for Life.

The Pneuma means Breath or Breath of Life and is synonymous with the Holy Spirit or Whole Spirit that empowers us and is the Power of our Love.

It is interesting that modern Psychology, which is named after our Psyche or Soul, is in actuality the study of the behaviour of the Self, and not the study of the Soul.

Psychology only becomes the study of the Soul, once the Self and the Soul have become united as One in Holy Communion.

When the sub-conscious “Id” (our physical ego) unites with our super-conscious “Entity” (our spiritual ego), we will experience our True Id-entity.

Both the ancient and modern Greek philosophies hold the secret to Divinity, yet perceive it from different perspectives by defining it in different ways.

# Values

December 10, 2008

A Value is something that we want and desire because it adds value to our life in a non- material way.

Values include:

Personal standards, which include ethics, morals and principles that are standards of behaviour that are driven by our personal beliefs, opinions and convictions.

Personal emotional needs that we want and desire because they raise our personal feeling of emotional power.

Then there are what is termed in Coaching as True Values or Core Values.

True Values are the actions that we take that have true value and worth to our Self.

True Values are what we truly love to do in our life, once we have overcome the limiting beliefs that create our tolerations in life and drive us to get our emotional needs met.

Our True Values lie beyond our emotional needs and may not be recognisable or acknowledged as achievable until we have learned the ability to meet our emotional needs consciously.

Our True Values define our mission in Life, as distinct from our Attributes that define our purpose in Life and our Attainments that define our Vision for this Life.

Attributes are the emotional states of Being that we attribute to our Self in each moment of time.

Attainments are the personal qualities that we have, express and emanate to the world.

We define:

True Values using a verb or 'doing' word that is 'objective'.

Attributes using an adjective or “descriptive” word.

Attainments using a noun or “subjective” word.

Our personal standards and beliefs have value because they determine our character. Our emotional needs have value because they formulate our personality.



Our True Values, Attributes and Attainments are an expression of our True Identity and our True Value that is our Worth, Confidence & Esteem.

# Polarity

December 9, 2008

Pole means direction.

Polarity is the Reality of our Direction. As our direction of focus is our choice, we choose our polarity and our reality.

Physical direction is three dimensional:

Up & Down (North & South)

Left & Right (East & West)

Forward & Backward

Emotional direction is either positive or negative. A positive direction gives us positive emotional energy. A negative direction gives us an energy drain that we experience as negative emotional energy.

Negative emotional energy is the absence of personal power.

An effortless Life is experiencing the positive polarity of our emotional energy, and is a Joy. We have the ability to flow effortlessly in Life when we are connected to our power & our authority.

A problematic life is experiencing the energy depression of negative polarity created by the resistance that we have accumulated on our journey.

Our fears, dramas, needs, limiting beliefs, and programmes that are our fate, all create resistance on our path through life.

Stillness is the experience of a neutral polarity that is found when we flow with time, in the gap of space, of our present reality of now.

In the gap, the flow and the now, we enter the zone where polarity ceases to exist.

# The Path of Fate or Destiny

December 8, 2008

The path of fate travels from our birth to our death, on a journey called a physical life-time. The path of our fate travels from our past to our future in time, and is called our 'life'.

The Path of Destiny is Eternal, Infinite & Continuous, through the medium of both physical and spiritual reality.

The Path of Fate or Destiny journeys from a negative to a positive reality as we learn to consciously create our own meaning for Life.

Each life-time invariably starts with a journey of our fate, under the authority of the family, the society, the nationality and the religion, that we have chosen to be born into.

Our initial journey becomes a choice of fate or destiny, once we are 'called' to awaken to 'spirit' and redeem our own Authority.

Once awakened to Spirit, we have the Authority to choose between our physical fate and our Spiritual Destiny.

“Many are called, few are Chosen” means that only a few choose the path of their Spiritual Destiny.

Many that are called choose to continue to follow the path of their fate.

# Attributes & Attainments

December 7, 2008

An Attribute is a state of Being that we are experiencing in a particular moment of time.

An attribute is a gift that we express to the world, in the present moment of time.

An Attribute is a particular state of being that is attributed to us in the present moment.

An Attainment is an aspect of our True Identity that we have achieved or attained by and through our own experience.

The paradox of Attributes & Attainments is that we have to be them to do them, and we have to do them to be them.

We have to attain the attribute in order for the attainment to be attributed to us. We attain our Attainments by Being the Attributes that are attributed to us. Acceptance is the attainment of Being Accepting.

Accepting is the attribute of attaining Acceptance.

When what we are doing is who we are being, we have attained an attribute of our Divinity. When I am being Accepting whilst accepting what is given, then I have attained Acceptance.

# Acceptance

December 6, 2008

Acceptance is:

Receiving Life as a gift.

Knowing that whatever turns up in our Life is a gift from our Soul.

Seeing that, when what is presented to us is not apparently acceptable, we have a shift to make, a lesson to learn, and an opportunity to embrace.

Attained once all tolerations have been overcome and all boundaries removed. Unacceptable behaviour by others is an indication of a boundary that we have in place, or a boundary that we choose to put in place.

We can only earn the acceptance of others, once we learn to be in Acceptance of all others actions and behaviours. Controlling other people's behaviour will not allow us to attain Acceptance. It will just serve to secure us within the comfort zone of our own boundaries, standards and beliefs.



# Approval

December 5, 2008

When we are approving of what others are doing, we are being tolerant of their actions and behaviour.

When we are disapproving of what others are doing, we are being intolerant of their actions and behaviour.

When we are approving of whom others are being, we are judging their character and personality as good.

When we are disapproving of whom others are being, we are judging their character and personality as bad.

True Approval:

Has no disapproval.

Has no judgement.

Knows our True Identity.

Is unconditional

Unconditional approval knows that when someone is not expressing who they really are, then this is their issue, and acceptance of that has been attained.

Our issue is our opportunity to: “Approve of who we are being in relationship to all others”.

How much we approve of our Self is equal to how much we value our Self and feel our Self to be worthy.

Self Approval:

Is our True Self Worth.

Is a measure of our personal power.

Comes with Being our True Identity.

Expresses our Divine Attributes.

Is the state of being unconditionally Loving of one’s Self.

# Acknowledgement

December 4, 2008

An Acknowledgement is an endorsement of what we can 'do'.

We Acknowledge our Ability to live Life to the full.

We Acknowledge the potential of our creative ability.

When we acknowledge who we are, it is just our personality, not our true Omnipresent Identity.

When we acknowledge what we want, we disable the Universe, by focusing on our scarcity and lack.

When we Acknowledge the Mission that we have undertaken in this life-time, we connect to our Inner Coach.

We are acknowledged by others for the status and position that we attain in life through our knowledge and achievement.

We are Acknowledged by our Soul for the personal development and expansive growth that we create and attain in our Life.

Acknowledgement of our Soul requires the 'eyes to see' the intuitive bigger picture of Life that we have come here to create as our Reality.

The Soul can only Acknowledge the Self to the degree that our Self Acknowledges our Soul.

When we truly Acknowledge the Path of our Soul, and what we have come here to do, we will flow effortlessly on our journey through Life.

# Attestment

December 3, 2008

We Attest to who we are Being or Becoming.

Whoever we choose to Be is an Attestment, or A Testament, to who we are. The 'New Testament' is a new choice of who we can choose to be.

Who we are is a testament to our Self.

Attestments are a testament to the attributes that we have attained.

We Attest to the True identity of who we really are.

Our True Identity, the states of Being to which we attest, will empower us. When we attest to what we want, we disempower the Universe.

An Attestment is a statement of our perceived potency and power. We are inspired to attest to our True Omnipotent Nature.

Our true nature is an Attestment of our Natural Truth.

Life is a test, until we Attest to and become who we really are.

# Affirmation

December 2, 2008

An Affirmation is:

A statement of our choice.

A statement of intent.

A declaration of that which we choose to attain in this life-time.

A Prayer to God.

Our Choice of what we allow to manifest as our reality.

An expression of our Truth.

What we truly Know to be so.

Whatever we choose or ask for in Life becomes an affirmation. When we affirm what we will do to get what we want, we disallow the Universe.

When we affirm who we are, we are describing our character and our personality, until we know our true Identity. We affirm to tell our truth, even though it may be our personal truth and not the Absolute, Omniscient Truth.

We make an affirmation of what we choose to manifest into our Reality with a simple prayer of gratitude and appreciation.

# Intuitive Leadership

December 1, 2008

Intuitive Leaders:

Know their own: Authority, Vision, Life-Path, Revelations, Messages, Enlightenment, and Fulfilment of Choice.

Feel their own: Power, Purpose, identity, Inspiration, Empowerment, and Joy of Being At Oneness with who they are.

See their own: Ability, Mission, Reality, Creativity, Equality, Equability, Equanimity, and Enabled Contentment.

We Know our Authority, when we hear our messages of revelation that enlighten our unique individual and exclusive journey in Life and we are Fulfilled.

We Know our Authority, when we make choices based on the Vision of our Life Path, of why we are here.

We Feel our Power, when we are at One with who we really are, by finding our meaning and purpose in Life.



We Feel our Power, when we are empowered with the positive energy of Inspiration that realises the positive emotional experience of Pure Love & Joy.

We See our Ability, when we are creating our own Life as our own Reality, and we are manifesting what we visualise as our mission in Life.

We See our Ability, when we are enabled with the Power and the Authority of our Love & Light, to experience the Contentment and the Satisfaction of our Own Creation.

An Intuitive Leader: Knows, Feels & Sees their own Power, Authority & Ability to Lead their own Life and to follow their own Path.