Life Lessons 2018

Keith Collins

Emotions & Beliefs

Negative Beliefs cause the experience of negative emotions:

Grief is caused by the belief in the permanent loss of what is needed emotionally.

Nothing is ever lost permanently!

Jealousy is caused by the belief that someone else is getting what I need emotionally.

Emotional power is never rationed!

Anxiety is caused by the belief that things can go wrong. Good & bad, right & wrong are just a personal perspective!

Despair is caused by a belief in my own incompetence. When I compete with my Soul, I will lose my competence! Remorse is caused by a belief that I did not care enough. Caring is not a divine attribute!

Fear is caused by a false belief appearing to be real. Fear is only real when I cause it to be in my reality! Anger is caused by the belief that I am losing my emotional power.

Emotional power is never lost, only my connection with it!

Guilt is caused by the belief that I can do something bad or wrong.

From a higher perspective, nothing ever goes wrong. Overcoming negative emotions requires a new positive belief to replace an old limiting belief:

Life Just Is an emotional experience caused by personal beliefs.

Whether I believe it or not!

We All Have Choice and choosing positive beliefs allows positive emotional experiences.

Negative experiences are a bad choice!

There Is Enough, nothing is rationed and nothing is ever lost.

Scarcity is a mentality and emotion is abundant, unless I suppress it.

Love Is The Way, so choose what feels good because when it feels right, it is.

If it doesn't feel good, why do it?

We Are All Equal. In a caring society, we all take care of our Self.

Self care is a truly selfish choice.

Follow your own path and allow others to follow theirs as this is the Golden Rule.

The Golden Rule allows the Law of Attraction to act in a positively beneficial

Memory & Programmes

Memory is stored permanently in the Universal Mind of the Akasha.

Programmes are stored temporarily in the personal mind of the Id.

Long term memory is permanent, short term memory forms a programme.

Memory is a super-conscious function, programmes are a function of the sub-conscious id. I function sub-

consciously in alignment with my programmed beliefs. I function super-consciously in alignment with my higher, long-term memory.

Programmed behaviour is aligned with programmed beliefs. Intuitive behaviour is in alignment with imagination. Imagination works in conjunction with higher memory. Higher memory is a permanent record of all past experiences. Imagination is the projection of past experiences into a future reality.

Programmed beliefs filter the projection of imagination. Projecting imagination promotes a higher connection to memory. Memory recall is relative to one's higher mind connection. The belief that memory is a function of the brain does not necessarily block a higher mind connection, just the awareness of it.

A higher mind connection is intuitive. A lower mind connection is a programme.

When disconnected from the awareness of the higher mind, memory becomes a programmed store of information. Instead of memory being a personal truth, it becomes a personal belief. Personal beliefs are only as true as we believe them to be. The truth of a personal belief is only as strong as the programme that is sponsoring it.

The memory of the higher mind is a record of personal truth. Memory survives death, programmes do not. The belief that I am a physical Being experiencing a physical reality is a programme sponsored by the physical experience that I believe I am having.

The faith in my intuitive knowing that I am a spiritual Being having a physical experience is founded on a memory of my own personal vision, mission & purpose in this life.

Memory is the ability to remember or reconnect with the Soul. Programming is the ability to forget who I really am.

Read Only Memory is a programme. I am programmed to react instinctively without thinking. It offers habitual & rigid control, management & governance of mental capacity because it is a programme.

Random Access Memory is my guidance & support. I randomly access higher memory when I need guidance & support. It allows intuitive freedom of imagination. I only access my higher memory when I am intuitively guided to do so.

A dilemma occurs when my higher memory is misaligned with my lower programming. When intellectual thinking is aligned exclusively with lower programming, it has forgotten the benefits of imaginatively inspired thoughts. Inspired thoughts come from higher memory, intellectual reasoning comes from lower programming. I think and therefore reason that I am intellectual. The more convicted the programming, the more intellectual, I believe myself to be.

Memories are always positive personal experiences. Programmes may be recalled as either positive or negative experiences. Bad memories are a programme that repeats itself in a non-beneficial or detrimental way. Good memories are the reason that the Soul has given its Self, a Life of experience to discover & explore.

Behaving

Behaving is a mental & emotional action. It is relative to the emotional state of being that accompanies the mental belief that is sponsoring an action.

Who I am Being is my emotion. What I Have is a belief about whatever is occurring. My emotional state of being is relative to the belief that I have about what is presently occurring.

When I believe that positive things are happening to me, I experience a positive emotional state of being. When my experience of what is occurring presents in a negative way, it is because I am experiencing it from a negative perspective.

How I am behaving is a matter of perspective. I can perceive my behaviour to be either beneficial or detrimental. My behaviour is sub-consciously programmed by whether I believe whatever is occurring to be beneficial or detrimental to myself.

Whether I am behaving well or I am behaving badly is based on my judgment of my belief about the outcome. When I believe the outcome to be detrimental to myself, or others, I am behaving badly. When I believe the outcome to be beneficial for myself or others, I am behaving well.

When my behaviour is apparently good for me and bad for others, or bad for me and good for others, I have a dilemma. The dilemma of behaving well or badly is caused by the contrasting beliefs between myself and others.

The dilemma of what is good or bad behaviour has led to the philosophical study of ethics and the religious practice of morality. Both the morality & the ethics of governmental religious philosophy seek to impose good standards of behaviour onto people in general.

Instead of behaviour being a personal choice based on the emotional experiences of personal beliefs, it has become subjected to other people's boundaries and enforced by other people's laws.

Common law allows an elite group of people to determine the behaviour of common people. When people behave in a common way, they defer their authority of choice to an appointed elite, who use morals, ethics & laws to govern people's behaviour.

Behaving is a physical action enabled by emotional power & mental authority. My behaviour is inspired & empowered by my own mental authority being in alignment with my own emotional power. Emotional power enables the mental authority of choice.

Behaving in alignment with other people's choices is deferring to their authority, which is either motivating or disempowering. I behave in a negative way when I am disempowered by other people's authority. Acting under another's authority, my agreed action requires their motivation as I am not personally empowered. Behaving badly is my default reaction to being disempowered.

When empowered by my own inspired choices, I am always on my best behaviour; no matter what anybody else thinks or judges it to be.

Life Just Is

Life Just Is whatever I perceive it to be.

I perceive the experience of life relative to my perspective of reality. How I see reality is how I experience life and we all see reality differently because we are all experiencing a different life.

I do not choose to live in the reality of someone else's perspective. Choosing to perceive life in the same way as other people is not ideal for me.

I am an authentic sovereign entity, with personal choice, who chooses to create my own path in life. I see everyone else as a sovereign entity, who has choice and may or may not be authentic, relative to their perspective of life. Life just is the effect of whatever I cause to happen, whether I am aware of it or not. Whatever everyone in the world is experiencing is a projection of their own belief system about reality. Reality is a real experience of what I believe to be real because what I believe, I experience and what I experience, I believe to be real. Life just is the reality that I am experiencing based on what I believe to be real.

When I challenge, change & own my own beliefs, I experience an authentic reality of my own choice. My reality, my real experience, is not dependent on anyone else; unless I believe that it is.

The belief that I am an Individual Sovereign Entity; with a chosen, individual, unique & exclusive path, allows that to be my experience. I am experiencing a mission on Earth with purpose that is in alignment with my higher vision for my life. The belief that my life has true value is endorsed every time that I am living one of my True Values. In the absence of intuitively knowing my vision, mission, purpose & true values, it is not possible to believe that I am the creator of my own reality.

It is only by living my Truth, in alignment with my Vision on purpose that I experience the reality of creating my own life. In the absence of believing that I create my own reality, I live in the reality of someone else's creation. When I believe that life happens to me as a consequence of my own choices and actions, it does. When I believe in luck, I can also be unlucky and when I believe that life can go wrong, it does.

When I believe that everything on my divine path is divine, it becomes a real experience. When I believe in Providence, everything is provided. When I believe in miracles, they become an everyday occurrence. When I believe that I am here on purpose to fulfil my life vision, I align with my mission on Earth. When I believe that happiness flows from within, I allow it to flow out into my reality.

Life just is a personal His Story of every Individual person who is writing their own Book of Life. Everyone starts life with a blank sheet of paper and an active imagination.

Life enables imagination to be creative. Imagination is the creative force of life. Without imagination, we are only able to experience what others before us have created for us. The way to control & subjugate others is to deny them access to their own creative imagination. When I switch off my creative ability, I switch off my creative power and give away my creative authority of choice. The belief that there is only one reality dictates that I have to compete with everyone else to change that reality. The belief that I create my own reality is realised once I stop competing with everyone else to get my own way. When I stop competing with others, I stop judging others, others stop judging me and stop competing against me. When I allow all others to follow their own path, I am free to create and follow my own; in a unique, individual & exclusive way. Having a blank sheet of paper is the licence that allows me total creativity in becoming the Author of my own Reality, which becomes my own Book of Life.

Writing someone else's story is not the purpose of my journey. It is my fate to follow a path already trodden by others. It is my destiny to imaginatively create my own experience of life.

Life just is, however I imagine it to be.

Happiness Is

Happiness Is:

- The unrestricted flow of pure life, experienced
- The power of the Soul, undiminished
- The approval of what is allowed & accepted
- The contentment of enough
- The fulfilment of a personal purpose
- An inspired revelation, revealed
- A true value, truly valued
- The attainment of a divine attribute
- Alignment with one's true path

- The joy of enabled authority
- The realisation of a vision
- Seeing a knowing feeling
- The love that one has for one's Self
- The light of a clearly defined path
- A communion of like minded Souls
- The empathy of compassion, explored
- The clarity of a mission with purpose
- The feeling of a quality attribute, attained
- The adjective state of being happy
- The external flow of inner peace
- A natural connection to Nature
- Being free of pain, fear & problems
- Being the Master of one's own destiny
- Being earthed, grounded & anchored in reality
- The Way
- Sharing
- Innate
- A choice

Ingenuousness

Ingenuousness is Inner Genuineness!

It is a natural quality.

It is the childlike quality of being direct, straightforward, innocent, naive & trusting.

I do not need to attain ingenuousness as it is a natural quality. However, I do need to choose to be ingenuous, in order to attribute it to myself.

We are not taught to be ingenuous when it is defined as being innocent or naive and lacking in cunning, guile or worldliness. We are taught to be reserved rather than openly ingenuous, cautious rather than trusting, worldly rather than naive and cunning and artful, as long as it is not sly and deceitful.

Apparently, ingenuousness is being free of artful deceit by being crafty & cunning. We are taught to be candid, forthright & direct as long as it does not offend others and to be reserved and diplomatic in order to please others. Ingenuousness requires the qualities of being open, honest, fair, impartial & candid. It expresses the purity & brightness of our natural essence.

Ingenuousness is blocked when our spiritual connection is blocked. Our spiritual connection is blocked when we are taught to not be childish, not be trusting, not be naive; so as to be worldly wise to the deceit and disingenuous nature of other people.

We are all guilty of losing our innocence and our trust when we lose the spiritual faith of our inner-genuousness, our genuine reality.

My genuine reality is the purity and brightness of my enlightened path, which is direct and straightforward with the wisdom of my world. It is innocent of all guilt and intuitively guided with an implicit trust in my own faith in my Self. It is child-like without being childish. My ingenuous inner genius is my inner guide.

Disgraceful

Disgraceful is not being full of grace. It is the absence of grace.

Grace is the presence of pure emotional power. Emotional power allows competence to flow. Disgrace is the absence of emotional power and the presence of incompetence.

I am in disgrace when I act with incompetence. Disgraceful behaviour is defined objectively as behaviour that drains someone else's emotional energy. When another's behaviour is draining my energy, I believe them to be acting disgracefully and their behaviour is a disgrace. When disgraceful behaviour is draining someone else's energy and raising one's own, it is called a control drama. A control drama is how I sub-consciously compete for another person's emotional energy.

By definition, disgraceful behaviour disempowers; but who is being disempowered is a matter of who believes the behaviour to be disgraceful. Behaviour of itself has no polarity. It is individual perspective that perceives behaviour to be graceful, disgraceful or ungraceful. When empowered with emotional energy, my actions are seen to be graceful.

When disempowered and drained of emotional energy, my actions can be ungraceful, incompetent or forceful. When in need of emotional energy from other people, my behaviour may be perceived by them as wilful & disgraceful. Meaningful Conversation v Philosophical Debate

A Meaningful Conversation allows both clarity & growth. When a conversation is full of meaning, it has a finite definition, good intellectual reasoning and clarity of purpose.

A meaningful conversation is between two or more people, where all parties share a common interest. It is the common interest, expressed with positive input from all parties, which promotes expansive growth.

When conversation is full of meaning, it is balanced and harmonious in the way that reveals a common truth. It develops understanding and promotes the growth of conscious-awareness. Meaning allows the true value of conversation to be experienced.

A meaningful conversation defines with clarity a Universal Perspective of Truth. When a perspective of reality is universally true in conversation, it resonates and is clearly perceived by all. It allows everyone present to bring their personal perspectives in to universal alignment.

Universal alignment is the one version of the truth, which requires an open mind to resonate in accord with other open minded people; to see the reason and the purpose of their meaningful conversation.

A Philosophical Debate is an intellectual contest. An intellectual contest has two points of view, which are contested by opposing sides in the debate.

A debate works on the principles of right & wrong. It contests that one perspective will be proved right and the

other point of view be proved wrong. Many believe that success in a debate depends on the opposing point of view being proved wrong.

When two points of view are based on opposing perspectives, there is neither consensus nor agreement. With no agreement, there is no definite meaning and there is no defining purpose because the reason for the debate is to compete & win.

The paradox is that you can only win an argument by gaining an agreement and when there is agreement, there is no argument to win.

Philosophy was originally defined in meaningful conversation as the Wisdom of Love by those who Love Wisdom.

When wisdom is forsaken in a battle of intellectual wills, there is only rational logic objectified by a subjective perspective. With the absence of emotional intelligence, there is no love and in the absence of love, there can be no wisdom; only philosophical debate.

Philosophy today has become a sub-division of Science, which prefers intellectual reasoning to intuitive wisdom and rational logic to emotional intelligence. Whereas meaningful conversation has a clarity of definitive expansive purpose, philosophical debate descends into divisive argument in the absence of both love & wisdom.

The Polarity Of Thought

Thought is an energy.

Polarity is the direction in which energy flows. In absolute reality, energy just flows. In relative dual reality, I have a choice of direction when I focus my thoughts, which creates polarity.

Polarity allows the perspective of my thought energy to move in opposing directions. The polarity of my thinking is always relative to my personal perspective. My personal perspective is how I see reality, relative to my position in space & time.

Thought is a flow of energy. Pure thoughts just flow. Relative thinking has a polarity relative to my position in space and my reference in time. Polarity is relative to perspective and perspective is relative to belief. My beliefs determine the inclination and the attitude of my thinking.

When my perspective is in alignment with my higher vision & purpose, it has a positive polarity. When my perspective is out of alignment, it has a negative polarity. With a negative polarity, I believe that I am off track because I am out of alignment with what I truly value, I have no vision and my life appears to have no purpose. The beliefs that cause a negative polarity in my thinking are called limiting beliefs. Intensely limiting beliefs have an intensely negative polarity and are called fears. When I change the polarity of my thinking from negatively wrong to positively right, I change the polarity of my emotional feelings to beneficially good from detrimentally bad. My choice of experience allows my perspective to polarise in either a positive or a negative direction, relative to my beliefs about whatever is occurring.

When I believe that life happens to me, I can be blessed with good fortune or cursed with bad luck, relative to the polarity of my thinking.

When I believe that life is happening by me, I try to cause life to follow a positive polarity by making good choices. As my thinking has a polarity of right or wrong, my emotions have a choice of feeling good or bad. When life is happening by me, I am determining the polarity of my experience with the polarity of my thinking and how I feel about what is occurring.

The irony is that the more I try to control the polarity of my experiences, the more polarity that I put into them. The more spin that I put into my life, the more that my life goes into a spin. Clockwise & anti-clockwise are the direction of spin and the polarity of energy in motion. Thought energy in motion is felt as emotion. Thought is a mental energy, which is always accompanied by an emotion. How I feel, the polarity of my emotion, is always relative to the polarity of my thinking because the polarity of my beliefs causes the polarity of my feelings. Negative beliefs cause negative feelings and positive beliefs are positive because they allow me to feel good. When I feel good, my thoughts are pure & truly aligned and my emotions are positively beneficial.

When I feel bad, my impure thinking, based on my false beliefs, is causing my negative emotional state of being. My thinking, which is causing the negative polarity of my emotions, can also connect me to my source of positively powerful energy.

When my thinking is polarised in a negative direction, I am disconnected from my emotional power. Being emotionally disconnected is a negative state of being. My negative state of being disconnects me from my innate emotional power source because my attention is focused in the wrong direction.

Changing the polarity of my thinking requires emotional power. When my emotional power is disconnected, it is not possible to change the polarity of my thinking. I am stuck in the negative polarity of the experience of my own default choice.

Personal development requires the ability to change a personal perspective with a better belief. Any shift that I make in my personal development is a shift in my personal perspective by challenging and changing a belief about my reality. When I choose a better belief about my life, my life appears to improve from my perspective. The better I feel about my life, the more emotional power that I have and the more positive is the polarity of my thinking. The key to thinking positively is to be in a positive emotional state of being.

Emotional power is the key to choosing an authorised mental thought. Authorised mental thought is inspired and empowered, but I need to be empowered to connect to my inspired thoughts.

Inspired thought is empowered with a positive polarity. Negative thinking is based on a corrupt and negative belief system. Direction is a choice, so I always have a choice of direction determined by the polarity of my thoughts and the feelings of my emotion.

Freedom of choice allows freedom of thought, which means that I am free to choose how I feel about whatever is occurring in my life. The positive choice is to always have a positive thought about whatever is occurring in my life, so that I always feel good about life.

Credit

Credit is the energetic flow of approval. When I am being approving, I am in credit. When I approve of others, I give them credit.

When I am being disapproving, I am in emotional debt. Being disconnected from the energetic flow of approval, puts me into debt emotionally.

Credit is a flow of positive emotion. I always approve of positive emotion, as it is emotionally powerful. Being approving is what makes my emotional state of being positive & powerful.

When I credit my Self with positive emotion, I approve of the emotional feeling that I am attributing to my Self. When I attain a positive emotional attribute, it is to my credit. When I experience a negative emotion, it puts me into energetic debt.

Energetic debt is called an emotional need. When I have an emotional need, it is because I believe myself to be unworthy of crediting myself with a positive attribute. When I believe that my emotional state of being is negative, I put myself into emotional debt.

Any positive emotional attribute is a credit to my Self. Every positive emotional attribute is a credit. I give credit to other people with my positive attitude to them. Every emotionally negative state of being is an emotional need for energy, which is an emotional debt.

Emotional debt is the effect of personal disapproval. When I believe that other people disapprove of me, I disapprove of myself and develop an emotional need for approval. I disapprove of anything that is a toleration and an energy drain. An energy drain is my default into emotional debt as a consequence of my disapproval. It is my disapproval that causes my emotional energy to go into debt.

Being emotionally in debt means that I need emotional energy from other people and I am in debt to them when I get it. The more energetically I get into debt with other people, the more I need and depend on them to credit me with their approval.

When I seek my approval from other people, I will forever be in their debt. Being in debt to another is a drain on my emotional power and my worth, which negatively affects my self esteem.

The more that I approve of my Self, the more approving I am being, the more I give my Self credit, the higher is my Self-worth and the greater is my Self-esteem.

Self-esteem is the credit that I give to my Self when I am confident of the value of my worth. My confidence flows when my Soul sees the value in its Self. When I am worthy of my Soul's confidence, I value the esteem with which I am credited.

When being approving of everything in my life, I am being creditable. I am able to credit my Self with my Soul's approval. I can only credit my Self when confiding with my Soul. With the confidence of my Soul, my actions are always creditable. When I confide in my Soul with confidence, my Soul credits its Self with approval. Without the confidence of my Soul's approval, I will seek my approval or credit from outside of myself. When I need approval from other people, they will perceive my lack of confidence that defers to their authority and puts me into their debt.

The debt that other people believe that they are owed is called duty, which is always taxing. When in debt to

another they will tax me with their need for interest and put me further into debt. Getting someone's interest and approval can be very emotionally costly.

When I run out of emotional credit, I declare emotional bankruptcy; which is called depression. When we are all drained of our emotional energy by a major catastrophe, it causes a Great Depression.

Money is a physical form of credit or approval. When someone approves of the service that I give to them, they pay me credit. Money is the credit that is given for goods & services that are received.

Currency is the energetic exchange of credit. When currency is a measure of confidence, wealth & esteem; it has credit.

When credit is a measure of monetary assets, it is a measure of status, authority & power over other people. Power over other people is the consequence of their being in debt to you. Slavery is the belief that a debt of duty & service is owed to a Master. When I control another's debt, I control their confidence, worth & esteem. When I am in credit to the bank, they are in debt to me. When I am in debt to the bank, they are in credit with me. The bank's credit comes from my debt to them. My credit comes when I am out of debt.

When I need no credit, I have no debt. When I have credit, I have confidence in my own wealth of value & worth because I confidently hold my Self in the approval of my own esteem. When I confidently hold my Self in the wealth of my own worthy esteem, I credit my Self with approval.

Riches are the physical assets that I credit as being my own because I believe that I own them. True wealth is the energetic flow of approval with which, I credit my Self. The more I approve of my Self the more credit that I attain. There is no credit in having power over other people and there is no value in trying to be better or richer than others.

True credit flows with the mutual approval, interest, gratitude & appreciation that every Soul has with its Self. My Soul always gives credit where it is due, but never when it is needed.

Being In Love With Life

Being in Love with Life is feeling good about every experience in life. It is seeing every opportunity that life presents and accepting it, with a warm embrace. It is the true value of exploring & discovering the joy of every individual personal experience.

Life is an experience that can be explored with, or without, purpose. Without a clear point of perspective, there is no clear purpose to life. With no clear purpose to life, there is no point and there is no clear perspective and there is no true perception of love.

The point or direction of my perspective either allows light to flow or sees the darkness of one's own resistance. When I resist the Light, I block Love from my Life. When I allow the Light to Flow, it illuminates my personal path with a vision that has a purpose.

A purpose of Life is to experience being with Love. Being with Love requires Light. Experiencing being with Love & Light requires Life.

Being with Love in Life requires Being of Light. I am a Being of Light when I express the Light of my Essence, or Beingness.

Light is the Source of Conscious Mental Thought. The Universal Mind is the Source of all Light. My personal connection to my Source of Light allows Love to flow from my Heart. My Heart is the Core or Central Source of Love. The Heart of my Beingness is my Core Essence and the Source of my Emotional Power.

At the Heart of my Beingness is Pure Love. Love flows with the Light of the Universal Mind as my Soul. My Soul is the Source of Love & Light in my Life. The one version of Mind is a pure Soul with no separate Id or Ego. A divided mind allows sub-conscious thinking to oppose super-conscious thought. Super-conscious Thought is pure Light. Sub-conscious thinking can have multiple shades of grey, called darkness.

Being in Love with Life is an effect that I feel when I am happy and I am feeling well. When I am feeling well happy, Life is Good.

Being in Love with Life is a conscious choice that is made with Light. When I align with the Light (thoughts) of my super-conscious Mind, I am empowered with the Love of my Soul.

When I am Being with Love in Life, I am being my Soul in physical form. Being my Soul in physical form is called Ascension. When I see Life with the Vision of my Soul, my perspective ascends to the level of my super-

conscious Mind. At the level of my super-conscious Mind, there is only the state of Being with Love.

Being with Love in Life is an ascended state of Being. My descent into physical form as an ego sense of Self, with a sub-conscious Id-Entity, allows my experience of all aspects of divided emotional love & mental light in physical life.

All divided aspects of Love & Light allow opposing genders of love to be seen as either sins or virtues and opposing polarities of light to be called either yin or yang. It is the opposing yin & yang of sins & virtues that allows my ego Self to fall in and out of love with shades of light or dark thinking.

It allows me to be in love with Life, or not. The state of being out of love in life allows me to appreciate when I am being in love with Life. Appreciation is an emotion that allows my state of being to appreciate & grow. When I appreciate my goodness, I get better. As my emotional state of being appreciates, so does my power. Emotional power is relative to my state of being. The more emotional power that I am able to express, the more Joy that I am able to feel and the more I am in Love with Life.

Being with Love in Life requires my Being in a state of positively aligned emotion. Emotion is positive when it is in direct alignment with my Soul's thoughts for its Self. This is a positive mental state of perspective. A positive mental perspective is in alignment with my higher vision and purpose for my life. Love is the power that I require to fulfil my vision on purpose.

When my mission in life aligns on purpose with my higher vision for my life, I see the way and it feels good. Love always flows in the direction of the Light. My Light always flows in the direction of my Soul. My Soul shines its Light directly on my path in Life. When I am inspired by the Light, I am always empowered with Love in my Life.

Being with Love in my Life requires the consciousawareness and emotional intelligence to choose to be with Love in Life.

There are many negative aspects of love, which I can subconsciously default to and there are many positive aspects of love that I can consciously choose to attain and Be. Being in Love with Life is Being with the aspects of Love that I have attained in Life, conscious of their Light and with awareness of their Positively Powerful Emotional Feelings.

Perspective & Perception

Perspective is the inclination of my mental thoughts. Perception is the attitude of my emotional feelings. In a relative, three dimensional world, perception is relative to perspective and attitude is relative to inclination. When I have the inclination, my attitude is positive and when my attitude is negative, I am not inclined to take any action.

My mental thinking determines my emotional feelings and how I am feeling determines the inclination of my attitude and my choice of experience. I either perceive my perspective to be spiralling upwards with a positive polarity because my cup is half full or I perceive my perspective to be spiralling downhill in a negative polarity because my cup is half empty.

The key to managing happiness & well-being is to be able to positively choose the perspective of my perception, with conscious-awareness. The first step to attaining both consciousness & awareness is to see them as a duality. When I have no distinction between consciousness & awareness, my perspective & my perception are the same thing. I either default to rational thinking or I default to emotional perception. Conscious-awareness is a balance of rational & emotional intelligence, which allows perspective & perception to be in alignment. Perspective is a mental choice and it is my choice of polarity that determines whether my thinking is positive or negative. With a positive polarity my thoughts are empowered with positive emotion. When I perceive my emotion to be positive, my inclination is that I am positively & beneficially aligned. With a negative polarity,

my thinking is disempowered by my negative emotion. When I perceive my emotion to be negative, my attitude is detrimentally fearful.

It is my choice of mental perspective that allows the experience of emotional polarity. Positive emotional polarity is always expressed as an aspect of Love. I can express my negative emotional polarity as fear, hatred or lust. When negative emotion is influencing my thinking, I can experience a whole range of negative emotional states of being.

When my thoughts are inspired, they are always of Light & empowered by Love, which allows a positively, beneficially, expansive opportunity.

A choice of conscious mental perspective is possible because I have a choice of source for my thinking. My source of mental thinking is called my Mind.

The alignment of my choice is called Consciousness. The Consciousness of my Mind is called Thought.

Thought has a choice of conscious alignment with my mind.

My Mind has a choice of Conscious, Sub-conscious or Super-conscious Thought.

Thought is the highest vibration of electro-magnetic energy, which is powerfully attractive. It is both electrically inspired and magnetically attractive. I can switch it on or off, as it can also be unattractive & nonattractive.

The Source of all Thought is the super-conscious Mind. When the conscious ego Self disconnects from its superconscious Source, it defaults to the thinking of its subconscious Id.

The perspective of the sub-conscious Id is that life can be positive or negative and discerned to be good or bad. Subconscious thinking, called intellectual reasoning, can therefore be true or false & right or wrong. It is the subconscious mind that polarises thinking through personal choice.

Our education system teaches rational thinking without emotional intelligence. When I only have a rational perspective, without an emotional perception, it is because I have suppressed my emotional feelings in favour of my logical thinking and my intellectual reasoning. When I have only an emotional perception, without a rational perspective, I default to insecurity & fear as my emotional sensitivity is believed to be irrational.

When my sub-conscious mental thinking is out of alignment with my super-conscious mental thoughts, I am in two minds and disconnected from my emotional source of power. This causes my thinking to be irrational, disempowered & fearful. I perceive that everything in my life can go wrong, which is what I am energetically attracting into my life as my personal experience. The perception of my perspective is electro-magnetically, powerfully attractive. With a negative perspective, I perceive life to be a negative experience. Only when my sub-conscious mental perspective aligns with my superconsciously inspired thoughts, am I fully connected with my emotional perception that life is positively good and right for me.

My super-conscious Vision always attracts beneficial opportunities into my life, on purpose; when I subconsciously allow it to do so. My negative thinking always means that I am in two minds. My positive thoughts only ever come from one mind, my super-conscious Entity that is my Soul. My life is always ideal and on purpose when I perceive the true perspective of my Soul. A true perspective always aligns with a perception of positively feeling good.

Oneness & At Onement

Oneness & At Onement are different attitudes of perspective.

Oneness is an eleventh dimension perspective that everything has One Source and therefore we are all One and the same Entity.

From our relative three dimensional perspective, oneness is a contradiction in terms because it is a singularity, in which there is no separation or division. There is no you & me and there is no them & us, just the all of everything. Being the all of everything and the all that is, is being the essence of god, or oneness.

At Onement is a fourth dimensional perspective of life in a three dimensional dual reality. A three dimensional reality allows the perspective of duality or relative dual reality. There is a subject and an object, there is a you & a me and there is an us & them. We & they are subjective & objective terms for multiple individual Beings.

The whole purpose of a three dimensional relative duality is to experience a choice of an individual, unique & exclusive personal experience called life.

At Onement is a personal journey of overcoming the experience of a relative dual reality. It is uniting, unifying or bringing together the opposing polarities & genders of our relatively divided energy vibrations.

At Onement has been interpreted as atonement, especially by a perspective that cannot see the apparent division or separation. Where expressing a negative polarity of male energy was seen as a sin, it was believed by religion that atonement was choosing a positive female virtue instead. Where the devil was believed to be sinful, saints were expected to live a virtuous life. Unfortunately, choosing a female gender of emotional expression does not unify anything and no holy communion is ever attained. Christianity still misunderstands at Onement believing that atonement is what one does because one is sinful. Eastern religions have a better understanding of the pure divinity of mental & emotional harmony when balancing their yin with their yang.

In the general confusion between energetic gender & polarity, there is no clarity as to what is being balanced in harmony with itself. Trying to balance polarity raises or lowers energetic intensity, which results in being blissed out with ecstasy or very angry with depression. At Onement is the balance between male & female emotional genders called sins & virtues; where neither is either positive or negative. When yin & yang are male & female energy, they are able to be balanced but when they are seen as the opposing north & south polarities of the light & dark sides of a valley, they cannot. When I give an energetic gender a positive or a negative polarity, I divide the energy vibration twice and make

atonement a judgement of guilt that requires either a punishment or a pardon, an apology or a penitence. It is not about atoning for one's sins but about being at one with a pure undivided vibration of emotional expression, where male & female aspects are equally balanced. Equanimity means equal anima & animus. A balance between both our male rational & our female emotional intelligence.

At Onement requires moving out of judgment because it is judgment that applies a positive or a negative polarity to personal perspective. With no male guilt and no female innocence, there is just oneness within one's Self. Only when I suspend judgment, am I no longer guilty of being innocent and I am able to live in peace & harmony with my Self; in the balance & harmony of my unified male & female energy.

At Onement is the third way out of duality by expressing a triune reality of a pure and undivided emotional state of being in balance, harmony & inner peace.

A personal perception of oneness within oneself is not a higher perspective of Oneness with everything. In our current state of spiritual evolution, being at one with my Self is a singularly individual and exclusive personal attainment, which is totally different to having a perspective of Oneness with everything else.

Oneness is the perspective of there is no you as thou art God, and so is everyone else. When you and me are the same, there is no duality but unfortunately a singularity cannot exist in a relative world of duality. It contradicts the sole purpose of this three dimensional world which is to allow individual choice.

As Oneness is a higher dimensional reality, it cannot exist in a lower dimension; other than as a false belief of a separated and disconnected ego. The ego is the sense of Self that is separated from its Soul Entity. An egotistical sense of Self as an eleventh dimension Ascended Master in a three dimensional relative duality, is only a perspective of the ego. The entity sends its Self into a three dimensional reality to experience who it is not, not who it really is. It is through the experience of being who we are not that we learn who we really are.

The third dimension exists for the experience of being an ego in separation from its Divine Entity in order to explore, discover & experience who it is not. It allows the choice of being at one with one's Self through the experience of being apart from one's Self. It is about the individual experiences of many different incarnations of one Entity as unique ego selves.

It is not about the experience of many ego selves inclusively journeying together in an irrational attachment, even though we are all free to choose to do so. It is this belief that causes the doctrine & dogma of an established cult or religion. Religions may preach oneness but they have only ever managed to achieve diversification & division through fear and hate rather than love and light.

Religion teaches oneness as an inclusive attachment to all others who worship the same doctrine.

Spirituality teaches the At Onement of Love & Light in Life with Individual Power, Authority & Ability.

It is the At Onement of being with a pure vibration that unites relative frequencies & wavelengths of energy in balance & harmony. At Onement requires a sensitive detachment with others, not an insensitive disconnection to the reality of this three dimensional space-timecontinuum.

Relative three dimensional reality allows freedom of choice, so it is the reality of this dimension that all possibilities exist, including the choice between at Onement and Oneness or the default choice of atonement.

The Creative Ability Of Power & Authority

Power & Authority are opposing genders of the same energy vibration. Male authority & female power are a relative duality of physical experience. The dual realities of the same energy vibration are relative to individual experience in this physical world.

Male authority is a mental attribute of the Mind. Female power is an emotional attribute of every sentient Being.

The relative duality of power & authority allows power to be experienced without apparent authority and it allows apparent authority to be experienced without any power. Power without authority is called negative emotion.

Negative emotion is allowed but it has no approval.

Authority without power is called fear because it is caused by a default negative limiting belief.

When I am not inspired to do something, my authority is disempowered. Authority that is not empowered requires the motivation of will power.

Will power is the authority of the will of the ego Self. True power is the Love that the Soul has for its Self. In a soulless world without love, we are all disconnected from the power of our true authority. Our True Authority is our Soul.

Power without authority is in opposition to love. Negative attributes that oppose love are called hate, lust or fear. They are allowed but not empowered.

Power is relative to the emotional state of being that is being expressed. Positive emotions are empowering, whereas negative emotions disconnect us from the purity of our power Source.

Authority is relative to our alignment of choice. My alignment of choice determines its polarity. Positive polarity alignment is empowering, whereas negative polarity alignment disconnects & disempowers the Self. We are authorised to experience all perceptions of male & female gender from all perspectives of positive or negative polarity. This is because we always have unconditional choice. The only conditions on my choice are put their by myself. Freedom of choice is a given. All choices are forgiven. Freedom of choice is the source of our authority.

When I deny myself the freedom of choice, I disallow my own authority and I default to another's authority. When I allow other's to make choices for me, I am under their authority, not my own.

Authority is given to everyone through their own freedom of choice. The belief that I am not empowered to make a choice secures my disconnection from source. The feeling of connection to my inspired choice is all empowering and dispels any belief to the contrary.

The authority of a mental belief is relative to the authority of the person who is sponsoring that belief.

The power of an emotional attribute is relative to the quality or purity of the attribute that is being expressed. When emotional attributes are divided by gender, they are called sins & virtues and their power has become divided. Neither male sins nor female virtues are a pure vibration of powerful energy.

When I divide an emotional attribute by gender, I give one a positive polarity, which makes the other negative. Yet in reality neither are an empowered choice of expression because neither has the divine power of a quality attainment.

It is a choice of gender that allows a choice of polarity, which causes procrastination, prevarication and dilemmas.

In modern society, power is believed to be relative to money and authority is believed to be relative to status. Both beliefs are false limiting beliefs based on other people's assumptions. Assumptions like, when I have enough money, I will be happy and having authority allows me to tell other people what is right or wrong. The emotional power of happiness is inherent and sourced from within. We can buy pleasure but we cannot buy happiness.

The mental authority of well-being is also inherently sourced from within. We can buy relief from suffering but we cannot buy health.

Power is the wealth of my emotional attainments that I can consciously express with spiritual awareness.

Authority is the wisdom of super-conscious intuition that I choose with spiritual awareness.

My power does not come from money, yet money is the effect of my connection to my emotional power.

My authority does not come from knowledge, yet knowledge is the effect of my connection to my mental authority.

When my emotional power is not approved, my mental authority is disallowed and I need other people as my source of power. In my unawakened, disempowered state of being, I rely on my money & my status to extract the power that I need from other people.

In our unawareness of our own freedom of choice, we give away our authority and abdicate our power to people who have more money or more status.

When I connect to the creative authority of my own intuitive super-conscious choice, I am inspired & empowered to choose to create my own ideal life. The freedom to be able to create my own ideal reality is realised through my conscious connection to my true source of power & authority.

Being Positively Aware

Being Positively Aware is an emotional state of being, not a mental capacity. It is the state of being aware that my emotional power feels positively competent.

My positive emotional power allows my Self to move forward in a beneficial direction, with intuitive certainty and complete competence.

I am conscious of my mental capacity to intuitively know with certainty.

I am aware of what I emotionally feel to be intuitively certain.

It is my intuition that allows my faith in my certainty. It is my certainty that allows me to faithfully proceed in a positive way. It is my positivity that empowers my action and allows the benefit to be realised.

It is my conscious-awareness that both authorises and empowers my positive perspective. It is my positive perception of how I am feeling that empowers my positive perspective of what is beneficial for my Self. It is not my perspective that empowers my feelings but my perception of how well I am feeling that empowers my perspective.

When I have a positive thought, it is an empowered inspiration, which is always certainly beneficial. Trying to think positively to have a positive perspective is trying to find the best solution to my problem, which may or may not be the best way forward for me.

Whenever I have a problem, I am positively unaware of the opportunity that is currently being presented in my life. The problem is that being positively unaware is an oxymoron. Being unaware is always a negative state of being. It may not feel detrimental but it is without the positive benefit of my emotional awareness.

Awareness is an emotional perception that is always a positive benefit. Being aware of my negative emotional attributes is a positive opportunity to change my state of being to a higher attainment.

Being without emotional awareness is always a problem. A problem is always a positive situation that is being experienced from a negative perspective. A positive situation that is perceived from a positive perspective is called an opportunity.

When I am challenged by a present situation, I am being challenged to see the situation from the positive perspective of an opportunity rather than the negative perspective of a problem.

Unless I can see the positive benefit of a situation, it is not an opportunity and I am confronted by the negative challenge of overcoming a problem.

In the absence of a clear opportunity, the best choice is to refuse the challenge and avoid the problem. When life is not appearing to offer me an opportunity that feels good, why would I accept it willingly?

When I am positively aware of feeling good, an opportunity is currently being presented and I see no problem, so I take it. Feeling good empowers my ability to make choices and take action in a beneficial way. Suppressing my good feelings with a fear or a false belief is due to my unawareness of my empowered authority. Unaware of my source of empowered authority, I am only conscious of the risks & dangers that are programmed into my sub-conscious mind. Being unaware of my subconscious beliefs and programmes is always the cause of my negative choices. Consciously-aware of my false beliefs, I would never make a negative choice for my Self. Becoming aware of my sub-conscious limiting beliefs, which sponsor my fears, is the pathway to positive thinking. I cannot think positively with negative beliefs & programmes, nor can I perceive a positive situation from a disempowered negative emotional state of being. When

I perceive my emotional power to be low, my mental perspective will be negative by default.

A negative programme is a course of action based on conflicting false beliefs. Only by becoming aware of my sub-conscious beliefs can I love them and own them or hate them and change them. Being consciously-aware of a limiting belief, which is sponsoring my fear, I can confront it, challenge it and change it for a belief which serves me better. A better belief is one that I intuitively know will serve me well because it feels good & right for me.

Unless I become positively aware of my negative subconscious programmes, they will always project apparent problems into my life path. Only when I run subconsciously on positive beliefs will I flow in a positive direction with empowered inspiration. A positive direction is one that I consciously believe to be right for me because it feels positively good.

With positive awareness, I am conscious of my negative thinking, which allows me the opportunity to challenge and change the beliefs, which are sponsoring the negative polarity of my thinking. Challenging, changing & owning my beliefs is the way to alter my perspective from being negative to serving me in a positively beneficial way. My positive perspective is founded on my certain faith that I own my beliefs because of my perception of feeling good about them.

Being positively aware is having a clear perspective, a clear faith, a clear vision and a clear sense of intuitive feeling for what is beneficial & good for me. Being positively aware, I am certain that what intuitively feels good for me, is good for me.

The Relative Emotional Needs Of My Life Vision

My Life Vision is polarised in the opposite direction to my emotional needs.

By experiencing in my life what I need emotionally, I discover what really has true value for me. Looking at the negative of what I appear to need, because I believe that I do not have it, allows me to discover what has true value for me, in life. My path of true value flows in the direction of my vision for my life.

My life Vision is to live in a world where I am in control of my own power, own my authority and I am responsible for my own actions.

The ultimate response in life is to be the conscious creator of my own actions. It is to respond as my creator Soul, in an unconditionally accepting, allowing & approving way. This is how my Soul relates to its Self: Unconditionally allowing, approving & accepting. The paradox is that when I am being expansively creative, I am initiating my life instead of responding to it, yet the way to be expansively creative is in response to the inspired revelations that align me with my vision for my life.

In my early years of this lifetime, I had no power, no authority and no ability to consciously create my ideal life. Disconnected from my true Source of power & authority, I had no ideal because I had no idea that I had a vision for my life.

I did need power, which came from my need for approval. When other people, especially my parents, approved of my actions; it motivated me to please them. Their authority became my emotional power to achieve what I believed that I wanted in my life. In reality, I was working under the power of their authority to achieve what they wanted me to achieve. I was completely disempowered by other people's authority, yet motivated by my need for their approval by achieving what pleased them. I was humble to their arrogance, modestly feeding their pride by pleasing their greed.

In the absence of knowing my chosen life path, I was following the fate of other people's authority, motivated by my own emotional need to achieve. What I believed was my vision in life, was only a long term objective, which I needed to achieve. As I continually needed other people's approval, the option of being self-employed and being my own boss, was very short lived.

I was the provider and the protector for my family, with a dwindling sense of power and a false sense of authority. Divorce & redundancy soon followed.

I now know that this was an essential part of my negative life vision. From my Soul's perspective, I was divorced from my vision and redundant on my path. My negative life vision is the experience of being driven by my emotional need for power, in the absence of knowing the authority of my chosen life vision; which is what I truly value to do in my life. It is being truly connected to one's life path that is so empowering and being disconnected that is so disempowering.

My first step on the road to realising my life vision was to take responsibility for meeting my own emotional needs. By doing so, I am reclaiming my ability to be selfempowered, instead of being motivated by other people or self-motivated by what I believe that I need. Sufficiently empowered, I was able to do the work on my fears and limiting beliefs that were the sub-conscious authority, which determined my choices and disempowered my life. As I worked on my negative beliefs, I realised and owned my positive beliefs, which manifested as my 7 Core Beliefs.

My core beliefs restored my own sense of authority, which allowed my own emotional power to flow. As I reclaimed my mental authority, I reconnected to my emotional power. I was able to learn, with emotional intelligence, how to connect to the true source of my power & authority.

The true source of my emotional power is the same as the source of my true authority, which is the super-conscious entity that is my Soul. When I am inspired by the inspiration of my super-conscious Soul, I have no need of other people's approval. My Soul unconditionally approves of everything that its Self does.

When I am aligned with my Soul, I intuitively see my vision for my life, which allows me to fulfil my purpose for being here. There is nothing that I have to achieve when my purpose is already being fulfilled. When I have the ability of my power & authority, there is nothing that I need to achieve and no reason to seek anyone's approval.

I realised that all I ever needed to achieve was my connection to the source of my true authority, which came with my allowance and the power of unconditional approval. All I had to do was to learn to be accepting, approving & allowing of my vision, mission & purpose naturally unfolding.

Once I intuitively knew my vision, mission & purpose, I was no longer searching for the answers but instead, I

was fully authorised to ask the questions. I knew that whenever I asked the right question, I already intuitively knew the answer. A direct connection with my Soul allows my Director to directly offer directions and I was no longer lost, confused or frustrated. My intuitive Soul connection offered my Self clear direction in every present moment of time.

With my Soul's omniscient authority comes my Soul's omnipotent power, as long as I am always present and align with my Soul's divine omnipresence. Being the incarnation of my Soul, allows my Self to be the creator of my own experience and the manifestor of my own ideal reality. I am both the creator of my creation and the creation of my Creator.

My vision of realising my power, authority & ability; developing emotional competence, mental capacity and physical capability; is how my Soul intends for its Self to clearly, directly & presently, be the Creator of my own Ideal Life.

Three Types Of Choice

Thought has three levels of consciousness, which allows Consciousness to have three types of choice:

Conscious Choice: Is the right of every conscious ego Self. My Soul allows my Self unconditional choice. I am conscious of the choices that I make or do not make. I make conscious choices based on my rational assessment of what I believe to be best for me.

Judgment or discernment is a process of balancing my beliefs about what is good or bad for me and other people. I balance what has happened in the past with my belief about what will happen in the future, to make a present choice.

In a relative dual reality world, what I believe to be good can turn out to be bad and what I believe to be right can prove to be wrong, for me. This dilemma is what makes it difficult to make conscious rational choices.

Rational intelligence, with which conscious choices are made intellectually reasonable, is only as good as the information or intelligence that is available. When rational intelligence is without emotional intelligence, it is often fallible.

Conscious choice becomes a challenge when the mind is in conflict with the heart. Being disconnected from my heart centre, in an insensitive and unemotional way, is not emotionally intelligent and leaves my rational intelligence out of balance with my true reality. Sub-conscious Choice: Is doing something automatically, without consciously thinking about it.

Going to bed may be a conscious choice but going to sleep, and waking up, are a choice of our sub-conscious

mind. The more I consciously choose to go to sleep, the longer I stay awake.

Routine, habits and addictions are all sub-conscious choices. They are what I normally do in the sub-conscious belief that they are good for me.

Sub-conscious choices are chosen at a sub-conscious level of the mind called the Id. My Id is my sub-conscious autonomous auto-pilot. When I believe that a different choice is unnecessary, I get on and do what I always do, without thinking about it.

Thinking is the process of making a conscious choice, whereas a sub-conscious choice is a matter of instinct. When I act without thinking, I call it instinctive when it is positive and I call it an accident when it proves to be negative. When I do something detrimental without thinking, I see it as an accident because I didn't do it consciously, on purpose.

My sub-conscious mind works instinctively based on my beliefs about what is real. When I believe that I am awkward and clumsy then that becomes my experience. Every sub-conscious choice is driven by a sub-conscious belief. I get lost, confused and frustrated when my subconscious beliefs are in conflict, chaos or turmoil. Super-conscious Choice: Is an inspired revelation. It is an ah! ha! moment of clarity that gives a present choice of direction. Often called Serendipity or Providence, it is always an opportunity of choice. Super-conscious choices are intuitive, whether I am aware of them or not. Making super-conscious choices requires an awareness of intuition.

Intuitive choice can be made with a sense of intuitive knowing, a sense of intuitive feeling, a sense of intuitive

seeing, or all three. When I intuitively see the best choice for me, I both know and feel it to be exactly right for me. Intuition requires emotional intelligence. When my rational intelligence has been sub-consciously programmed to override my emotional intelligence, intuition becomes restricted or blocked. My unawareness

of intuition disconnects my ability to be intuitively emotionally intelligent.

Whenever something intuitively feels good, it is my best choice. When something feels good it is superconsciously empowered, so it is good. I cannot feel good and make a bad choice, unless I ignore my feelings and make a sub-conscious choice.

Feeling Good is always assured whereas, when I know something is good, I may not be aware of whether that knowing is rational knowledge or whether it is an intuitive insight.

My sub-conscious instinct is driven by either rational or irrational beliefs, not intuitive feelings. Whereas conscious choices based on sub-conscious fears are fallible, super-conscious choices based on intuitive insights are certainly all beneficial. When I have faith in my intuition, it never lets me down.

A choice is super-conscious when it aligns me with my vision, mission & purpose for my lifetime. Aligned with my vision, making choices on purpose to fulfil my Soul's mission for its Self, is always beneficial and the best choice ever for me.

A Beneficient Benefactor

Beneficient is the attribute of a Benefactor.

I attain Beneficience in my role as a Benefactor. I become a Benefactor when I am being beneficient. When I am being beneficient, I cause good things to happen. Goodness is a factor of a beneficient benefactor.

Being Beneficient is being knowingly beneficial.

A Benefactor follows the Golden Rule. As a Benefactor, I do unto others as I would have others do unto me. Others see my actions as beneficial and therefore good for both me and them.

There is no such thing as a bad Benefactor. A Benefactor is always a benefit to other people. When a Benefactor is beneficial without doing anything, they are being beneficient. When I am being beneficient, others are benefiting from the good state of my energy. My wellbeing is affecting others in a beneficial way.

Being beneficient is not about doing good but about being good. When I am being good, my presence emanates in a beneficial way. I am being unto others as I would choose others to be unto me.

I choose to be neither a villain to nor a persecutor of other people.

I choose to be neither a victim of other people nor to be persecuted by other people.

I choose never to be the hero who persecuted a villain. I choose to be a beneficient Benefactor who is never a victim, never a villain and never a hero.

My Soul is my beneficient Benefactor.

I never take anything for granted, I just accept the beneficience of my Benefactor. My beneficient Benefactor provides everything that I need for my journey through life. My life journey is sponsored with the beneficience of my Soul. Being beneficient is the essential nature of my Soul.

I always do what I consider best for other people when I treat them as I choose for them to treat me. By the Law of Attraction, how I treat other people determines how other people treat me. Note that a treat is always beneficial.

When I persecute other people, other people will persecute me. When I prosecute other people, other people will prosecute me.

When my actions are beneficial to others, their actions are beneficial to me.

A Benefactor always gives out what they choose to receive in return.

Beneficience is the expression of a quality personal attribute. Attaining that quality personal attribute is essential to becoming a Benefactor.

A benefit is a good fit, a Benefactor is a good factor and being beneficient is a factor that fits efficiently well with the Goodness of my omniscient, all knowing Soul. The Energetic Colours Of Life

White is the colour of pure, positive, divine Light. Black is the colour of impure, negative, evil darkness; or the absence of Light.

Black & white denote polarity or direction. I either have direction or I am in the dark.

When I get lost, confused or frustrated, it is a black mark against me.

A white feather is a positive sign of being on track.

Yellow is the colour of rational, reasonable, intellectual, left brain activity; which has a male gender.

Green is the colour of intuitive, imaginative, emotionally creative, right brain activity; which has a female gender. Red is the colour of hot, fast, strong intensity.

Blue is the colour of cold, slow, weak intensity.

Red & Blue is the duality of high & low intensity.

Yellow & Green is the duality of male & female gender. Black & White is the duality of positive & negative polarity.

When I try to balance my black & white polarity, many grey areas appear in my life.

When I balance my red intensity with my white potential, I am in the pink.

When I mix negative black with intensely red, I get browned off.

Intense red & negative black are the colours of the devil. I will get black & blue when I am fighting the flow.

When I balance my red & blue intensity, I hit a purple patch.

Connecting red & blue allows my current potential to flow.

When green & yellow are balanced, my energy is earthed & grounded.

When I mix positive white with rational yellow, the cream rises to the top.

Life is the experience of mixing shades & hues of colour, so that colour adds a whole range of experiences to an otherwise black or white life.

Appreciation

Appreciation is the growth of the Soul. When the Soul grows through the appreciation of its Self, the Self feels the appreciation of its Soul. The appreciation of the Soul is a very powerfully attractive attainment. When I attribute the Soul's appreciation for its Self, to my Self, I am blessed with opportunities for growth.

Appreciation is the power of the Soul to grow its Self. As I appreciate walking in the path of my Soul, my path expands and my experience appreciates. The experience of appreciating my path, connects my Self directly with my Soul and I can feel that my being on track is appreciating my Self.

Appreciation is often confused with gratitude. When there is no distinction between gratitude & appreciation, there is no growth, just an acknowledgement of the benefit that exists right now. With appreciation, there is expansive growth in the future, whereas with gratitude, there is only an acknowledgement of what is present. I am always in gratitude for what is presented as a present and is pre-sent.

Time allows the present to appreciate in the future and allows the opportunity to experience growth. Reality grows through time in space. Space-time-reality allows the space for reality to appreciate over time. We all live in an expanding Universe, whether we believe in our own personal growth or not.

When I say that I appreciate something, I mean that I am in gratitude for the value that I receive from the experience. When I see the value that something has for myself, I am in gratitude for receiving it. My appreciation of something's value to me is really my gratitude for the good feeling that I need from it. The positive energy that I feel from the value of the experience, I call appreciation because I believe that I need appreciation.

I need appreciation when I am disconnected from my Soul. I am not receiving any appreciation because I am not giving my Soul any attention. By the Law of Attraction, whatever I give out I automatically receive in return. When I appreciate something outside of myself, I feel the appreciation that I need to receive.

When appreciation is a need, there is no feeling of emotional power, so there is no growth. My Soul provides all the emotional power that I require to expand my spiritual growth.

In my disconnection from my Soul, I am grateful for any appreciation that comes from any external source. In this scenario, appreciation is defined as a source of external value that raises self-esteem. However, there really is no appreciation, as there is no growth, only gratitude. Getting my need for appreciation met has value but it does not have true value. It may temporarily raise my self-esteem but it has no truly creative power.

Appreciation is the feeling of truly creative power. Creativity is the vehicle through which expansive growth becomes possible.

Appreciation is the feeling of true creative power used in alignment with the Soul's intention for its Self. Expansive growth is a true value, not an emotional need. In the absence of expansive spiritual growth, through my Soul's vision for its Self, I may develop a need to be appreciated. The way to permanently meet my need for appreciation is to connect with the appreciation that my Soul has for its Self, by consciously choosing my own personal path of development and expansive spiritual growth.

Awkward

Forward & Backward are usually seen as a duality. They are a duality of direction, which is polarity. Forward is seen as a positive polarity and backward as a negative polarity, unless retreating is seen to be a better option than attacking. When forward & backward are a duality of polarity, neither is a pure or balanced option.

Being backward is often seen as a mental incapacity or a learning difficulty. Being forward is often seen as being arrogant or over confident & impolite.

When forward is seen as a duality of backward, there is no balance and no third way. Sideways are different ways, but rarely are they ideal ways. I move sideways to avoid any negative occurrence that appears on my path. Moving sideways often sends me round in circles.

Going round in circles is awkward because I never actually get anywhere. It can be very awkward not arriving at my destination because I get lost. When I get lost, confused or frustrated, life gets very awkward. When I am frustrated because I am lost & confused, I can be very awkward.

Other people see me as awkward when I am unable to follow their clear direction. I have learned that being awkward can make other people very angry.

When awkward is seen as a duality of backward, it allows forward to be my third way.

Awkward is seen as having mental capacity without physical capability, which is incompetence.

Backward is seen as having physical capability without mental capacity, which is also incompetence.

My competence always allows my forward progress in an ideal way. Forward is always beneficial, progressive & expansive.

Life is designed to flow and the direction of flow is always forward. When I am in the flow, I go forward in an effortless and beneficial way. When I resist the flow, I am facing backwards. My back is towards the flow and life becomes awkward.

I am never consciously being awkward. I may choose to go backward but I never consciously choose to be awkward. I always choose what I believe is the best option for myself.

Awkward is my inability to choose the best choice for my Self. My best choice is always forward but when I am lost, confused & frustrated, I have no clear direction that will take me forward.

My Soul always forwards the best path for its Self. My pathway forward is always signposted by my Soul's coincidences and inspired revelations.

My Soul is never backward in coming forward and is never awkward with its Self.

Bias & Prejudice

I am Biased in favour of something.

I am Prejudiced against something.

Bias & Prejudice are the natural effect of choice, in a dual reality world.

Duality allows choice, which causes bias or prejudice. When I am biased in favour of warm weather, I am naturally prejudiced against cold weather. In favour of warm weather, I favour cooler weather when it is hot and warmer weather when it is cold.

Bias & prejudice are a duality of energetic polarity, which is the consequence of a choice of direction. When I choose this direction as favourable, it is because I believe that direction to be unfavourable.

I am always biased in favour of what I believe is the best choice for myself. This means that I will appear prejudiced in the view of an opposing perspective. When I favour the light or white, I am prejudiced against the dark or black. When I am biased towards feminine characteristics or female gender, I am prejudiced against male or masculine energy. Being seen as racist or feminist is a prejudice in the eyes of another because of one's own personal bias. Whatever I am naturally biased towards may be seen as an unnatural prejudice against them. Bias has always been a subjective choice, whereas prejudice has become an objective, and objectionable, judgment. I discern what is best for me based on my subjective bias. Others may judge what is bad for them based on their objective prejudice.

Opposing choices are the natural order of a relative dual reality world. We are naturally drawn to favourable

vibrations of energy. The I aw of Attraction ensures that

vibrations of energy. The Law of Attraction ensures that like energy unto itself is drawn. Whether we like it or not, we are naturally drawn to the energies with which we similarly & sympathetically resonate. Whether we like an energy or not is just a matter of personal perspective. It is personal perspective that determines whether there is a bias towards or a prejudice against something, anything & everything. This is the nature of the polarity of our mental & emotional energy. It is the nature of the gender of our energy to work in opposing ways. Whereas a masculine perspective of character may oppose or repel a feminine perception of personality, male energetic gender may find its opposing female gender very attractive. Male & female energy are biased towards each other because the same vibrations of energy always seek to resonate in harmony, irrespective of their gender.

Feminine characteristic beliefs are prejudiced against masculine characteristic beliefs because they have a different polarity, which orients them in an opposite direction and makes them appear to be unattractive. Both are biased in favour of their own direction of perspective. Whether I am biased in favour or prejudiced against something, I am attracting it as an issue because I am resonating with the same vibration of thought energy as someone else's agreeable or disagreeable perspective. Every frequency of thought energy has a wavelength of emotion that is either pulling in a positive direction or resisting in a negative direction. This means that I am either biased in favour of an experience or prejudiced against it, depending on how I currently feel. When I make a choice, which appears biased in favour of

someone else, it is always favourable to myself. That is

the nature of personal choice. Nobody ever knowingly

makes a prejudiced choice, only ever a biased choice. Nobody is ever prejudiced against their self. I am always biased in favour of myself, whether my choice is conscious or not.

I am only ever prejudiced from the perspective of someone else. When other people tell me that I am prejudiced against them, I may agree with them or disagree with them, depending on my choice of bias. All the time that I experience choice, there will be bias and when my choice of perspective has a polarity, there will appear to be prejudice.

Prejudice is just a negative perspective of bias and bias is just a natural choice for myself.

Accepting other people's bias is the way to overcome prejudice.

An Effortless Life

Life is designed to be effortless, when I follow the design. My Soul is the Designer of each lifetime for its Self. Life is effortless when my Self follows the signs of my Soul, the Designer. My Soul designs and signs the path for my Self to follow.

When I see the signs and hear my messages, I follow the path of my Soul and my life is effortless. An effortless life does not happen by accident. When life is effortless, everything flows to me in divine time, at the right place and in correct measure.

When life is effortless, there is nothing that I have to do, other than be accepting, be approving and be allowing of its provision. My Soul provides a provisional path, which is abundant with provisions for the journey. When I follow my Soul's direction, life is effortless and abundant. I am here, in life, to experience the expansive growth of my Soul. My Soul expands & grows through the experience of its Self. I am not here to learn through the expansive growth of the Soul. My Soul grows expansively through the lessons that it experiences as its Self. The most important lesson in this life for me, is to learn how to be accepting, allowing & approving of my Soul's ideal life for its Self. The Soul designs an ideal life for its Self. However, the Self always has choice.

In a relative dual reality world, choice means that the Self is free to choose its own choice. I can choose the path of my Soul or my ego can choose another path. The ego is free to choose a less than ideal life for itself.

When my ego Self chooses the path of my Soul, it is ideal and effortless. Opportunities flow abundantly as an everyday magical experience. But when the ego makes a different choice of its own, which is not aligned with the Soul, it gets a lesson to learn.

Every lesson in life is designed to allow the Self to learn how to get back on track. When I learn a spiritual lesson, I am inspired to see my path with presence, clarity & direction. Seeing life's present direction with clarity, is a great lesson to learn.

I receive my lessons from my Inner Tutor, who is my Soul and the source of my intuition. When I learn to use my intuition, I know my direction, I see with clarity and I feel present. I feel my Soul's presence and I receive the present that I am allowing to manifest in my reality. Intuition is my Soul connection.

When I am on track and following the design, opportunities abound. When I am off track, I am challenged with a lesson. When I miss the signs and do not get the lesson, I will see life as a problem.

When I meet a challenge in life, I learn a lesson and an opportunity unfolds before me. The greatest lesson is to always to see the opportunity that is unfolding.

I fail a challenge when I run out of emotional energy. Insufficient emotional energy is always a problem. When I am unaware of my emotional energy, I see whatever is causing my energy drain to be a problem.

The cause of an energy drain is called a toleration. Whatever I am tolerating, I am not being accepting of and my disapproval causes my resistance to it; which is an energy drain. It is always my resistance to whatever is occurring that causes my emotional energy to be drained. Drained means wasted because resistance is always a waste of emotional energy.

Every toleration in my life is a problem. It is a problem

when I see a toleration as the cause of my energy drain because my energy drain is the effect of whatever I am not accepting. Non acceptance is the cause of every problem. Not being accepting, allowing and approving is always a problem. Being disallowing & disapproving stops me being accepting of whatever is occurring. When there is no energy drain, there is no problem. When I see the energy drain as the cause of the problem, I can fix it because I am being the cause of the problem.

When I see my tolerations as having an external cause, then I am not taking responsibility for my own energy, which is therefore draining. When I try to fix the external cause of my problems, it takes a lot of work & effort and a great deal of emotional energy to find and maintain the many solutions. When I am continually working hard to solve my problems, and other people's problems, I will be emotionally drained and my life will become confused and chaotic.

Chaos is the experience of too many problems, which eventually will lead to a disaster. A disaster occurs when life becomes too chaotic. When the solution to my low energy leads to my addiction to drugs, chaos & disaster are sure to ensue.

To avoid a disaster, I am required to move out of chaos. I move out of chaos by becoming problem free. Solving problems will never make me problem free. When I focus on solutions, my attention is on the problems and the focus of my attention will always be a problem.

When I become problem free, I see everything that occurs in my life as a lesson. Instead of being challenged to solve a problem, I am challenged to learn a lesson. Learning lessons requires emotional power, which requires intuitive awareness. I cannot connect consciously to my emotional power without an awareness of it. Spiritual lessons can only be learned intuitively, which requires an awareness of emotional power. I always have the mental authority to learn a spiritual lesson but I do not always have the emotional power.

With enough emotional power, I eventually learn the lesson that life is a series of opportunities, not a series of lessons. Seeing intuitively that every lesson in life is an opportunity for growth, is a very powerful perspective. When I take every opportunity, I learn to grow as effortlessly as I design my expansive growth to be. My Soul is an energetic magnitude of power with a mental force of authority, which I experience through realising the potential ability of physical life. I always have the sovereign choice of my Soul as to how I personally choose to experience my life. I can choose for it to be relatively hard or relatively easy, or I can choose for my life to be absolutely effortless, as my Soul is designing it to presently be.

Faith, Trust & Fidelity

Trust is who I put my confidence in. Whoever I confide in, I trust. When I confide in other people with confidence, I trust them.

Trust is not certain. I can trust other people and be betrayed. I can trust my own judgment and be proved wrong. Even though something, or someone, appears trustworthy, it is never certain.

Faith is certain trust. The only thing that I certainly trust is my faith. My faith is intuitive, my intuition is certain, so my faith is totally worthy of trust. When my intuition is certain, my faith is certainly trustworthy. When my faith is intuitive, it will never let me down but when I trust the faith of another, it certainly will.

Faith is my personal confidence in my own life path as directed by my Soul. I have faith in my Soul's choice of direction for its Self; as it is always beneficial, always wise and always intuitively certain.

When I trust something without intuitively feeling & know it to be right for me, I am not absolutely confident. My confidence is attained through intuitively knowing & feeling it's certainty, right now.

Fidelity is trust without confidence. In marriage, I have a contract without personal faith. Marriage has faith in one's religion and one's partner, not in one's Self. I trust my partner to be honest, faithful and loyal to our partnership but as I can never be certain, I can never truly trust in their fidelity. I may trust and confide in my partner, yet their fidelity may always be in question. I have faith in my Soul, I trust other people to do exactly what is right for them and I practice fidelity with a partner who needs me to be faithful to them.

Safe & Secure

Feeling Safe is a pure emotion. Feeling secure is not. Security is a need for those who feel insecure. The belief that I am at risk of danger and need to feel secure is a statement of my insecurity. Confinement in prison offers as much security as confinement within the walls of one's own fortified castle. My own insecurity drives me to build a castle for my Self and a prison for people whom I feel threatened by. Confinement & protection is a need of those who feel threatened & insecure, irrespective of who they believe to be causing their insecurity. No fortress, castle or prison is ever strong enough to protect us from our own sense of insecurity.

Feeling secure or insecure is the positive & negative polarity of an impure emotional feeling. Security has an opposing gender of freedom and always depletes my freedom. I can see myself as free or I can see myself as secure because they are opposing genders of the same energy vibration. I cannot be free and secure as I cannot be secure and free, but I can be safe.

Safe is a state of being with a pure vibration of energy. A pure vibration is safe because it has no opposing polarity. Feeling safe and knowing that I am safe allows me to intuitively see that I am attracting only beneficial outcomes in my life. I am free to feel safe and safe in my feeling of being free. When I feel totally safe, I am unable to attract any risky, dangerous or negative experiences. When I intuitively know that I am always safe, there is no opposing mental fears that are expressing any insecurity. It is only ever my belief system that is insecure. When my belief system is in fear, it is not securely connected to my empowered authority. Any insecure belief will cause the effect of an insecure feeling, which attracts an insecure experience. Like energy unto itself is drawn. Insecure thinking causes insecure feelings, which allow insecure experiences to manifest as a reality.

Safe thoughts are freely connected to my divine authority of wisdom. Wise thoughts are inspired & empowered, always authorised and never insecure. My intuitive faith freely allows my feeling of being absolutely safe, whereas my sub-conscious beliefs will make me feel relatively secure or insecure. When I intuitively feel safe, I intuitively know that I am safe, you see.

Feeling safe is a pure energy, which I intuitively know is incapable of attracting any negative experience because I have total faith in the Law of Attraction. I can only ever be in danger when I believe that I am in danger or I deny that I am in danger. Denying that I am in danger is denying the belief that I am in danger, which is very dangerous.

When I intuitively know that I am safe, I am certain of my safety; without any measure of doubt. Any doubt about my safety is a belief in my insecurity, which ensures that I am unsafe. Being unsafe is the negative emotional experience of my insecure mental thinking. Being safe is the safest way to be.

The Seven Roles Personified By Jesus

The Seven Roles personified by the Life of Jesus are the Redeemer, the Healer, the Messiah, the Overcomer, the Teacher, the Comforter and the Saviour.

A Redeemer is one who challenges, changes and owns their own beliefs. One who follows their own faith instead of another's beliefs or doctrine. A Healer is one who naturally connects with their own innate health and sense of well-being. One who knows they are cured because their health is pre-served. They are pain-free, fear-free & problem free.

A Messiah is one who hears their own inspired messages of revelation that offer personal guidance and direction. They have an intuitive connection with their own sense of inner guidance.

The Overcomer is one who always chooses the third way out of any duality of relative physical existence. One who overcomes the drama and the trauma of normal everyday life.

The Teacher is the one who learns their own life lessons, with a balanced conscious-awareness of rational and emotional intelligence, and takes every opportunity in life to develop and spiritually grow.

The Comforter is one who is comfortable with their own Self, who is aware of their own emotional needs and is consciously capable of meeting everything they need emotionally their self.

The Saviour is one who flows effortlessly along their own chosen life path without entropy or resistance because they are continually aligned with their individual, unique & exclusive, vision, mission & purpose for this lifetime. Once I have overcome my dramas, healed my traumas and redeemed my mental authority, I have the authentic ability to become the messiah of my own creation, the teacher of my own experience, in the comfort of my own emotional power, which enables me to savour the ideal life of my visionary & purposeful Soul.

Jesus said: You too can be like me.

Contrary to popular belief, Jesus was never a saint nor a martyr, neither a victim nor hero and neither a Christian

nor a Jew. He followed his own path and attained Christ Consciousness, which is available to all who seek the enlightenment of their own Truth.

We can all be our own redeemer, healer, messiah, overcomer, teacher, comforter and the saviour of our Self.

My Authentic Self

My Authentic Self is an expression of my True Self. My True Self is my Soul. When I express the truth of my Soul, I connect with my authentic Self.

My Soul is the author of my authentic life story. My authentic life story is my version of my vision, mission & purpose in this lifetime. My Soul is the author of my authentic vision, mission & purpose for my life. My journey through life is authored, authorised & authenticated by my authentic Self.

My authentic Self is my genuine Self. A genuine expression of my Self is a pure vibration of energetic thought. A pure energetic thought is called Light and is transmitted on a pure energetic wave of emotion called Love. Pure Love & Light are the experience of a pure, genuine and authentic Life. When I express a pure vibration of Light with Love, it is an expression of the essence of my authentic Life.

Light is a pure frequency of thought and Love is a pure wavelength of emotion. Together they are a pure vibration of an Authentic Life expressed. A pure vibration of life is expressed through a pure frequency of mental light transmitted on a pure wavelength of emotional love. Emotional love is love in energetic motion, which allows a purely authentic experience of Life.

A pure frequency of thought is without judgment. Without judgment, there is no choice of positive or negative polarity.

A pure wavelength of emotion is without gender. It is undivided by either a male or a female bias. A pure vibrational experience is my authentic identity. My true identity is without a positive or a negative character and without a male or female personality. When my yin & yang are in balance, I am expressing my authentic Self. When my yin & yang are out of balance, I am causing my emotional traumas, which are the effect of my mental dramas.

A mental drama is the effect of a less than authentic belief. Fears & limiting beliefs cause energy drains and emotional traumas.

My authentic Self is always authorised, empowered & enabled to fulfil its life vision with purpose.

My authentic Self is fear free, pain free & problem free. It has continuous presence, clarity & direction. It is exclusively connected, sensitively detached and emotionally intelligent, with conscious-awareness of its life path.

My authentic Self is the Author of my Book of Life. Whereas, my ego self can see itself as the hero, the victim or the villain of an epic saga; my authentic Self knows the storyline, sees the plot and feels the magnitude of the book's messages. The final chapter is already written and everything required on the journey is already provided. Opportunities are abundant in every chapter of the book. Life is a journey of experience, exploration & discovery, which my authentic Self accepts, approves and allows to unfold, one chapter at a time.

Two Points Of Perspective

In a dual reality existence, there are always two points of perspective because a duality only exists when the perspective of the Self is out of alignment with its Soul. It is the misalignment of the ego Self that causes a secondary point of perspective.

A duality is never the Self and the Soul having opposing perspectives, as the Soul perspective is never in opposition to anything. The Soul is an absolute entity, which is never out of alignment with anything. It is always in alignment with what it's Self is choosing because it has an absolute, not a relative, perspective of reality.

It is my disconnection from my Soul that causes my relative perspective. My perspective is always relative to my alignment. Choice allows my alignment of my perspective in any direction I choose. The perspective of the Self is relative to how it perceives reality to be. As every Individual has a unique perspective of reality, it is either in favour of other people's perspectives or against other people's version of reality. The Soul takes no sides and is never in opposition to anything or anybody.

The Soul always has an absolutely divine perspective of its Self and its many different Selves. Having many or multiple versions of its Self is ideal for the expansive growth of the Soul. It is only through the many experiences of the Self that the Soul can come to know its Self. It is for this reason that the Soul manifests its Self into physical relative duality. Physical reality is a contextual field of relative duality, created by the Soul to allow choice. Duality allows choice and choice allows two different points of perspective. In absolute reality, there is no choice, everything just is. In relative duality, choice allows the Self to have a separate perspective from its Soul. The Soul's perspective is absolute and the perspective of each Self is relative to its point of view in space-time-reality. Space & Time, or space-time, allows personal, individual & unique perspectives of reality.

Whereas, the Soul has many perspectives of reality, through many selves, each Self has two specific points of perspective; each being the effect of choice. I can choose a sub-conscious choice or I can choose a super-conscious choice. In actuality, unless I intuitively choose a higher choice, I will default to my sub-conscious choice every time.

Choice also allows my super-conscious choice and my sub-conscious choice to be either in alignment or out of alignment. When my two points of perspective are in alignment, they are concurrent and life flows effortlessly in harmony & balance. When the two points of perspective are out of balance, I experience, entropy, inertia, resistance, drama & trauma. These are all perspectives of a sub-conscious mind that is out of alignment with its super-conscious Soul.

What makes duality particularly challenging is that the Law of Attraction operates equally from both points of perspective.

A perspective is a frequency of light energy transmitted as a thought from the Mind. The Law of Attraction states that like energy unto itself is drawn, irrespective of its polarity. The point is that the perspective of the Self and the perspective of the Soul always share the same frequency of thought. Any difference in perspective is a matter of polarity, not frequency.

It is not possible for the Soul to be out of balance or alignment with what its Self is thinking. However, the Self always has a choice of polarity for the frequency of its perspective.

Polarity means direction. The Self can be forward thinking and in alignment with its Soul's expansive future or it can be backwards thinking in alignment with its past contractual experiences. Problems arise when the past experiences of the sub-conscious Id were out of alignment with its forward thinking Soul.

A forward thinking philosophy with a positive perspective always attracts a beneficial experience, whereas, a backward thinking policy always attracts a negative and detrimental experience.

The Law of Attraction always brings me the experience that I believe that I am going to have, in alignment with the energy vibration that I am transmitting. When I believe that life can be a problem and can go wrong, it does. When I know that my Soul only ever sends its Self opportunities, then that is what I always encounter. Life happens exactly as I sub-consciously believe it will, relative to the attitude of my perspective and where I choose to point it.

Choice allows perspective to agree or disagree. My agreement with my Soul is to always choose my Soul's choice of perspective because it is always positively beneficial for my Self.

Feeling Good

Feeling Good is an intuitive feeling. Whenever I am feeling good, that feeling is intuitive.

Feeling Good is a divine feeling of energetic flow. I feel the flow of divine energy, which always feels good. Divine energy is divine because it always feels good.

Feeling Good is being in alignment with the divine attribute of Goodness and allowing it to flow unimpeded without restriction. The power of unrestricted Goodness, freely flowing through my Self, is called grace.

When I have the grace, I have the power and I feel good. When the magnitude of grace freely flows, it is graceful and it's power feels good.

The power of grace has a freely flowing authority of gentleness. Gently flowing feelings are good because they have authority. Gentleness is the force of authority. The strength is in the gentleness not the force.

Strongly enforcing one's will is not a good feeling. When strength is forced, it does not feel good. When strength is gentle, it flows abundantly and gracefully. Being gentle and graceful always feels good because gentleness, grace and Goodness are all divine attributes.

When I attain gentleness, grace & goodness, it feels good because I am connecting to my divine power, authority & ability, by allowing it to flow freely through me.

Intuition is the key to feeling good. When I disconnect my sense of intuitive feeling, feeling good becomes something that happens to me very rarely, instead of through me very often. Only when I connect to my sense of intuitive feeling can I truly feel good. Feeling Good is the feeling that I feel when I connect with the goodness of my source. The power of my grace with the gentle authority of my higher mind enables the goodness of my divine source. Good feelings originate and flow from my source in a divine way. My Source is the True Self that always feels good and always expresses my true feelings. I only find my source through an intuitive connection.

It is impossible not to feel good when connected to the source of my goodness. I connect to the source of my goodness by being good. When I align with my goodness, I am being good. I connect to the source of my power by being graceful and I align to the source of my authority by being gentle. I am authorised to be gentle and to be empowered with grace.

My authority is always gentle and never forced. I cannot connect to the force of my authority with force. I connect to the force of my authority with gentleness. When I flow freely with the authority of my source, no force is needed because my divine authority has all the force that is required. There is no force greater than divine authority and I access my divine authority by allowing it to gently flow through me.

My divine authority is ever flowing and every divine inspiration feels good. When I make a choice which feels good, it is inspired and divinely authorised. When I force a wilful choice, it is not divinely inspired, but is enabled with will power. Will power is required when the action that I am taking doesn't feel good.

I can never make a choice feel good by willing it to be good. A choice only ever feels good when it is authorised with divine power. When I connect with the goodness of

divine flow, I am enabled by the gentle authority of

empowered grace and no will power is ever needed. Feeling Good is my naturally divine state of being. Feeling Good is the nature of divinity. When I connect with my divine nature, I naturally allow my goodness to flow through my Self, and it feels good.

Feeling Good is allowing my natural goodness to be expressed, as an expression of my Self. When I express how good I am feeling, I allow my good nature to flow through me and it feels good, naturally.

Being good is a state of being, not a judgment of my actions by myself or other people. When I use other people's judgment of what is good or bad, I disconnect from my own divine authority and I disconnect from my own intuitive sense of feeling.

Disconnected from the intuitive feelings of my divine source of authority never feels good. Following someone else's choice of authority is always disempowering and uninspired.

My source of power flows through me when I align with my highest choice of authority. My authority of choice always feels good because whenever it doesn't feel good, it is not my choice because it is not authorised. When it doesn't feel good, it is not empowered and when it is not empowered, a choice is not authorised so I do not choose it. I always feel good when making an authorised choice because I intuitively know that it is right for my Self. My divine authority enables my choices to be powerful choices, which always feel good. My authority authorises my power, which makes every choice feel good. Making good choices is what makes me feel good and feeling good allows me to make good choices.

Atonement

Atonement is best pronounced at-one-ment. It is an expression of the oneness or perfection of pure love. When I express a pure vibration of emotion, I am in atonement or in love.

Atonement is the attainment of a pure attribute of emotional energy. Pure attributes of emotional energy are very powerful, when I attribute them to my Self. Atonement connects my Self to my source of emotional power, which is Love.

Atonement is not something that I do but an expression of who I am being. When I express my Self as the true essence of my Soul, it is atonement. The true essence of my Soul is Love. It is the essential nature of my Soul, which is essential to my Self.

At One-ment is a state-ment of being at one with my Soul. It is an emotional state of being in alignment with my Soul and the source of my power. When I express a divine, prime or natural attribute of pure emotional energy, I am in alignment with my Soul and I am at-onement. I am at-one-ment when I consciously mean to be at one with my Soul.

Every vibration of pure love is undivided by either gender or polarity. It possesses both a frequency & a wavelength which are pure and in balance & harmony. Impure love has a frequency that is divided by polarity and a gender that is divided by its wavelength. A range of energetic wavelengths of emotion are divided by male or female gender or perception. Opposing perceptions of an energetic wavelength allow my perspective to be divided by male or female gender. A frequency of thought energy that is divided by polarity allows my choice of a positive or a negative experience. It is the direction and attitude of my perspective that determines the polarity of my thinking and it is the character of the emotion on which the thought is transmitted that determines its gender. It is the gender & polarity of energy that determines whether it is favourable or unfavourable and whether I like it or loathe it, love it or hate it. Just because an energy vibration has a favourable polarity or gender doesn't mean that it is pure or perfect for myself. Only pure frequencies of thought are transmitted on a pure

wavelength of love. Pure frequencies of thought emanate from the Soul on a pure wavelength of emotion that is undivided by either gender or polarity. My Soul is a pure expression of Love.

It is the personal choice of the ego that attributes a male or female gender to an emotion because of a positive or negative polarity to its thinking. Negative thinking causes negative emotion and positive emotion is the effect of positive thinking, yet neither is an expression of the perfect love of atonement.

A sin is an impure vibration of thinking caused by a false perspective of reality. I atone for my sins when I choose a third way that finds the balance between the two extremes of gender & polarity. At the balance of the extreme intensity of gender & polarity is always a pure vibration of Love & Light.

My third choice of a third way is always the balance between male & female gender, which unites a positive or negative intensity of thinking with a pure and authorised inspired thought. Inspired thoughts are empowered and neutral as they have no polarity. They are just divine thoughts which the Soul has for its Self and are always

atoned with a vibration of pure love. Divine thoughts are always transmitted on wavelengths of divine emotion and therefore they always feel good.

Atonement is the attainment of a divinely inspired thought that feels pure, natural, prime & divine.

Three Attributes Of Alignment

Alignment is my connection to my Authentic Self. When connected to my authentic Self, I am aligned with my destiny.

My destiny is to follow my chosen path.

My chosen life path fulfils the purpose of the expansive evolution of my spiritual growth.

My expansive development is the spiritual growth of my Soul.

It is my destiny to realise the expansive nature of my Soul.

My Soul is my authentic Self and the author of my destiny, on which my Self is following a path of alignment.

When my Self realises it is in alignment, it consciously experiences the expansive growth of its Soul.

The question is: How do I realise that I am in alignment? I am in alignment when I am being in alignment, as my authentic Self.

Being in alignment is being like my Soul because my Soul is my authentic Self.

My Soul is a divine entity, which is being in a state of divinity.

When I attribute a divine state of being to my Self, I am expressing a divine attribute and I am expanding my experience of being divine by attaining that attribute. My divine presence is omniscient & omnipotent, as well as omnipresent.

Omniscience is my divine light, my intuitive knowing & my divine wisdom that allows my divine authority.

Omnipotence is my divine love, my intuitive feeling & my divine wealth that approves my divine power.

Omnipresence is my expression of a divinity, which I intuitively see as my divine health that approves my divine ability to create a divine life.

I align with my divine authority through Goodness. Divine authority flows through everything that is Good. My Soul aligns my Self with everything that is Good. I attain Goodness when I intuitively know what my Soul is authorising for its Self, through Light. Light is the authority that illuminates or enlightens my path. I am enlightened when I know which path is good for my Self. The path of Goodness is often called the Path of Righteousness because the Good path is always right for my Self.

I align with my divine power through Grace. I flow with divine power when I am being graceful. When I am full of grace, I gracefully flow with divine power. I attain grace when I intuitively feel that my Soul is empowering its Self with Love. Love is the power that empowers my journey. I am empowered when I feel the path of Grace, on which I am travelling. The path of Grace is the Way of Love because Love gracefully flows on an empowered path. I align with my divine ability with the attainment of Gentleness. I gently flow with divine ability. My gentle ability is a balance between my force of mental authority and my magnitude of emotional power. Gentleness allows the potential of my divine ability to flow effortlessly, without restriction. I am enabled when I see the vitality of my effortlessly gentle life. Gentleness is vital to a spiritually enabled life. Life enables my Self to fulfil my potential, gently and effortlessly.

Life enables the fulfilment of my destiny when I am in alignment with my attainment of Goodness, Grace & Gentleness.

Love Thy Neighbour As Thy Self

Love Thy Neighbour as Thy Self is the 2nd Commandment of Jesus and the Golden Rule. To apply the Golden Rule in alignment with the Commandment of Jesus requires me to know my Self.

Knowing my Self is an intuitive higher knowing, not knowledge gained through the experience of the physical ego sense of Self. I experience the physical world with my five physical senses but love is not physical, it is emotional.

Knowing my Self emotionally requires emotional intelligence or knowledge of my emotional state of being; which can only be experienced with intuitive insight or instinctive perception.

I instinctively perceive love as an intuitive feeling when I see my Self with intuitive knowing. Seeing my Self with an intuitive knowing or an intuitive feeling requires a conscious awareness of my emotional intelligence. Before I am able to love my neighbour as my Self, I am required to first love my Self. Loving my Self is not something that I can physically do but something that I am emotionally being when I am being an expression of love, my Self.

To love my Self requires the existence of two Selfs or two aspects of my Self. Love is the objective of a subjective Self, so the minimum requirement for Self love is a subjective and an objective Self. The objective of the Self is to love the subject of the Self.

The subject of the Self is called the conscious Ego Self, which is the subject of physical reality when it is subjected to physical reality. The object of the Self is its sole purpose or Soul purpose, which is to create objectives for its Self, in alignment with its personal mission & vision for life in physicality. In three dimensional reality, there really are three aspects or dimensions of the Self. The third dimension of the Self is the adjective sub-conscious Self or Id. It is the subconscious needs & beliefs of the Id that determine personality & character of the ego and adjectively determine who I am being in relationship to whatever is

occurring in my life.

My emotional state of being is an expression of whether I am loving of my Self, or not, and is relative to the mental beliefs that I sub-consciously hold, determine what I need emotionally and form my personality.

When I adjectively describe who I am being, I name the emotional state of Beingness that I am currently expressing. I love my Self when I am expressing a pure emotional feeling that is positive & beneficial. It is positively beneficial for my Self when I am feeling the love that I am expressing from my Soul. Love is an expression of my Soul, which is expressed through my Self.

When I am expressing a pure feeling of love, I am being an expression of my Soul's true love for whatever my Self is doing. When I am doing what I truly love, I am inspired & empowered to express & experience my Soul's love for who its Self is being. My Soul's love is the powerful emotional feeling that expresses my empowered state of being. When my emotional feeling is empowered, I am expressing my Soul's love for its Self.

When my Self is in alignment with my Soul, my Id is in alignment with my Entity and I am expressing the true emotional nature of my essence. Loving my Self is the essence of my Soul acknowledging the essential nature of its Self. When I express my essential nature, I am empowered by the love of my Soul because my Self & my Soul are connected, in alignment and united in their essential Beingness.

I (my Soul) love my Self (my ego) when my sub-conscious attitude (my Id) is aligned with the true nature of who I really am. When I express as an emotional state of being, who I really am, I am expressing a pure aspect of love from my Soul as an expression of my true Self, so I am loving who I am being by being loving of my Self. When I love my Self, it feels divine because I am expressing a divine aspect of my Self that is pure and therefore authorised & empowered by my Soul. Without the presence of the Soul, there can be no true love for one's Self. Without the Soul there is only vanity, which is when the ego loves its Self in vain.

Vanity is a negative emotion and when I am expressing any negative emotion, it is not a true reflection of who I really am. A negative emotion is an expression of my disconnection from the Source of my true authority, which is my Soul. When my Self is disconnected from my Soul, my ego is apart from my Entity and I am expressing a negatively directed aspect of my Id.

Negative emotional attributes are the effect of false beliefs and fears that are programmes of the subconscious Id. When I express a negative attribute, I experience a negative emotional feeling that discerns my disconnection from my alignment with my true path in life. Negative emotion is the instinctive feeling that I am out of alignment with my Soul's direction & guidance. In this relative dual reality world, I have choice and that choice allows a choice of direction or polarity of the focus of my thinking. The focus of my attention can be polarised in a positive or a negative way relative to the gender of my emotional state of being, which can be male or female in its persuasion.

When my male or female emotional energy is aligned with my masculine or feminine character, I am either attractive or unattractive and I either like myself or not. I can either like or dislike, love or hate, the character that I am currently playing with my persona, based on my perceived personal circumstances.

I am able to love my Self and love the emotional feelings that I am expressing when I positively balance the gender of my energy vibration as a pure expression of my own divinity. Vibrations of emotion that are divided by gender or polarity are normal but not natural, prime or divine attributes and therefore not pure aspects of Love. I love my Self when I am expressing pure attributes of emotionally empowered energy because I am feeling the divine Love of my Soul as an expression of my Self. It is my pure connection with my Soul that allows me the emotional power to love the essence of who I am. The essence of who I am is a prime, natural & divine aspect of the Love that the Soul has for its Self. Only when I love myself as my Soul loves its Self can I love my neighbour as my Soul loves every aspect of its Self. I realise that loving my neighbour is natural when I realise that my neighbours are all aspects of my Soul and my Soul loves all aspects of its Self. When there is no disconnection of my Self from my Soul there is no disconnection of my ego from my neighbours. I truly love my neighbour as I truly love my Self when I intuitively see all the opportunities that are on offer to my Self in the eternal journey of my expansive Soul.

Secret Power

The Secret is Power because power is a secret. Power is a secret because we confuse it with fuel. Fuel provides heat and heat provides motion. Heat is the energy of matter in motion. Any combustible material is fuel because combustion causes heat, heat causes motion and motion enables ability.

Human ability requires motion and human motion requires fuel, which is called food. Food contains calories, which are a measure of the latent heat energy released by the food during digestion and used during activity. Food is a fuel not a power. I am not empowered by the food that I eat. I may be motivated to eat but eating does not motivate me.

In a physically mental world, I believe that food gives me the power to be strong, when in fact, it is a fuel that fuels my activity. The stronger my actions, the more fuel I need to fuel my actions. From a spiritual perspective, power is emotional and it is an emotional power called love. Power is a secret because love is a secret. Love is a secret because we confuse love with what we need emotionally. When love is a power that I need, it has no power and that is why I need it. Spiritual love is a positive attribute whereas, emotional need is a negative issue. Emotional need is the absence of emotional power, usually because it is a secret. Most people are unaware of their emotional needs as well as being unaware of the potential of their

emotional power.

When I do not know the source of my emotional power because it is a secret, I cannot access it. In the absence of knowing the secret to my source of emotional power, I seek my emotional power from outside of myself. I compete with other people for the emotional energy that I need, when I feel disempowered.

When I feel disempowered, my perspective is negative and I confuse love with hate. I hate whatever I believe is the cause of my disempowerment or my loss of power. In my disempowered state, I lust after whatever I desire in the belief that it will raise my emotional energy and make me more powerful.

I love whatever appears to raise my emotional power and I form an attachment to it. When my lust turns to gluttony or greed, I obsess about my love for someone or something and my attachment becomes an addiction that I cannot live without. Unfortunately, I cannot live with an addiction either, as it will slowly kill me. Whether I die from a drug overdose or a broken heart, the cause is the same; it is my lack of authentic emotional power. The secret is that emotional power is essential to life, it is the essence of life and the quality of my life is relative to the quality or essence of my personal emotional power. Power is a secret because we confuse it with the power to get what we need, which is a power that we do not have, because it is a secret. Lust, hate and need are all negative attributes of Love and the effect of my external motivation, & will power, to attain what I passionately desire. Motivation is an external source of power that I need when I am not empowered and when I am inspired & empowered, will power is not required. Emotional power empowers from within but the source is

Emotional power empowers from within but the source is a secret. Western Religion teaches that the source of Love is God but it also teaches that god is outside of ourself and his love is conditional. Those who do not agree and accept the conditions become atheist. Either way, conforming or not conforming to religious dogma & doctrine is not empowering because following someone else's path is never authorised.

The secret to power is that it is required to be authorised, otherwise it is not empowering. I may be motivated to follow another's authority but it will never empower me. External objects, which includes other people, do not have the authority to empower me; even when I give them the authority to do so.

Stealing other people's energy is not allowed. Being less than our authentic Self is not authorised and what is not authorised is not empowered. The secret to becoming empowered is to detach from all external sources of authority. I am empowered when I am connected to my own authentic Self and expressing the emotional attributes that endorse the essence of who I really am. When I am expressing a true expression of who I am, I am empowered by that state of being, being attributable to myself.

The secret is that my emotional power is relative to my emotional state of being. It is my emotional state of being that either empowers or disempowers me, relative to the polarity that is attributable to my present thinking; which is based on the perspective of my beliefs about whatever is occurring. In the same way that external sources are not empowering, neither are they disempowering. I am only ever disempowered by my own unauthorised and inauthentic beliefs & fears.

My power is relative to my Beingness, who I am being, which either connects me with or disconnects me from my power; relative to the authority of that particular attribute. Quality attributes are positively empowering whilst negative emotions are disempowering & draining me of my power. It is my disconnection from my emotional source of power that drains my emotional energy. Living life in disconnection from my divine authority is a very draining experience.

My authority, does not come from other people, which is why they have never told me the secret. The secret that other people will tell you is not to listen to other people. Other people may or may not know their unique, individual and exclusive purpose for this lifetime but, either way, they have no way of knowing mine. I can only intuitively know my own path through life, not anyone else's.

The secret to being empowered is to be authorised and the secret to being authorised is that it is intuitive. I am authorised to use the full potential of my power when following my own individual, exclusive & unique path though life, which I can only discover with my own intuition.

Following an inclusive path in sympathy with other people, may give me what I need emotionally but it will never connect me to my true source of emotional power. Being my authentic authorised Self connects me with my authentic authorised Self, who I call my Soul and the Source of my emotional power.

In mental & emotional alignment with my Soul, I connect with the potential of the authentic omnipotent Self that is my Soul.

Power is a secret and will remain a secret as long as the Soul keeps its Self a secret from itself.

Three Fundamentally False Beliefs

1. Problems are Mental (False)

The belief that problems are mental leads us to believe that we need to find mental solutions. We are convinced that a problem occurs because of a lack of knowledge. We believe that with enough knowledge, we can solve all the problems in the world. It is interesting to note that as our knowledge base grows and gets bigger so do the problems that the world appears to be facing. Historically, life was less complicated, problems were less complicated and solutions were relatively more simple. Today we employ great minds to solve enormous problems with complicated solutions. Ironically, the more solutions that we discover, the more problems that we experience. We carry on regardless, training managers to solve problems with advanced problem solving skills & techniques; yet we still need better and better trained & educated managers to solve the problems that keep occurring. The more educated we become, the more knowledge we gain, the more complex the problems become and the more complicated the solutions we find.

Problems are fundamentally physical in reality. With enough emotional power and enough mental authority there is no physical problem, ever. When I believe that problems are mental, I need to find a mental solution but when I know that problems are physical, I just need the capability to not see it as a problem. The answer to every physical problem is just do it, with the mental capacity of your own emotional competence.

2. Pain is Physical (False)

The belief that pain is physical is because I feel it with my physical body. Irrespective of whether a pain is in my head, in my heart or in any other part of my body; because I feel it in my body, I believe that pain is physical. I perceive mental pain to be a physical headache. When a problem does not have an apparent solution, it gives me a headache and I call it a pain. We take pain killers to relieve pain. We believe that to kill the feeling of physical pain, we must stop the pain physically travelling from our body to our brain. Painkillers are designed to stop the brain being conscious of what is causing the pain. Painkillers do not kill pain, they just interfere with the transmission of pain through the physical body. The transmission of pain in the body is emotional. Emotion

flows through our body as a feeling and as a wave, so does pain.

Pain is fundamentally the feeling of negative emotion. The feeling of positive emotion is called pleasure from a relative dual reality perspective. Pain and pleasure are opposing polarities of emotional energy. All pain is a negative emotional feeling, irrespective of whether it is perceived to be physical or mental. Whatever I perceive pain to be, I believe it to be and experience it to be. Pain is emotional and with enough emotional power there is no pain but with a lack of emotional power, life can be very painful indeed.

3. Fear is Emotional (False)

The belief that fear is emotional (or irrational) comes from the belief that love & fear are polar opposites. It is assumed that because love is a positive emotion, fear must be a negative emotion. We experience a fear with negative emotion because a fear is a belief, which is a thought, and a thought is always accompanied by an emotion. A positive belief allows love to flow as an emotional feeling and a limiting or false belief blocks the flow and causes the feeling of fear.

Fear is fundamentally an intensely limiting belief, which means that fear is mental not emotional. FEAR is an acronym for False Evidence Appearing Real. Whatever appears to be real, I believe to be true, even though it may be a false belief. The best example of this is fear itself. Even though fear is the appearance in reality of a false belief, I still experience my fear as real but this is not my true reality. If a fear was based on a true reality, I could never overcome my fear. The fact that I can overcome any fear, by changing my belief that caused the fear, means that fear is fundamentally a mental belief. Beliefs are mental and feelings are emotional because every belief is a frequency of thought energy transmitted on a wavelength of emotion, it is easy to confuse fearful thinking with the emotional wavelength on which it is transmitted. When I believe that fear is emotional, I suppress my emotions so as not to experience the fear. When we suppress our emotions, we are thought to be brave and courageous, which are really emotions that have overcome the belief that is causing the fear. When I change a false belief for a true belief, I change a negative emotion for a positive one and a negative experience becomes a positive experience.

Fundamentally, the nature of fear is mental, the nature of pain is emotional and the nature of a problem is physical. In truth, all mental fear and emotional pain causes a physical problem and all mental fear and emotional pain is the effect of a physical problem.

Moral Support

Moral Support is not about supporting another with moral action. I support another with my morale, not my morality. I can offer my moral support without being either moral or immoral in my standard of behaviour. Morality is a standard of behaviour. When I support someone to behave morally, I am being judgmental. When I am judgmental of another's behaviour, my support is conditional on their actions being moral, which is not moral support.

Moral support raises morale, not morality. When I raise someone's morale, I am giving them moral support; irrespective of any judgment of their behaviour. My moral support may be conditional on their behaviour being moral but that is a condition that I put on my moral support.

There is no such thing as immoral support. I either support someone to raise their morale or I emotionally withdraw my support. If I withdraw my support on moral grounds, it is not deemed to be immoral support, neither is it deemed to be immoral support when I support someone to carry out a potentially legal but immoral act. I can legally offer my moral support even when an action may be deemed to be immoral.

Whether something is moral or immoral is a mental judgment based on a consensus perspective of what is acceptable behaviour or not. Traditionally, the church and its religious leaders were guardians of what is right or wrong, sinful or virtuous behaviour. Moral standards of behaviour originate historically from religious interpretations of scripture. The earliest example of which is the Ten Commandments of Moses. Moral support is emotional not mental. To qualify as moral support it is required to be emotionally uplifting or positive. Compassion & empathy are prime examples of positive emotional support. Apathy is the absence of moral support and sympathy is a similarly pathetic attempt to support another.

Sympathy & compassion are often confused. When someone is in need of some moral support, they are resonating with low emotional energy. Resonating in sympathy with someone's low emotional energy is never supportive. I cannot support someone to be emotionally negative because it has no firm basis on which support can be founded. Supporting another emotionally is always conditional on their ability to positively accept it. When someone is unwilling or unable to see a positive outcome to their behaviour, it is impossible to raise their morale. I can only support someone emotionally who is willing & able to accept my support. Support by definition is always positively beneficial. It is only ever possible to morally support another in what is considered by both parties to be a positive and beneficial action.

It is not possible to offer moral support to someone in bereavement & mourning. It is only at the end of their period of mourning that moral support can be offered to help them overcome their grief. I cannot support someone to grieve & mourn, I can only offer emotional support to overcome grief and end a period of mourning. Other people's morals do not necessarily give me emotional support. The moral of this story is that beneficial behaviour always follows beneficial beliefs. A beneficial belief is one that benefits me because it aligns with my own personal truth. My own personal truth is what I intuitively know, feel & see as the right perspective of my reality. What I intuitively know is authorised, what I intuitively feel is empowered and what I intuitively see is enabled with both power & authority.

Morality is what is believed to be good right and beneficial by other people for other people. Just because other people deem it to be right for them doesn't mean that it is necessarily right for me. In absolute reality, there is no right or wrong, just a choice of personal perspective based on personal perceptions of personal experience. Whether my beliefs and standards of behaviour are beneficial for me is a matter of my own perspective based on my own experience of reality. When I am following a truly authentic path, I am always empowered and never in need of moral support. The moral is that when I follow someone else's morals, I will need their moral support. Moral support is the emotional support that I need when doing what other people have told me is best for me. From my own experience and my own perspective, other people only ever tell me what is best for them, never what is best for me because they have no way of knowing what is truly best for my Self. It is only when I discover that I no longer need moral support that I realise that I no longer need moral guidance. When I intuitively make my own authentic choices for my Self, there is never any moral dilemma.

The Process Of Pivoting

A Process is how I proceed in life. The quality of my life is directly relative to the direction in which I proceed. My direction is revealed through my perspective, which illuminates my path.

My direction has a choice of polarity, which is either positive or negative. From my perspective, I perceive my direction with either clarity or confusion. A clear direction is positively beneficial and a confused perception is negatively detrimental.

The question is: What is the best choice of direction for my Self to proceed? To make a choice, I process information, data & intelligence in a rational way. This rational process is called reasoning. Intellectual reasoning may clarify a process or it may confuse a process because it has a choice of polarity, which may be either right or wrong.

With right reasoning, the outcome of the process is good and I proceed in a beneficial way, but with wrong information, the outcome of the reasoning may be judged to be bad & detrimental.

The problem is that rational intellectual thinking alone is devoid of sensitivity & emotion, which can be counterintuitive. I see my direction as intuitively aligned with my chosen path when I know & feel it to be so.

The process of pivoting allows my intuitive connection to my inner guidance system. Without any inner guidance, my perspective is out of alignment with my true path. My true path in life allows the experience of what I truly value. What I truly value in life is in alignment with my chosen vision & purpose. My mission in life is to clearly see the direction of my vision and to fulfil it with purpose. My purpose is to fulfil my vision for my life. My path is the mission that I am proceeding to follow because it aligns with the purpose of my vision, with both clarity & direction

The process of pivoting allows the attainment of presence & stillness. When I attain calmness, stillness & presence; I can pivot in any direction. When I am sub-consciously driven or I am motivated by a sub-conscious force, I am unable to distill my presence and I am unable to remain in the moment of now.

The process of pivoting requires emotional power. With insufficient emotional power, I am forced to follow the sub-conscious programmes of my ego sense of Self. My sub-conscious Id is responsible for my autonomous emotional power and is driven to get my emotional needs met in the best way that it knows how.

The process of pivoting is inhibited by my mental limiting beliefs. Whatever I believe that I must, should, ought to or have to do, will disallow my present ability to pivot. Many times when I have needed to pivot, I have been forced forward and I have stumbled or stubbed my toe. The process of pivoting requires balance, both physical and emotional. When I balance the male & the female gender of my emotional energy, I feel the pure & positive power of the clear inspiration, which allows my presence. Inspiration is the clarity of a beneficial direction. Pivoting allows a choice of direction, which allows a choice of inspired perspective. When the perspective with which I align is positively inspired, I am empowered to follow it. When my current perspective is unenlightened, disempowering, uninteresting and emotionally draining; then its polarity is negative, which means its direction is never beneficial.

Pivoting allows me to move from a negative perspective to a positive perspective by changing the direction or polarity of my thinking. It is never my physical path that is negative but my perspective of my path when it is out of alignment with my true perception of what is beneficial for my Self.

Fears & false beliefs restrict my vision of my true path and disconnect my powers of intuitive perception. When I pivot to a perspective where I perceive my true power of well being & good feeling, I intuitively know that my attitude feels positive and the outcome of my actions will exactly match my state of being.

A happy perception of a well perspective always has a beneficial outcome for my Self. Pivoting allows me to reflect on my choices of perspective to discern which actions I intuitively know & feel to be right for me, in each & every moment of time.

Reality Follows Belief

Behavioural Psychologist have learned through experience that behaviour follows belief. Mostly, people act without consciously thinking and are driven by their physical & emotional needs, in alignment with their mental beliefs & programming.

My sub-conscious mental programming consists of the sum total of my opinions, beliefs & convictions; which determine my actions and how I behave. People act differently when they have differing beliefs about what is occurring.

What is occurring in my reality, is my reality and it is my perspective relative to whatever is really occurring to me. Whatever I see, hear, taste, smell or touch determines my experience of physical reality; relative to whatever I believe to be true. What I believe to be true is relative to the information, data & intelligence that I have gained through the experience of my five physical senses. Or so I am lead to believe.

I have adopted the belief and therefore the experience that my reality conforms to everyone else's reality. When I hold the beliefs that form someone else's version of reality, then this becomes my experience of my version of reality and endorses my beliefs about my reality. In reality, the majority of the population of the world are following someone else's belief system, with the primary belief being that there is only one reality. Everyone is following their own beliefs and experiencing their own reality even though they are following the same beliefs and experiencing the same reality as everyone else. This is the great paradox of reality that everyone's reality is the same but different.

Society expects, and indeed demands, a standard of behaviour from its citizens that conforms to its agreed laws, ethics, morals & principles. These instilled standards of behaviour have become our belief system, so we believe in them. We believe that the standard is good & right because we have been told so, so we tell ourself so. In this experience of social existence, beliefs appear to follow reality as we learn our beliefs through real experiences. What I experience as my reality, I believe to be true. My truth is that I believe only what I personally experience to be true. The real Truth is that I experience exactly whatever I believe to be real. My experience of reality follows my belief system.

Adopting an apparent standard, instead of a Real Truth, locks me into the experience of living in other people's reality; based on their version of what is in principle ethical, moral & lawful. Society penalises & punishes any citizen that does not conform to the standards of behaviour that follow the agreed doctrine, dogma & beliefs of that society.

Whereas everyone is apparently free to believe their own beliefs; they are confined, on the grounds of safety & security, to behaving in a way that society believes to be right & good for everyone. This has the effect of ensuring that everyone's beliefs actually follow the standards of behaviour set down & enforced by that society's justice system.

Even though psychologists know that behaviour follows beliefs, in general, beliefs follow the standards of behaviour that are set by society. We are all taught from an early age what is really good & right in contrast to what is really bad & wrong.

I conform to the standards of behaviour of my society in alignment with the beliefs that my society has educated me to believe to be true. When I conform to the one version of reality, which is commonly believed to be true, that version of reality becomes my experience because reality follows belief.

To change my experience of reality, I am required to change my beliefs about reality. This is not an easy process because my beliefs are held sub-consciously and my emotional power is relative to the authority that those beliefs allow me.

When I am mentally locked into the external reality of the world in general, I confer my authority to that reality, via my belief that it is true, and renounce my true source of emotional power. When I deny my true source of authority & guidance, I also deny my access to my true source of power & support.

When my society mentally believes that it is experiencing a purely physical life of limitation, that also becomes my reality & my experience; unless I consciously choose otherwise. An inclusive experience gained through inclusive behaviour based on an inclusive belief system causes an inclusive reality that is truly inclusive.

A personal, unique, individual & exclusive experience of reality is excluded from the syllabus of society's education system; in church, in school, at work & in the home. The experience of one true inclusive reality follows the belief in one true inclusive reality.

The personal belief in an exclusive, unique & individual reality for every single human being allows that to become a real experience.

We create our own reality when we believe that we do because reality always follows belief.

Bigotry

Bigotry is the intolerance of someone else's beliefs. A bigot is so convicted by their own version of the truth that they find any beliefs to the contrary to be unacceptable. A bigot is unable to accept or even tolerate someone whose beliefs are in opposition to their own. The more zealous that someone is in their system of belief, the more bigoted they become.

Religious intolerance is a common form of bigotry. Both religious dogmatists and non-religious atheists are often convicted by their own bigotry.

The inability to accept another person's perspective of the truth is based on an unshakeable belief that there is only one true reality and the desperate need for that one true reality to be in alignment with one's own system of belief. Bigots need to be right and go to great lengths to prove other people wrong, in order to prove the validity of their own beliefs.

Bigotry is caused by the mental reasoning of a flawed intellect. When reality is relative to the perspective of the Individual, right & wrong is just a judgment that is relative to that individual's set of beliefs. Nothing is inherently right or wrong, it is just a personal perspective of what is deemed to be beneficial or detrimental to oneself.

When I am intolerant of someone else's beliefs, I will also be intolerant of someone else's behaviour because behaviour always follows beliefs. My personal standards of behaviour always align with my personal belief system. When someone behaves in an unexpected or unacceptable way, it is because their belief about the reality of that moment in time is different to mine. To overcome bigotry, I am required to be accepting of the fact that other people behave in alignment with their beliefs, which form the basis of their perspective of how they experience their reality; and so do I.

When I attract a bigot into my reality, it is to show my Self the intolerance that I am experiencing to someone else's beliefs, opinions & convictions, which they deem to be true.

When I allow all others to create & perceive their own perspective of reality, based on their own version of what is true, they allow me to do the same. This is the Law and the Golden Rule.

Attempting to manipulate other people or coerce them into believing that only what I believe is true, makes me a bigot.

The absolute truth of reality is by god not bi got. By God, I will learn the absolute truth about reality. By Man, I will experience a relative truth held uniquely by each individual person.

Bigotry is the path of enforcing my truth onto other people. In truth, we are all convicted by our own truths & untruths.

A bigot may implicitly trust their own beliefs yet have absolutely no faith in their own life path.

Three Types Of Sight

1. Eye Sight

Eye sight is a primary human sense. It is how I make sense of physical reality, together with my sense of hearing, taste, smell & touch. These are my five physical senses.

I process physical reality with my eye sight. When my eyes are closed, my sense of physical reality is greatly diminished unless I am able to rely on my secondary sense of hearing.

Closing my eyes shuts down my sense of physical reality or makes it reliant on my other physical senses. When I shut down my mental processor, my brain waves tune to a frequency of meditative, intuitive thought, instead of a frequency of conscious thinking.

2. Insight

Insight is an intuitive revelation. Insights are revealed on a mental frequency of meditative thought. An awareness of insights allows them to creatively flow. An insight is an awareness of a revelation of intuitive higher thought. My higher consciousness, which I call my superconscious Soul, is my inner tutor and my inner guide. Thoughts of learning and direction are available to me in every moment as an insight. Insights are revealed when I am open and asking for direction.

My insight is often called my third eye. It is how I intuitively see without using my two physical eyes. Insight is often seen as foresight. I have an intuitive feeling about the future, which I project in my imagination as foresight.

My super-conscious Soul has the ability to travel in both the past & the future of time. All possible futures are just a potential until I align with their path and choose them with foresight.

3. Hindsight

Hindsight is my sub-conscious ability to remember. My sub-conscious mind records all aspects of my physical, mental & emotional experiences. Hindsight is a reminder of what I intuitively thought was right but subsequently reasoned to be wrong.

I always have a choice between the reasoning of my subconscious mind and the intuition of my super-conscious Soul. Hindsight is my Soul reminding its Self of the perils of using rational thinking alone.

In Summary

Clearly seeing the right direction for my Self is a conscious choice that aligns my sub-conscious hindsight with my super-conscious foresight to allow an awareness of my intuitive insight to be revealed and endorsed through the experience of my physical eye sight.

Imagination Is The Spiritual Ability To Travel In Time

Imagination is the creative mind of a super-conscious Soul. When I imagine, I am creative and I'm a Genie. My creative genie is my Soul.

Access to my imagination is intuitive. What I intuitively see in my mind's eye is my imagination. Any non-physical image that appears in my mind is my intuitive imagination. My intuitive imagination creates a virtual reality for my Self to manifest & experience as a physical reality. All physical experience of reality originates as a virtual thought of a creative Soul as an image in the imagination.

Imagination is an image creator of new energetic vibrations from the source of mindful thought. When mindful thought projects an image to its Self, it manifests in consciousness as imagination. What manifests in consciousness becomes an experience of reality and what manifests in physical reality becomes a physical experience. It is the manifestation of energy into physical matter that allows the experience of physical consciousness. Every experience of physical reality manifests from the Source of Creative Energy, which is the imagination of the Soul.

Space & Time allow an infinite, eternal & continuous experience of conscious reality for the Soul and a definite, specific & relatively temporary experience of reality for its Self. The Soul imagines a specific three dimensional relative space-time-reality for its Self to definitely experience, which is separate from its own absolute realm of spiritual reality.

In the absolute realm of the Soul, past, present & future are different realities of the same space & time. From the Soul's perspective there is only an eternal moment of now. Only from the perspective of a separate Self is there an experience of a relative dual reality of past & future. In absolute reality, past, present & future are all parts of the same timeline. Whereas the Self is limited to travelling sequentially through consecutive moments of space-timereality, the Soul has unconditional access to any moment of now on any timeline in space that it has created for its Self.

When the Self intuitively accesses it's super-conscious imagination, the Soul is able to travel in time and instantly review whether that innovative thought is aligned with the current vision it has for its Self. With every imaginative thought that the Self mindfully realises, there co-exists an emotional wavelength of feeling that empowers that thought. The Soul never has a thought that is not inspired & empowered.

When the ego sense of Self indulges in personal disconnected thinking, it is not always empowered and is often filtered through a stream of negative beliefs & fears. When the ego's individual thinking is not aligned with the Soul's vision for its Self, it is neither inspired nor empowered and will require will power to realise whether it has any personal benefit. When the Self is unimaginative and confined to its comfort zone, there is no innovation, the Soul is not inspired and the Self remains disempowered.

When the Self aligns it's choice with the inspiration of the Soul's imagination, there is eternal power available for

infinite possibilities of expansive experiences. Whereas the Self cannot have clear knowledge of the future, the Soul intuitively knows the ideal future for its Self. When the Self chooses to allow its ideal future to manifest, it has the unconditional approval & acceptance of the Soul. In the same way that I can read a book myself, from cover to cover, one page after another consecutively in sequence; I can also travel to any word, any sentence, any paragraph or any page in the book that I so choose. My Book Of Life is a journal of my timeline of physical reality on this Earth. Whereas the Self can only access each moment of now in a one way linear timeline, the Soul has complete access for infinity & eternity. Every Book of Life is an Akashic Record that is eternally accessible in the Annals Of time via the intuitive mind of the Soul.

With total & unconditional transparency & accountability, everyone aspect of the Soul has access to the Akasha & its Records. Intuitive imagination is the access to remembering, recounting, recalling & recording the connection that the Soul always has to each and everyone of its individual Selves.

Whatever I can imagine, I can experience as my reality. I can realise into physical reality whatever I can imagine. Physical reality is the process of realising what is imaged in the imagination.

As Time is a mental construct, so is travelling in time through the vehicle of the imagination a mental construct. I construct my journey through space & time in the imagination of my mind. Imagination is a mental time machine that can travel from each present moment into any past or future experience of reality. The belief that imagination is not real, or is counterintuitive, blocks any conscious experience of the past or future being used for creative or expansive innovation. In the absence of imagination, reality remains stuck, negative, unchanging & unfulfilling.

Knowledge & Experience

Knowledge is information or facts about a reality that I believe to be true. Information that is not believed to be a true reflection of reality is called nonsense because it doesn't make sense. I make sense of information as sensory input to my brain with my five physical senses. What I make sense of, makes sense and I store it in my memory as knowledge.

I also make sense of reality with my three intuitive senses of seeing, feeling & knowing. When something makes intuitive sense, without any prior knowledge of it, it is intuitive knowledge that comes from the depths of my super-conscious mind.

As knowledge forms the basis of my belief system, all my beliefs are based on my knowledge of what is real, and my beliefs always precede my actions, I always act on what I believe to be true, it follows that experience always follows knowledge. This means that knowledge precedes experience but to a rational thinking person this appears to be counter-intuitive as surely knowledge can only be gained through experience.

There appears to be a paradox here of which comes first, the knowledge or the experience. I have experience of knowledge through learning. The experience of learning is how I gain knowledge. I gain knowledge through learning, which is the experience of gaining knowledge. This leads me to the conclusion that experience precedes knowledge.

When my experience follows my own knowledge, there is no knowledge gained. When my experience follows someone else's knowledge, there is still no knowledge gained. I have the same amount of knowledge after the experience as I had before the experience, unless that is, I learn something new during the experience.

When I learn new knowledge from an experience, the experience obviously precedes the knowledge. It appears therefore that, whether knowledge or experience come first depends on whether the knowledge is learned experientially or whether it is intuitive.

Intuitive knowledge is what Plato called Knowledge. It is wisdom from a higher Source of Consciousness, whereas experiences of the Self result in what he called true opinion. A true opinion is what I, or other people, believe to be true from my or their perspective. I express a true opinion about what either I or another believes to be true from my or their experience of reality.

Plato believed that true knowledge was not experienced or learned but remembered from a higher source of consciousness. This means that there is never any new knowledge, just new relative experiences of all aspects of absolute knowledge. From this perspective knowledge always precedes experience because knowledge is absolute & certain, whereas experience is relatively certain or uncertain.

The paradox of knowledge coming both before & after experience leads to the conclusion that there are two types of knowledge. Philosophy determines that A Priori Knowledge is prior knowledge of. In philosophical debate this can be taken to mean both knowledge prior to personal experience or knowledge prior to anyone's experience. Knowledge prior to anyone's personal experience has to be intuitive. Knowledge prior to one's own experience can be here-say that is someone else's experience or just their true opinion. The second type of knowledge is A Posteriori Knowledge, which is knowledge gained through or after one's own experience. The clear distinction is that A Priori knowledge comes before personal experience and A Posteriori knowledge comes after personal experience, irrespective of whether or not philosophers agree on the source of a priori knowledge.

As there are two types of knowledge that either precede or result from experience, the real question is which comes first, wisdom or experience? Do I gain wisdom through experience or is experience more beneficial when it follows wisdom? Do I take action with knowledge or Do I act wisely?

With intuitive wisdom, I intuit that wisdom is innate and therefore intuitive. Unlike knowledge it cannot be learned, it can only be remembered through an intuitive connection to our Higher Source of Knowledge, which is Omniscient Wisdom. Wisdom is a priori knowledge that by definition has absolute & certain prior knowledge of the outcome of the experience.

Three Sources Of Learning

Knowledge is information that is learned from three apparently different sources. It is learned from a 1st, 2nd or 3rd person Source.

First person learning is knowledge gained through the experience of the physical Self. Knowledge gained or learned through physical experience is by using one of the five physical senses of sight, hearing, smell, taste or touch. I learn everything that I know about my physical reality through the experience of my physical senses. Physical experience is the experience of physically sensing or making sense of physical reality with knowledge that is learned. My ego sense of physical self is my first person experience, of which I am said to have first hand knowledge.

First hand experience of learning through a 3rd person is called teaching or being taught. Teaching is the process of transferring knowledge from a 3rd person, called a teacher, to a first person, called a student or a pupil. Third person learning is knowledge that is passed from someone else to myself. The system of parenting children is a process of third person learning. The third person is the parent who teaches their children everything that they need them to know, before they go to school. School is a State Institution, where children learn knowledge from learned teachers as a third person experience. Second person learning is an intuitive experience. Intuition or intuitive knowing is knowledge gained other than through first or third person experience. It is intuitive learning from information gained through one of our three intuitive senses of seeing without sight, feeling without touch and knowing without any prior knowledge. When I have knowledge of a thought, an idea or a concept in the imagination of my mind's eye, I am the pupil of my

mind's eye and my learning is intuitive. It is my inner tutor supplying my tuition. I see information or knowledge that I did not previously know. This insightful revelation is an intuition when it is revealed as an intuitive insight. Intuitive insights are revealed from the 2nd person, which is my second Self.

My Second Self is my Soul. My Soul is my Second, my Assistant, my Supporter & my Aide in guiding & supporting my experience of physical existence. Insights are intuitive revelations from my Soul, my 2nd Self & my Higher Wise Self.

All new creative ideas originate from the source of creative ideas, which is the Soul. Rational thinkers may believe this to be counter-intuitive, which their thinking is. It is counter-intuitive to believe that all new ideas come from reasoned thinking rather than intuition. With no distinction between thinking & intuitive thoughts, intuition is counter-intuitive.

The role of the first person, the ego, is to physically experience learning knowledge held by the second person, the Soul; through relationships with a third person, who is everyone & anyone else. In my relationships with other people, they reflect to myself who I am being relative to who I am really choosing to be. First person source of learning is the perspective of the ego sense of Self that sees me, myself & I as one person, who learns through their own experience.

Second person source of learning is the perspective of the Soul or my Sovereign Entity that is omnipotent (all feeling), omniscient (all knowing) and omnipresent (all seeing). My first person learns from my second person through revelation, insight, innovation, imagination & intuition.

Third person source of learning is called education through parenting, mentoring or teaching. Any information gained or knowledge learned from another person is part of an Individual's ongoing personal education.

A first person source of learning and a third person source of learning can both be either a good or a bad experience. Knowledge learned from a first or a third person can be proved or reasoned to be either right or wrong and deemed to be either reasonable or unreasonable. I learn what to do, and what not to do, through knowledge of my own experience and knowledge of other people's experiences. Whether I learn from my own experience or from another's experience, it is just knowledge, not wisdom. Wisdom is knowledge of the absolute reality of who I am and why I am here in physical form.

Only the Soul can know when to use knowledge wisely. Second person knowledge is the wisdom of the Soul. Intuition is always certain. Intuitive wisdom allows beneficial outcomes with certainty, every time that it is followed faithfully.

Second hand knowledge comes from a third person and is used but not always useful.

Second person knowledge is ever omniscient and wise because it originates from the Higher Second Self or Soul, which is the Source of all Knowledge and the Source of all Wisdom.

Freedom Is A Perspective

Freedom is a duality of subjection. I am bound in life by whatever I am subjected to. I am subjected to whatever I object to in my life.

An objective of life is to experience freedom, but what is freedom?

The most common perspective of freedom is an escape from something. Escaping from anything is a negative perspective of freedom. An escape from bondage, from slavery, from captivity, from subjugation or from whatever I am attached to emotionally is just a perspective of an apparently real experience of life. I have to believe that I am bound, enslaved, captive, subjugated or attached in order to choose to be free.

I am attached to whatever I need emotionally. I need emotionally whatever I sub-consciously believe I need emotionally to motivate my actions. My beliefs subconsciously drive the behaviour that determines my actions.

The beliefs that motivate my behaviour determine my character. I adopt a particular character in life because of its emotional value to me. The emotional needs caused by my negative beliefs determine my personality.

I am subjugated by my fears and my limiting beliefs. I am a prisoner of my own conscience. I am captivated by the awe of my own limited experiences. My behaviour, my objectives and my character are all the subject of my personal belief system that forms the basis of my perspective on life. How I perceive my life is how it happens and occurs to me. Life happens in alignment with how I believe that it occurs. Reality is whatever I believe to be real.

When I believe, through my own experience, that life happens to me; I am subjected to whatever occurs in my life. When I believe that I can make life happen by me, I subject myself to whatever I believe is good for me and in my best interests. Without the perceived freedom to make life happen my way, by me, I am subjugated by my perspective that life happens to me. I am a slave of my constricting beliefs that enslave me to being a victim of life.

Not only is freedom a perspective of life but my loss of freedom is also a perspective of life. It is not my freedom that is a choice but a perspective that is my choice. When I perceive that life happens to me, I am able to be captivated by its awe and its wonder, but I am unable to choose which experiences are pleasurable and which experiences are painful. Awe can be both a wonder and an awful experience.

Even with the freedom of perspective to make life happen by me and be the subject of my own objectives, I can still experience the pain of failure. My subjective choice of perspective allows my personal choice of objective, but my choice to succeed is never guaranteed.

To prisoners, to slaves and to all victims of their own belief system, freedom is not a choice. It is my choice of perspective that allows my freedom, it is not my freedom that allows my choice of perspective. With a negative perspective of life, I will never be free enough to allow my freedom to be a choice. I will always be a prisoner of my own disempowered state of being.

Freedom is not a choice, it is a perspective. There is always a choice of perspective. Captivity, slavery,

bondage, subjugation & victimhood are all negative experiences of life that are caused by a negative perspective of freedom. They are all the effect of a belief system that believes it is not free to choose its own perspective of how life is occurring. Whatever My perspective believes to be true about life, I will experience as my reality.

Freedom is a perspective that flows through life when it is allowed to. To allow freedom to flow requires a perspective that life effortlessly flows. It requires more than the belief that life flows freely, it requires a personal faith in living a life of freedom.

Life is free and choice is free unless I put a charge on it. A limiting belief is a negative charge that dictates that life comes at a cost. When I believe that life comes at a cost, there is a price to pay because I am taxed by my fears and my false beliefs. It is a duty or a bond that I pay due to my bound perspective.

I am bound to do what I believe is right for me. When my beliefs are wrong, I lose my freedom. I am out of alignment with the universal truth that life is free. When truth is the subject of my perspective, I am subjected only to what is truly beneficial for my Self.

The truth is that life flows effortlessly & freely when I allow it.

The truth is that I am only ever a slave to my own polarised thinking and I am only ever bound by my own beliefs & convictions.

The truth is that freedom is my natural state of being and to experience it, I just have to express it. When I express my faith in freedom freely, I experience it faithfully, without resistance or restriction. When life flowing freely through me is my perspective, I perceive life flowing freely as a real experience. Freedom, by definition, is when I intuitively see and therefore define life as being free, because my perspective allows me to perceive freedom to be my reality.

Happiness Is Intuitive

When I look for happiness with my five physical senses, I will find only other people's unhappiness.

Happiness is an emotional state of being, which is energetic, not physical. I will not experience energy with my physical senses. I experience physical reality with my physical senses and I experience happiness with my intuitive senses. I see that I am happy, I feel happy or I know that I am happy.

When looking for happiness, I need to know its Source. Once I know the source of happiness, I need to learn how to connect to it. It is my disconnection from the source of my happiness that causes a need for happiness, which is called unhappiness or sadness. I seek happiness when I am unhappy or sad because I am not happy. I am only ever unhappy with my disconnection from my true source of happiness.

My unhappiness is the effect of my disconnection from Source and it is my disconnection from Source that enables unhappiness to be my experience. Happiness is attained instantly when I connect to Source.

The source of all happiness is the Heart Centre at the Core of our Beingness, which is the essence of who we are. The essence of who I am is the positive emotional state of being that I am expressing. When I express my positive happiness, I am connected to Source but when I express my negative state of being unhappy, I am not. Being my essential Self is my connection to my source of happiness. Essentially, I am happy being my true Self. Being other than the essence of my true Self has the potential for being unhappy. I intuitively experience happiness as an awareness of my essential Beingness. Happiness is an energy that I am aware of intuitively. Intuitive senses and happiness are an inherent potential of everyone. However, everyone has their own relatively expansive or contractive connection to their intuitive source of happiness. Essentially, I am contracted to experience unhappiness before I can realise whether I am being happy or not.

In essence, I feel happy when I know that I am happy and when I know that I am happy, I feel happy, you see. When I see that my happiness is a reality, I get happy and I get happiness. I get that happiness is an emotional experience of feeling a physical awareness of seeing what I mentally know to be essentially true.

Living the experience of our true Self is the gateway to happiness. I can never experience the essence of my true Self and be unhappy. The essence of my true Self is seen through the intuitive authority of my higher mind and the intuitive power of my inner heart.

I intuitively connect to the super-conscious thoughts of my higher mind and I intuitively connect to the power of my Soul through the feeling centre of my solar plexus. When my mental mind & my emotional feelings are in balance, I intuitively see life through an open heart that is innately happy.

Happiness is not something that happens to me. Finding happiness occurs by me when I allow happiness to flow into me, out of me & through me. Happiness flows into my heart and out through the consciousness of my mind and the feelings of my solar plexus.

Happiness is a conscious physical experience of my mental awareness of my emotional feelings when I intuitively know it, feel it and see it to be my essential true nature.

Patients & Waiters

Patients & Waiters belong to two different service industries. Nurses service patients in the Health Sector and Waiters serve customers in the Catering Trade. Patience & Waiting, we are taught, go together. We learn that it is good manners to wait patiently because that is how we tolerate the inconvenience of having to wait. Waiting impatiently is a toleration that is becoming intolerable and is showing a lack of good etiquette. Patients in hospital have no choice but to wait patiently for a nurse to take care of whatever they need. Customers in restaurants choose not to wait too long for a waiter to serve them. When a waiter causes a customer to wait longer than expected the customer complains, gets angry and displays the wrath of their displeasure. When a customer complains at having to wait too long to be served, the waiter is expected to be humble, meek & apologetic for the apparent poor service. When a nurse causes a patient to wait too long, the patient has no option but to be patient. The nurse diligently takes care to carry out her service with pride and decides when giving care to the patient is appropriate & convenient. The patient is required to be humble, as long as the nurse is seen to have humility; which is often confused with the nurse's arrogance or indignation and the patient's pride, which is called dignity.

As a society, we believe that everyone should be allowed to die with dignity even though a waiting patient's indignity will test the patience of any nurse. Waiters are confronted with the indignity of complaining customers. Indignant customers are displeased when they run out of patience waiting for a waiter to give a standard of expected service that is believed to be deserved. In the control dramas of personal interaction, it is acceptable for a waiter to be aloof, when being interrogated by a customer, but it is not acceptable for a nurse to be an intimidator, when nursing a poor me patient.

There is nothing more intimidating, humiliating & embarrassing as having to be cared for by a nurse. There is nothing more intimidating than a poor waiter having to confront an angry customer who has run out of patience. In my ideal world, everything is served up providentially in divine time and nobody ever has to wait patiently for anything. With faith in providence providing everything in divine time, there is no expectation of anything being either early or late. Without expectation there is no judgment, there is no controlling drama, there are no aloof waiters, there are no indignant customers, there are no proud nurses and there are no poor me patients. Nobody is patiently waiting for God because everyone is enjoying everything that is being served up as a divine experience of an ideal life.

Plato's Recollection

Plato's Doctrine of Recollection is a core concept of Philosophy because it is the key to innate wisdom, which is the gateway to empowered love.

Plato's doctrine states that knowledge is a wisdom that is innate, which is not learned but recollected. Knowledge that we recollect is an intuitive knowing, in contrast to knowledge that is learned from physical experience. Plato argued that whatever we already know, we have knowledge of and if we have no knowledge of something, then how can it be learned?

Plato has a clear distinction between what is someone else's relatively true opinion and what is one's own absolute knowledge.

Our personal experience tells us that someone else's true opinion is based on their relative perspective & experience of physical reality, whereas absolute knowledge is the intuitive wisdom of the Soul.

Plato believed that whatever the physical Self did not know was because of a relative disconnection in their ability to recollect the inherent source of all knowledge that is their Soul.

The Soul is the source of all knowledge that the Individual Self requires on its journey through life. In its disconnection from the Soul, the Self forgets its spiritual origins and starts life from birth with a clean slate & a blank memory.

In its disconnection from its Source, the Individual Self acquires memories based on the true opinions of others. It makes choices that are influenced by the experiences & opinions of others as there is no recollection of any absolute knowledge of the purpose, reason or meaning for one's life.

In a relatively disconnected state of being, we make choices based on our memories of past experiences that we learned from other people's true opinions. We act on knowledge, information or intelligence that is given to us by our teachers. Our own opinions are based on a set of personal standards that we adopted from other people's principles, morals & ethics.

Plato's doctrines are based on his belief & his opinion that everything that he needs to know, on his personal journey through life, he already has knowledge of at the superconscious level of the Soul. At the level of conscious physical experience, all the Self is required to do is recollect it.

It is Plato's doctrine that whatever knowledge is required on a moment to moment basis is always available for his recollection. On his journey through life, he collects the knowledge required in each & every present moment through his connection to his omniscient Soul.

Omniscient means all knowing or having all knowledge of. For Plato, his Soul has all knowledge of his individual, exclusive & unique path through life.

The philosophical question that this presents is whether Plato's Doctrine is based on innate divine intuitive knowledge of just his true opinion.

History tells us from experience that Individuals who follow a unique & exclusive path, in alignment with their Soul's higher vision, mission & purpose for life, tend to be remembered as significant Historical Figures.

The Relative Duality Of A Life Path

A Life Path is like a road, it always allows a choice of direction. On any path, or any road, I have a choice of direction.

It is our society that determines which side of the road that we should travel on but it is my individual choice that determines in which direction that I travel.

This mental choice of direction is called polarity. The road itself has no polarity of its own. It's polarity is neutral. The road cannot choose my individual path through life.

My choice of direction, on my path, is relative to where I am and where I choose to be. When the direction of my path takes me to where I want to be, I see it has a positive polarity. When my choice of direction gets me lost, it has a negative polarity based on a wrong choice.

My choice of direction has a polarity, which determines my experience of life to be either good or bad and I believe through my personal experience that I am either on the right or the wrong path.

As it is not the path that has the choice, it is not the path that has the polarity. The road is bi-polar, in that it always has two possible directions of travel at the same time. Even though I am only able to travel in one direction at a time, I always have a choice of direction and a choice of polarity, which is relative to where I am and where I want to be.

Whenever I get lost, it is never the fault of the road, it is always because of the negative polarity of my choice of perspective. My choice of direction has a negative polarity whenever I perceive myself to be lost. In actuality, from a higher perspective, I am never lost, I am just looking at my direction of travel from the wrong perspective of an uninformed choice.

When I have no clear direction of my own, I will rely on the direction given to me by other people. When I rely on other people's direction, I will blame them when I get lost.

The real irony is that the only reason I ever get lost is because I am following someone else's direction.

On the chosen life path of my Soul, there is always clear direction present at every junction on my path. My direction of travel is clearly laid out on the path in front of me.

We all have an inner guidance system that is a spiritual sat-nav. My spiritual satellite navigation is the navigational direction available from the satellite of my Soul.

The benefit of spiritual direction is that unlike earthly sat-nav, there are no bugs in the system.

It is the relative duality of my life path that allows a choice of direction. It is the absolute reality of my life path that allows me to choose my chosen path with absolute certainty.

It is the relative duality of my life path that allows me to choose the path most travelled by other people.

Every road has a physical sign-post and every path has a spiritual sign-post, in this relative world of dual reality.

The Substance Of Energy

A Substance is usually deemed, to have a density. Density is deemed to be a relative matter of physical weight & volume.

The density of matter appears to give it substance, which is specifically relative to its gravitational attraction. The more substance it has, the more attractive it is and the more gravitas that it has.

Substance appears to be a physical characteristic, which is not surprising when we experience substance with our five physical senses. Whatever I appear to physically sense gives it substance and the more it appears to my physical senses, the more substance it appears to have. The question is: If I cannot see it, hear it, smell it, taste it or touch it, does it have substance?

Can I sense substance as being other than physical and does non-physical substance exist?

Physical substance is called matter, therefore nonphysical substance is an energy, so is energy a substance & does energy have substance?

Is there a substantial amount or volume of energy that has weight?

Is there a magnitude of energy that has a potential force? As we cannot sense energy with our physical senses, we can only know the answers to these questions with our spiritual or intuitive senses.

Our three intuitive senses of knowing, feeling & seeing are the way we spiritually sense non-physical substance. Matters of intuitive feeling are emotional, not physical. Can I substantiate my emotional feelings with my intuition? An emotional feeling becomes substantial as I express it. When I suppress my emotional feelings, they appear to have no substance. When I believe that there is no substance in emotional feelings, I automatically suppress them. You could say that when I suppress my emotions, I do not substantiate my feelings.

When I believe only the experience of a physical reality, emotional feelings have no substance. When I awaken to the awareness of my spirit or energy, through my sense of intuition, my emotional feelings become relatively substantial & potent.

How much substance I apply to my emotional feelings is relative to the intensity of their vibration.

The potential of my emotional state of being is realised when I attribute substance to it. This allows the emotional experience to be quite substantial. The only substance that an emotional state of Being has, is the substance that I personally attribute to it in physical reality.

Whatever I realise through physical experience has substance, whether it is physical, emotional, mental or spiritual in nature.

Knowledge & Opinion

There is a common opinion or belief that knowing requires knowledge and that I cannot know anything without having prior knowledge of it. Yet knowing something is not the same as having knowledge of something. To put it another way, there are two types of knowledge or two ways that knowledge is obtained:

1. A Priori Knowledge is knowledge that is possessed independently of physical sensory experience. This is knowledge that is intuitively attained independent of physical experience, I just know it to be true, and I absolutely know it to be certainly true intuitively. An intuitive sense of knowing allows knowledge to be learned independently of physical experience.

2. A Posteriori Knowledge is obtained from physical sensory experiences i.e. I have seen it, heard it, smelt it tasted it or touched it experientially. This knowledge is learned through intellectual reasoning based on physical intelligence. It is knowledge that can only be justified through personal physical experience.

In our modern system of education, only a posteriori knowledge is allowed as acceptable. Unless a piece of knowledge or intelligence can be empirically proven through the experience of our five physical senses, it is deemed academically inadmissible.

Once we have a clear distinction between two different kinds of knowledge, the philosophical question that arises is, which did Plato call knowledge and which did he deem to be an opinion?

Plato's epistemology holds that knowledge of Platonic ideas is innate, so that learning is the development of intuitive & innovative ideas buried deep in the Soul. He deemed knowledge to be absolute & certain, whereas mere true opinion is relatively certain or uncertain. From Plato's perspective, true opinion is based on a personal belief in what is true from the perspective of the physical world. True opinion is the personal perspective of the ego whereas, knowledge is an innate wisdom of the Soul.

Modern Philosophers, who are unawakened to Plato's perspective of an absolute Soul reality, see a relative distinction between physical knowledge that is a systematic account from personal experience in contrast to their opinion that is based on knowledge that can be proved by others to be either right or wrong. Neither of which is absolutely the truth from the perspective of the Soul but are both a relative truth based on the belief & experience of a personal sense of ego Self.

N.B. The above distinctions are my personal opinion as confirmed by the intuitive certain knowing of my Soul's innately knowledgeable wisdom.

Pandora's Box

Pandora's Box is where humanity metaphorically locks up its demons.

We each have our own Pandora's Box.

It is the mental container in which we contain our fears and our limiting beliefs.

It is a commonly held belief that we can contain our emotions.

This is possible because an emotion is the effect of the sponsoring belief that is its cause.

So when I believe that there is no emotional attachment, there is none.

In reality, we suppress our emotions and contain them by choosing a contrasting rational belief that neutralises our fears.

A rational belief is a made-up story that we tell ourself to allay or dispel our fears.

A fear is a mental spell that we cast upon ourself as a belief in a negative or detrimental consequence.

The detrimental consequence is the personal experience of whatever it is that we fear.

We attempt to manage our negative experiences by suppressing our emotions and locking them away in Pandora's Box.

Opening Pandora's Box is the belief that we will become exposed to all the demons that cause the experience of our negative emotional feelings.

In the belief that life happens to us, we externalise the cause of our fears and disown them as a supernatural force that is not of our own making.

We each construct our own Pandora's Box as a belief system called our comfort zone.

Instead of seeing ourself trapped in the comfort zone of our own making, we see the Box as containing all our fears & limiting beliefs that we are trying to escape from. Rather than confront the apparent cause of our painful physical experiences, we contain them in a Box like Pandora's in the hope that they cannot harm us. Pandora's Box is a euphemism for our sub-conscious Id. My sub-conscious Id is my ROM drive or the memory store that allows my sub-conscious programming. Pandora's Box contains all the bugs & gremlins that are operating in the software of my sub-conscious programming.

As the mental programmer of my own consciousness, I can write new software with a better core belief system. Bugs & gremlins, devils & demons are all a mental construction of my own belief system, or my inheritance of someone else's belief system.

My emotions are a clear indication of how I feel about a belief that is forming my reality.

When I open Pandora's Box, I release the negative emotions that allow me to review their sponsoring belief. By challenging & changing a particular belief, I change the emotion with which I am experiencing life.

Until I open the box and take a fresh look at how I feel about my life, nothing will ever change.

Pandora's Box is a metaphor for the comfort zone that I have created in my life.

I am trapped in the comfort zone outside of my own Pandora's Box and the instructions for opening the box are on the inside of the box. It is only when I see that I am trapped in a box with my own demons that I can open the lid and allow them to disperse one at a time by confronting my fears and changing my perspective of the reality that I am myself creating.

All the time my demons are securely contained, they still surely exist as a real part of my life experience.

Only once I have dispelled all my demons can I discard the box in which I am convicted of spending a life sentence

The Prodigal Son

The Prodigal Son is a parable Of Jesus the Christ. Jesus used stories or parables to share his higher perspective of life.

He knew that only those who were awakened to their spiritual path could see their higher meaning.

It was the mission of Jesus to share his higher perspective of life with all others, even though he knew that those who were unawakened, without the spiritual eyes to intuitively see their meaning, could only listen to the parables.

To Jesus, we are all spiritual Sons of God and every Son is a physical incarnation of the Father or their Soul. The Soul is the Father who allows every Son in physical incarnation the ability of their own choice.

We all follow a unique path that our spiritual Father has chosen for us, except most people do it without a conscious-awareness of their personal destiny.

Without a clear vision for our life, the path can lead us into temptation, where we can become very lost, confused & frustrated by our lack of foresight & insight. On returning home to his physical family, the Prodigal Son is received with approval & acceptance by his paternal father but with anger & jealousy by his sibling brother.

Jesus reminds us that we always have a choice in our life even though our path is fore given to us. We are never really off track although there may be many times when it appears that way to both ourself and others.

The moral of the tale is one of unconditional acceptance by the father, which allows unconditional forgiveness for his son.

The father sees the true path of his son as prodigious, abundant & expansive, whereas others may see it as wasteful, reckless & extravagant.

In the eyes of the Soul of our True Father, we are all Prodigal Sons or Prodigal Daughters and every unique, exclusive & individual journey through every lifetime is a prodigious and abundantly expansive experience.