

# LIFE LESSONS 2019

A large, dark, angular rock formation, possibly a monolith or a natural rock structure, stands prominently in the foreground. The rock has a carved face with a diamond-shaped forehead, a wide nose, and a small mouth. The background is a deep blue gradient, suggesting a sky or water surface. The overall tone is somber and contemplative.

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# A Star

A star is a Light Source

The Source of Light is a Star.

Light is Conscious-Mental-Thought. My conscious, mental thought defines the light of a star, as a star. I am conscious of seeing a light source, which I call a star. My mental thought is that the light is a star.

Without any light, I am conscious of what I call empty space. Light defines space as not entirely empty. With enough light, no space is empty. On Earth, all space is filled with different frequencies of light, which are visible to the conscious thinking mind. These frequencies are called visible light.

In space, all space is full of Light; of which a conscious thinking mind is unaware. We are only aware of the visible spectrum of light, which is a very limited range of Light frequencies.

A Star emits an infinite, eternal & continuous number of frequencies & wavelengths of its energetic vibration. Only a few can be seen to be within the visible spectrum of light from a Star.

A Star emits a continuous stream of infinite frequencies and eternal wavelengths, of which only a very few are discerned by the consciousness of my mental processor. When my mental processor is

programmed to see only visible frequencies of light, I am unaware of and unenlightened to the true nature of the Light from a Star.

When Light is seen to be an awareness of the wisdom of higher superconscious thought, a star takes on a new dimension of understanding. When I see life with the higher consciousness of pure mental thought, I become a shining star.

The consciousness of pure mental thought is called Wisdom.

The awareness of pure emotional feeling is called Love.

The philosophy of Life is pure frequencies of wisdom conveyed on pure wavelengths of emotion, which are sourced from the Stars.

Collectively, the stars are called the Heavens, which is the Source of our Essence & Beingness. It takes wisdom to be the essence of my Beingness and when I am, I am called a Star because my wisdom shines brightly.

# Being Unconditionally Accepting

Being Unconditionally Accepting requires me to be unconditionally approving and unconditionally allowing.

Being unconditionally allowing means that there are no conditions under which I disallow whatever is occurring in my life.

Whatever I am tolerating in my life is a problem, which is unacceptable, so I disallow it. Disallowing a problem focuses on the problem and promotes it as a condition. Conditions are always a problem.

When I see whatever is occurring in my life as an opportunity, I never consider the conditions under which it is present, as it just feels right. When something feels right, I do not resist it, I allow it and when something feels good, it has my approval.

Physical life presents me with conditions. Being physical is a condition of experiencing physical life. Whenever I am using one of my five physical senses, I am sensing the condition of whatever is being presented to me as my reality and as my experience.

When something looks good, feels good, sounds good, tastes good or smells good, I find it acceptable, I approve of it and allow it to remain in my presence.

When something looks bad, sounds bad, feels bad, smells bad or tastes bad, it has my disapproval and I disallow it because I find it unacceptable.

My five physical senses are how I discern what is good or bad, acceptable or unacceptable, tolerable or intolerable for me.

Unconditional acceptance may never be attained using my five physical senses. The duality of physicality means that somethings will always be unacceptable.

When I try to accept what I find unacceptable, I will tolerate it to please others. I disapprove of something because in some way it does not feel good. That feeling is intuitive, not physical. It is my intuitive sense of feeling that allows life to be acceptable to me.

When something feels intuitively good, I unconditionally accept it because I know it is an opportunity for me. I never decline an opportunity unless I see an opportunity as a problem. When I see that an opportunity has a problem, then I see it as a problem, not as an opportunity. I never tolerate an opportunity, I always accept it.

I approve of every opportunity because it feels good. My good feeling is an expression of my approval.

I allow every opportunity when I know it is right for me. Knowing what is right for me is an intuitive sense of knowing. When I intuitively know what is right for me, it is because my intuition can never be wrong.

I never disallow what I believe to be right for me. I always allow what I know to be right for me. When my intuitive knowing is in alignment with



my personal beliefs, there is no opposition or resistance to my choice being allowed. When I allow my intuitive choice to materialise, I am standing in my true authority and approving of my own personal creative power.

When aligned with my true power & authority, unconditional acceptance is enabled. When truly empowered, I offer no disapproval of whatever is occurring. When truly inspired, there is no reason to disallow whatever is imminently manifesting.

When something feels intuitively good, I unconditionally approve. When I know something to be intuitively right, I unconditionally allow it. When I intuitively see my destiny unfolding before me, I unconditionally accept it.

I can only intuitively see what I know to be true to my path because it feels good. When my three intuitive senses of seeing, knowing & feeling are working in harmony, I am being allowing, approving & accepting of whatever is occurring and offering no conditions.

Unconditional acceptance allows my expression of pure gratitude & appreciation. Gratitude & appreciation are therefore expressions of my unconditional acceptance of the opportunities unfolding in my life.

Life is the experience through which opportunities unfold. My ingratitude and my inability to show my appreciation, both disallow any opportunity for growth because my disapproval is unacceptable. I cannot accept something of which, I do not approve.

When I disapprove and find something unacceptable, it doesn't disallow it from my experience, it disallows it as an opportunity, so it becomes the experience of a challenging problem.

Unconditional acceptance is never a problem when I unconditionally accept everything in my life as an opportunity for growth & learning.

Before I can accept every opportunity, I first have to accept the challenge to become problem-free and see everything in my life as a potential opportunity.

# Goodness, Gracious, Gentle, Me!

Divine Ability is always tempered with Divine Gentleness.

Divine Gentleness is neither strong nor weak, neither hard nor soft, neither forceful nor resistant. It is neither wrathful nor meek, neither angry nor patient, neither arrogant nor humble.

The ability of Divine Gentleness requires the authority of Divine Goodness and the power of Divine Grace. The authority of Divine Goodness is empowered with Divine Grace, which together allow the ability of Divine Gentleness. Emotional Grace with mental Goodness are the key to being physically Gentle and attaining spiritual Divinity.

Stating what feels bad for me is not Good. Stating what I think is right for others is arrogant and not therefore Good, as is stating what I believe is bad for others.

Stating what feels right for me is Good. Allowing my Gentleness to gracefully flow is Good.

Stating what feels Good for me in a Gentle way requires Grace.

Gentleness requires Grace to state what is Good for me. Stating what is Good for me with Gentleness & Grace is Truly Selfish, never detrimental to another and always beneficial for my Self.



Arrogance, wrath & anger are selfish attributes. Humbleness, meekness & patience are unselfish attributes. The Pure Gentleness of Goodness & Grace are truly selfish & divine attributes.

Wrath & Meekness are a duality of the ego's choice of false authority. My authority is my mental choice of direction. With wrath, I choose for others to follow my direction and with meekness, I choose to follow another's wrathful choice of direction. My Divine choice of direction is Goodness. My Divine Goodness has no duality and no opposing polarity of badness. My divine choice of authority is always good for me. Authorising another person's choice is wrathful and following another's choice of authority is meekness.

Anger & patience are a duality of the ego's choice of power. I can choose to give my energy patiently to another or I can choose to angrily take my power back from another. I can patiently support another with my emotional power or I can angrily withdraw my support. Anger is intense impatience. My divine choice of emotional power is Grace. Divine Grace flows effortlessly without entropy or resistance. Without entropy or resistance, there can be no anger and no patience is ever required.

Arrogance & humbleness are the ego's choice of ability. My choice of action is either arrogant or humble. I either arrogantly lead another or humbly follow others. Leading others by giving them my direction is telling them what to do, which is arrogance. Following others and taking their direction is being humble to their apparently superior choice of

action. In the belief that I am inferior to another, I humbly follow their arrogant choice of direction.

True Gentleness is without arrogance or humbleness, True Goodness is without wrath or meekness, True Grace is without anger or patience and True Selfishness is being neither selfish nor unselfish.

# Reality Is A Contextual Field

Reality is relative to a contextual field called an energy aura.

An aura is a personal energy vibration. The vibration of my personal aura is a contextual field, which determines my individual reality. Reality is as unique to each Individual as the personal vibration of their energy aura.

It is my energy vibration that gives my reality context. The circumstances under which my life unfolds is how I experience my reality. How I experience my life unfolding is the context of my reality.

My aura is an energetic expression of my personally stored mental programmes. My store of personal programmes & beliefs is my perspective of the unfolding of my reality, since my birth into human form.

My life unfolds through choice, whether I am consciously choosing it or not. My conscious choices, together with my sub-conscious choices, form the basis of the context of my sub-conscious programming. My sub-conscious programming forms as a contextual mental field, which is the vibration of my sub-conscious mind.

Every energetic vibration has both a frequency of time and a wavelength of space that determines its vibration of reality. The context of my energetic frequency is relative to the time in which I am living. The context of my energetic wavelength is relative to the space in which I inhabit.

I am the creator of my own space-time-reality. My aura is the creation of the frequency of my thoughts and the wavelength of my emotions. The purer the frequency of my thoughts, the finer the quality of my experience and the purer the wavelength of my emotions.

A pure frequency of thought allows clarity of direction on a pure wavelength of emotional feeling. The choice of a clear direction always feels good because it offers no resistance and a joyful present opportunity is always seen as being beneficial.

When aligned with a pure vibration of mental thought & emotional feeling, I am experiencing my reality unfolding in alignment with my Soul's vision for its Self. My Soul gives life to its Self for a purpose. When I see my purpose in life as the fulfilment of my Soul's vision, I put my life into context. The purpose of life is to live life with a real purpose and see, with meaning, the reason my life is unfolding as it is.

When I am lost, confused and frustrated on my journey through life, it is because I am out of alignment with my divine path, which means that I am disconnect from my higher guidance & support. The guidance & support of my higher super-conscious mind allows my Self to put my personal reality into context.

In its true context, my life has a vision, mission & purpose with a reasonable meaning. With the meaning in context, I can see the reason for my purpose. My purpose is always the emotional feeling that I experience through life. My reason is always my intellectual choice, which is based on the context of my programmed beliefs.

When my programmed beliefs are founded on impure thinking and other people's premise, my intellectual choice can seem to be reasonable, yet meaningless and unfulfilling. When disconnected from my Soul's mental guidance & emotional support, I am driven by the context of other people's programmed beliefs.

At the highest level of Consciousness, I am choosing the context of my life by choosing the culture, creed & character of the family into which I am born. This higher conscious choice of birth context specifically allows personal life experiences that offer the greatest opportunities for the spiritual growth of the Soul.

As I adopt the programmed beliefs of my birth family, I share their experiences of life with a similar context; as I have their same perspective of reality. The great paradox of life is that we have all come into life with our very own individual, unique & exclusive path in life, to be guided & supported by parents or guardians with their very own individual, unique & exclusive path in life.

I have adopted the clarity, direction & presence of the opportunities afforded by my parents as well as the chaos, confusion & frustration of the problems that they are and have been facing in their life.

The reality is that other people in my family, society & country are giving my life context, until I awaken to the realisation that my personal vibration is only individually unique to me, when I consciously decide to make it so. Only then can I individually choose the context of the unique vibrational field of my own personal reality.

# Curing & Healing

Curing means preserving health.

Healing means restoring health.

I can only preserve my health, once I have restored it.

Health is the beneficial experience of life. It is the energy of life experienced. The healthy energy of life is innate and cannot be obtained from an external source. It is attained not obtained.

Health is not something that happens to me! Neither can I make myself healthy by trying to cure illness.

Curing illness preserves illness, not health. Restoring health is not a physical action, it is a mental and emotional activity. To change an emotional experience, I am required to change its mental cause.

Emotion is always a perception of a mental perspective. To change how I perceive an emotional experience, I am required to change its sponsoring thought. A sponsoring thought is the personal perspective of whatever is occurring.

When I believe that illness happens to me, that belief will preserve my illness. I can only preserve my health, once I have restored my health. I will never restore my health by trying to cure my illness. The cause of



every disease is the negative mental perspective of whatever is believed to be occurring.

Restoring health is the process of connecting with the flow of innate positive life energy that flows through me. Health is the flow of life energy that flows through each and every one of us, when we allow it.

The secret to restoring health, or healing, is to allow it to flow unrestricted. Any belief that life is unhealthy restricts the flow of health in my life. Healing is the process of restoring health by allowing a healthy mind to experience healthy emotions, as a healthy experience of life.

The flow of healthy emotional energy comes from within each of us and is generated by a healthy mind. Looking for a cure for my illness outside of myself is an unhealthy perspective of my own negative personal reality.

The only person who has the mental authority and the emotional power to restore my health is my own Self. My state of being well, my well-being, is something that I, and only I, am able to connect with.

Unhealthy thinking depletes my natural store of healthy life energy. Toxic thinking causes the effect of a toxic experience.

Healing restores health through healthy thoughts because healthy thoughts allow the experience of a healthy life, whereas toxic thinking preserves a toxic experience. Curing a toxic experience preserves it as a toxic experience.

Healing a toxic belief allows a healthy flow of well-being to flow as one's own personal experience. Once I have restored my health, I can cure my health and preserve it with thoughts of well-being.

A healthy mental outlook allows a healthy feeling of emotional well-being, which allows the physical experience of being healthy & well.

Share

# Pure Gentleness

Gentleness is how life flows in its purest energetic form. The divine flow of life is gentle.

My Gentleness aligns my Self with the divine flow of life energy.

Gentleness requires both Goodness & Grace. A good mental frequency with a graceful emotional wavelength allows a vibration of Gentleness to effortlessly flow.

When I flow with a wealth of joyful grace, my emotional wavelength is pure.

When I flow with the goodness of fulfilling wisdom, my mental frequency is pure.

When I flow with the Gentleness of healthy contentment, my physical vibration is pure.

A good mental frequency of thought has a positive polarity.

A graceful wavelength of emotion has a balanced feeling of gender.

A gentle vibration of energy experiences a harmonious intensity of life.

A positive frequency of thought with a balanced wavelength of emotion has the potential of a pure vibration.

Pure Gentleness has no resistance to life, as there is no divided polarity and no entropy because there is no divided gender. Impure energy that is divided by gender & polarity has a strong or weak intensity because its vibration is unbalanced and not in harmony.

The more gentle my emotion, the more gentleness I attain, the less intensity I express and the less drama that I experience.

A gentle drama is an oxymoron.

A gentle life is a pure delight.

# The Confident Choice

The Confident choice is neither arrogant nor humble.

Self-confidence is the ability to make good choices for one's Self. A good choice for oneself has neither arrogance nor humbleness.

Arrogance is leading the way for someone else by giving them direction.

Humbleness is following the path or the direction of someone else.

Arrogance & humbleness are the same energy vibration, which is flowing in opposite directions. They both have a negative polarity because neither is in alignment with one's true path.

I confidently follow my my own path and lead my own life. When I both follow & lead, my life is in balance on an harmonious path.

With confidence, I neither lead with arrogance, nor humbly follow another. I am confidently in alignment with the direction of my path and fulfilling my purpose. I am confidently making choices on purpose. When confidently connected with my own authority, I am confiding in my true Self.

It is confidence in my own authority that allows my choice to flow effortlessly. Effortlessly flowing choices are called opportunities.

Challenging problems, which are caused by my arrogance or

humbleness, always restrict my flow and my opportunities. I always choose an opportunity with confidence.

Self confidence allows whatever is occurring in my life to be seen as an opportunity, which is always beneficial. Seeing opportunities requires intuitive insight. When a choice feels intuitively good, I intuitively know that it is right for me.

I arrogantly make my choices based on false information, which other people have given to me. I humbly make the same choice that other people have chosen. I confidently make a choice that intuitively feels good and I intuitively know is right, because I intuitively see the opportunity for me.

There is no intuitive choice without the confidence to confide in my Self and there is no confident choice without an intuitive connection with my true Self.

Choice requires confidence, confiding in my Self requires intuition and intuition is my confidence with my Self. In my disconnection from my intuitively wise higher Self, I will default to either the arrogance or the humbleness of my lower self.



# Self Deception

Self Deception is the belief that my physical experience of life is the only reality.

I experience physical life through the media of my five physical senses, and I call this my reality.

I believe my reality to be real and whatever I believe to be real, I believe to be my truth. My truth is based on my personal experience of reality and what other people have told me is true.

I have been deceived into thinking that what other people tell me is true is the only version of reality.

I have been deceived by this universal belief that there is only one reality and that reality is what other people in authority have decided to be the truth.

I may believe that other people are being deceived by their own version of reality, but the only real deception is my own. The only true deception is the deception of the Self.

The deception of the Self is caused by the belief that the ego sense of Self is both causing and experiencing the effect of its own reality. The greatest deception is that either my ego or someone else's ego is causing the version of reality that everyone is experiencing.

We have all been deceived into thinking that unless we make our own life happen, by choosing what we want for our Self, then we will be a victim of what other people decide is best for us.

My Self is deceived when it believes that my ego sense of Self has the power, authority & ability to choose its own reality.

Deceit is the absence of higher truth, which is the choice of the Soul. The Soul makes individual choices for each individual Self.

Each individual Self is deceived until it remembers its own personal, individual, unique & exclusive vision, purpose & mission for its life. Being born into physical life with no memory of my true Self or my Source, is a very neat trick and the grandest of Self deceptions.

Self deception is the belief that I am a physical entity having a physical experience of life.

Self deception is the belief that existence is an accidental occurrence and there is no meaning, reason or purpose for life.

Self deception is the belief that the ego is an entity with sovereign choice.

Self deception is the belief that as a creation, I am separate from my Creator.

Self deception is the consequence of believing that the Self is disconnected from its Soul Entity, which has sovereign choice.

When I realise, remember & intuit my vision, mission & purpose for my life, my self deception ends and I know beyond any shadow of doubt that life is not a trick or an illusion, but it is magic.

Life is a magic trick performed by the Soul on its Self. I can either join in and enjoy the performance or I can see my life as the illusion of a great deception.

Only a disconnected ego sense of Self can perceive itself as being deceived when it is the victim of being lost, confused and very frustrated.

# Wrath & Anger

With no distinction between personal power & personal authority, wrath & anger appear to be the same thing.

Personal authority is mental choice and personal power is the emotional energy required to make that choice.

Wrath is my reaction to my loss of personal authority, which is extreme intolerance.

Anger is my reaction to my loss of personal power, which is extreme impatience.

The best way to understand the distinction between two similar concepts is the look at their contrasting attributes.

Wrath has a gender opposite attribute of meekness, while anger has a gender opposite attribute of patience.

When I meekly follow the authority or influence of another, I give away my authority to that person and I tolerate the choices that they make for me. When I am unable to tolerate my loss of authority any longer, I react with wrath. Wrath is my expression of extreme intolerance.

When I patiently give away my emotional power to someone else's authority or choice, I will eventually run out of patience and experience the extreme impatience of my angry reaction.

Tolerance, the ability to tolerate any situation, keeps wrath under control.

Patience is the ability to keep anger under control.

Suppressing either anger or wrath is not an emotionally intelligent strategy.

Being accepting & approving of any situation allows me to redeem my personal power and authority. I allow my own personal emotional power to flow when I am making my own inspired choices.

Being meek & patient is a toleration and an emotional energy drain, which eventually leads to an intolerable reaction of impatience called the wrath of my anger. Impatience and intolerance together cause my intense frustration. I am always frustrated by having to follow someone else's choices for my Self.

The effect of suppressing wrath or anger for long periods of time is called depression.

# Good & Bad Sins

A Sin is the male energy of my emotional expression.

A Virtue is the female expression of my emotional energy vibration.

Whereas virtues are universally recognised as good, sins can be seen as either good or bad.

Good or bad & right or wrong are positive & negative perspectives of my personal experience of reality. Perspective is a personal choice, which has a polarity of being positive or negative. In a relative dual reality world, I have a choice of emotional gender as well as a choice of mental polarity. The polarity of my mind determines the gender of my emotional mood or expression.

Sin is an expression of male energy, which can have either a positive or a negative polarity relative to my perspective. It can be seen as either a good expression or a bad reflection of who I really am.

Pride is seen as a positive attribute when I am outstandingly positive, good or right. I rarely see my own pride as wrong but when others see it as over confident or arrogant, my pride appears to lack humility.

Pride always lacks humility because standing proud is never modestly going with the herd or the flock. Pride is the male gender opposite of female humility. When I take pride in being better than others, I am really



expressing greed & arrogance; so I humble my pride by being outstanding only when it pleases others.

Pleasing is the female energy that contrasts with male greed and male arrogance has a female counterpart of humbleness.

Wrath is my assertive male energy, which is seen as a positive attribute for leadership. Its counterpart is meekness, which is attributable to obedient followers.

Gluttony is the male energy of having more than enough of anything. It is seen as good when it allows extravagant giving to others in the form of philanthropy or charity. When I believe that having more than enough is plenty, then having plenty is gluttony and having enough is abundance. The opposite of gluttony is scarcity, which is not abundance. As gluttony is a male sin, the experience of scarcity has often been seen as the virtue of poverty or abstinence.

Anger is the state of extreme or intense impatience, which is seen as good when it gets things done or empowers one to overcome their depression. We believe anger to be good when it is reasonably managed and channelled into motivation that overcomes resistance. We call productive anger, will power. We use will power to counteract impatience unless we see patience as a virtue.

Patience is the gender opposite of anger, which never gets us what we want only the belief that it will if we are patient.

Lust is seen to be good when I have a lust for life. Lust is the male energy of desire, which in opposition to female passion can be seen as unromantic and even abusive. To lust after life is good but to lust after another person is seen to be bad, whilst lusting or sexually desiring children is a taboo and a crime.

Envy & jealousy have come to be seen as the opposing polarity of the same energy. Envy is good when it motivates us and jealousy is bad because it breaks up relationships.

Jealousy is the extreme grief of losing what I need emotionally to another person. We are jealous of a person who gets what we need instead of us. We hate someone whom we are jealous of instead of showing kindness to our own kith, kin & kind.

Envy is wanting what other people have, which can be seen as a positive driver for commercial growth in a capitalist society. The more that we want what other people have, the harder we are prepared to work to achieve it.

Sloth is seen as being lazy or idle, which is what everyone wants for themselves but sees as a bad quality in others. Hard working diligence, traditionally the role of the female sex, has always been seen as good for women and the working man but bad for ladies and gentlemen of good breeding. Sloth is the choice of the ruling classes for themselves but duty and due diligence is their choice for the working classes. We can see sloth as idle & lazy or peaceful & restful.

We can see pride as good and hubris as bad; envy as good and jealousy as bad; gluttony and greed as bad and avarice as the good accumulation of wealth. We can see arrogance as confidence or arrogance as bigotry and we can see lust as passionate desire or wanton abuse.

Equally our virtues are not as virtuous as we have been led to believe. The virtues that our lustful, assertive, arrogant leaders have chosen for their followers keeps them diligently working in poverty to please their employers with humble humility.

Life always has a choice of direction because perspective & polarity allows a choice of direction. Sin is a choice of male energy in contrast to female energy, which can be perceived as either positive or negative, beneficial or detrimental and relative to personal perspective; irrespective of one's masculine or feminine sex.

# Humility & Humbleness

Humility is not who I am being but something that I have. What I have is an attachment to being human. Being down to earth or the salt of the earth is said to have humility.

Humility is the belief that a physical person having a physical existence is a part of the human race and just one of many human Beings.

Being human, doing humane things in physical reality, is having humility. It is being one of us and following the herd or flock mentality. It is being plain & ordinary, following convention and taking the same stance as other people. It is distinct from the humbleness of taking a lower stance than others.

Humility is following in the same path as everyone else, whereas humbleness is being lead on someone else's path.

Humbleness is being subservient to an arrogant leader. Humility is being a pleasant or pleasing follower.

Humility blends in where pride stands out.

Humility is unpronounced and pride is prominent.

Pride & humility are gender opposites of the same emotional energy vibration.

Humbleness is being an appeasing follower and an agreeable servant, which is the prerequisite of an obedient slave. It sees another as its authority & Master.

With arrogance, I see others as subservient to myself. Arrogance asserts authority over others, whereas humbleness takes authority or direction from others.

Arrogance & Humbleness are gender opposites of the same energy vibration.

I can have humility and follow others without being humble to anyone's assertive leadership. I can also be proud and prominent and confident in my ability without being arrogant and asserting my authority onto others.

Outstanding leadership requires humility, whereas assertive leadership can be very humbling.

# A Drama

A Drama is a period of highly intense emotional experience.

A highly intense emotional experience can be personally perceived in a positive or a negative way, as very pleasurable or very painful.

It is not possible to avoid dramas in one's life. The more that I suppress an intense emotion, the more dramatic life becomes. The more I deny that a drama exists, the more intense the drama becomes. I cannot hide from a drama and I cannot refuse to act out the drama but I can choose to overcome the drama.

A drama is a drama because I believe it to be so. It is a false belief of my personal perspective. In other words, it is a fear that I fear will occur.

Intense beliefs cause intense emotions, which cause intense dramas and their effects.

When I believe that life happens to me, then dramas happen to me.

When I believe that I cause my own dramas, then I am the cause of my own dramas.

Whether I believe life is happening to me or by me, dramatic experiences will occur.

When life happens through me, I am allowing it to be effortlessly undramatic as life just flows without resistance. Dramas are the



experience of my resistance to flow. They are life reminding my Self that I am resisting the flow.

When I allow it, life flows through me in an effortless way, not a dramatic way. The flow of pure life energy is exciting but never dramatic. I create all the dramas in my own life, or not, with my perspective of whatever is occurring.

All dramas contain the duality of a choice of positive or negative experience because they are driven by either a positive or a negative perspective of personal reality. With a purely positive perspective of life there is no duality and there is no drama.

When the emotional gender of my energy is out of balance, dramas will ensue that are perceived as either sinful or virtuous. Expressing polarised male or female energy always causes dramatic consequences. When my choice of direction is polarised, it is perceived as either positive or negative. It is my polarised perspective of life that causes my dramatic experiences. It is my belief that life can be bad or wrong that makes my experience of life dramatic.

Drama only exists in relative dual reality existence. In absolute reality, there is no drama. In relative dual reality life, I can experience the extremes of the intensity of my own energy vibration. I can experience the range and the limits of the positive & negative polarity of my thinking.

In the balanced harmony of a neutral intensity, there is no drama. In the eye of the storm there is stillness & calm.

The potential to overcome intensity is the key to overcoming all dramas in my own life.

# There Must Be More To Life Than This?

‘There Must Be More To Life Than This’, is a statement of being personally unfulfilled.

Being mentally unfulfilled is the effect of not knowing that one has a vision for one’s life. When I have forgotten that I have a chosen vision for my life, there is no way for me to fulfil it. Fulfilling one’s vision for one’s life is the only true pathway to fulfilment. Only once I know my personal vision for my life can I fulfil it and feel fulfilled in life. I cannot fulfil my life’s purpose without the intuitive knowledge of what it is.

We are always fulfilling our life’s purpose, yet few are doing it on purpose. It is only when I walk my path on purpose that I am able to feel fulfilled. When I feel fulfilled, I feel full of joy because I am fulfilling my purpose in life. When I am on a mission to fulfil my purpose, I am content with my life.

There must be more to life than this, is a statement of discontentment and dissatisfaction with life. The purpose in life is never to satisfy myself, but to allow my Self to feel content. When I feel my contentment, I intuitively know that everything in my life is abundant and there for the fulfilment of my journey.

When I feel that there is something missing in my life, it is my sense of purpose that is missing. My sense of purpose is only sensed intuitively. Neither material objects nor possessions will ever make me feel content.

Contentment is the feeling of being on track in the flow of abundance that Divine Providence always provides. Abundance is the emotional feeling of having enough to allow my contentment with life. The simplest way to attain contentment is to want for nothing. When I want for nothing, there is a recognition of always having enough in every present moment, which ensures my contentment.

It is a joy to feel content and be fulfilled with life. The purpose of physical life is to be content and feel the emotional joy of being mentally fulfilled. Fulfilment, contentment & joy are the three attainments of True Spiritual Happiness.

When fulfilment, contentment & joy are freely flowing in my experience, I am happy and there is nothing more to life than feeling True Happiness.

# Divine Intervention

Divine Intervention never happens to me and never happens by me. It either happens as me or through me.

The Soul intervenes between the id and the ego, when I allow it. I allow my Soul to intervene by overcoming my perspective of separateness. I bring my ego into divine alignment with my Soul when I allow my Soul to intervene.

My Soul always gives its Self unconditional choice and therefore never intervenes where it is not allowed. My disconnected ego disallows any divine intervention. When I disallow divine intervention, with a contrary belief system, I have a choice of polarity that I believe to be either positive or negative for myself.

I can choose to interfere in the chosen path of other people or I can choose a path of non-interference. Whether I interfere or not, in the path of another, it is still a negative choice that I am making. Whether I consciously conflict with another's drama or I consciously go along with another's drama, I am involving myself in that person's drama and making it my own drama.

My core values guide my Self along my own destined path. To follow my path effortlessly without resistance or interference, by the golden rule, I

am obliged to allow all others to follow their own path without resistance or interference.

Overcoming the duality of interference & non-interference requires my personal choice to allow divine intervention. Divine intervention is empowered & inspired. When I am empowered & inspired to intervene, there is no interference. Guiding & supporting another on their true path can only happen with divine intervention.

I can only ever divinely facilitate an intervention with intuition. I intuitively know, see & feel the divine way to intervene with support & guidance for another on their life path.

In the same way that miracles can only occur when I intuitively allow them to, divine intervention can only manifest when I am intuitively guided to act in alignment & support of another's path.

Allowing divine intervention to guide & support me on my path and allowing divine intervention to guide & support another on their path, fulfil my two core values of allowing all others to follow their divine path whilst I am following mine.

Connection to any divine intervention is through the inspired revelations of my intuitive higher Self. Intuition is the essence of allowing the miracle of inspired revelation that connects my Self to the divine intervention of the Soul.

It is my attachment to other people that causes my interference in their dramas. It is my disconnected insensitivity to other people that causes

my non-interference in their dramas. Attachment & insensitivity both disallow divine intervention. I cannot be attached to another person and be divinely connected, neither can I be insensitive to another person and intervene without interference.

My divine connection allows my divine intervention in life. Divine intervention requires my sensitive detachment with other people, so that I know intuitively the dramas that they are involved in. I can then intervene without involving my Self or interfering in their drama.

Divine intervention is what my Soul chooses and my Self allows. My Soul is always happy to intervene in my life when my Self allows it. My Soul is my Inner Tutor, with whom I connect intuitively.

My Soul is my miracle worker and is never happier than when it is performing miracles for its Self.

My Soul is always sensitive to the emotional needs of its Self, yet is always detached from any potential dramas that the ego causes for itself.

Divine intervention allows my interactions with other people to be sanctioned at the level of the Soul.



# My Mind Is Not My Brain

It is my Mind that transmits & receives thought, from one level of consciousness to another.

My brain is neither a transmitter nor a receiver of thought but a transducer. It is the Mind that creates thought, not the brain.

Thought is a frequency of energy with a relative wavelength. It is a vibration of the spiritual or energetic Mind, not a vibration of the brain.

Brain waves are pulses of a transducing processor. Thought waves are the frequency of a communicating Mind. The vibration of Thought of a communicating Mind is called Consciousness. Brain activity is called physical consciousness, even though brain activity continues during periods of sleep & unconsciousness.

Consciousness exists whether I am physically awake or not, which means that there are different levels of consciousness. At different levels of consciousness, the brain oscillates at different operating levels because it is transducing information from different levels of Consciousness.

It is the Mind that has different levels of Consciousness, not the brain.

Sub-conscious thinking, of the sub-conscious Mind, is said to be instinctive. It is the unconscious body's way of communicating without conscious awakeness or conscious awareness. The physical body's autonomic system runs sub-consciously in alignment with its

programmed belief system. My first programmed belief is that my body functions without me having to think about it consciously, so it does.

Super-conscious Thought is how my Spiritual Entity, my Soul, communicates with its Self. Soul communication is called intuition. I am connected at the Soul Level intuitively. I always have a conscious choice between rational intellect or spiritual intuition, unless that is I have already reacted instinctively to whatever is occurring. Thinking is the ability to analyse all lines of communication between the Soul-Self, the conscious ego-Self or the sub-conscious self called the Id.

Thought is the energy of the Mind in motion. The energy in motion of my mind creates a relative level of conscious thought. At the highest or fastest frequency of thought is my super-conscious mind. At the lowest or slowest frequencies of thinking is my conscious ego sense of Self. Hence the need for a physical brain to transduce high frequencies of intuitive thought to the low frequencies of the ego's rational thinking.

Brain waves are the wavelengths of mental processing, not the frequencies of mental consciousness. The Mind transmits and receives on different levels of frequency and the brain processes on different levels of wavelength.

Neuroscience has formulated ways of measuring brain waves as electrical impulses but as yet has no way of measuring Mind waves, which are Mental frequencies of Light called the Consciousness of Divine Thought.

# Dimensions

A Dimension is a polarised direction of a perspective of consciousness.

A perspective of reality has three dimensions when it identifies three directions in which the mind can consciously direct a thought.

Consciousness, Mind & Thought are three dimensions of my mental reality when my mentality identifies three dimensions of thought, mind & consciousness. Where consciousness is a reality, mind and thought are it's other two dimensions.

In an emotional reality; heart, feeling & awareness are its three dimensions. In a two dimensional reality; my heart has an awareness of feeling and my mind has a conscious thought. In a three dimensional reality; my spirit has a conscious mind that thinks, a heart that has emotional awareness and a body that is having a physical experience. In a four dimensional reality; my spirit has a body, a heart, a mind & a Soul.

In a spiritual reality or from a spiritual perspective; the Soul may be seen as a three dimensional consciousness that is the conscious ego, the sub-conscious id & the super-conscious entity.

In a physical reality; body, mind & emotion are the three dimensions of a spiritual entity, comprised of energy, matter & motion.

The perception of energy in motion as matter determines the experience of space-time-reality.

When a physical perspective sees only matter in motion, it has a perspective of three polarised directions of travel. A polarised direction of travel allows a choice of opposing directions. This creates a duality or dual reality, which is relative to individual choice & experience. My experience of a dual reality existence allows a polarised perspective of opposing choices in a three dimensional physical reality.

A physical point extends in two opposing directions of length called forward & backward, it extends in two other directions of breadth called left & right and in two further directions of height called up & down. When I add a fourth dimension of perspective, my point Source can extend inward & outward into the depths of either the macrocosm or the microcosm.

An energy point source can extend in two opposing directions of spin, on a north-south axis or an east-west axis. It can orbit in a clockwise or an anti-clockwise direction and it can also rotate in a positive or a negative direction.

Every physical body in time-space-reality exhibits three dimensions of physical characteristic and three dimensions of energetic motion. Energy, matter & motion are the three dimensions of a creative reality. Reality is created relative to the matter of energy in motion, the energy of matter in motion or the motion of energy in matter. These are the three dimensions of our mental perspective, emotional perception & physical experience.

A physical experience is a matter of energy in motion, an emotional perception feels the energy of matter in motion as emotion and a mental perspective knows the motion of energy in matter as a thought.

In whatever direction I polarise my perspective, I discover a new dimension of reality. In a three dimensional reality, every perspective has three dimensions; whereas in a relative duality, there is only a perspective of two choices in contrast to each other.

Space has opposing dimensions of full or empty, large or small, inert or dynamic. Time has opposing dimensions of past or future, late or early, before or after and reality has opposing dimensions of true or false, good or bad, right or wrong, beneficial or detrimental.

We all live in a multi-dimensional reality of our own creation relative to the personal perspective or perception of our own conscious-awareness.

# Truth & Reality

Truth & Reality are not the same, although it is generally believed that reality is the truth and truth is what is real.

My truth is my perspective based on my experience of reality. When I believe that my perspective of reality is the truth, I have no distinction between truth & reality. Everybody has their own perspective of reality and not all are true.

Fear is a reality but it is not my Truth. I may believe that I truly live in fear but this is because I have no distinction between truth & reality. Living in fear is not in alignment with my true path.

My true path is aligned with my absolute truth. The absolute reality of my absolute truth is that there is never anything to fear. My true path is based on Truth not fear. The truth is that in absolute reality my real path is always true and there is no duality.

In this world of relative duality, I love what is true and I fear what is untrue. As personal experiences of love & fear are based on personal perspective, both are real but only one is true. I can experience True Love but not true fear, only real fear.

A fearful perspective of my path is relatively real but not my absolute truth, even though I may believe it to be real with conviction. I really do experience fear but fear is not my Truth.



The Truth is that fear is a false perspective appearing real based on my relative experience of reality, caused by my beliefs about whatever is occurring. Whenever I experience fear, it is because of a false belief. A false belief is not true but it does cause a false perspective of my reality that appears to be true.

In Absolute Reality there is only Truth.

In relative dual reality, I can experience a reality that is either true or untrue. An untrue perspective is based on the ego's belief about whatever is occurring. What the ego believes to be occurring, it believes to be real.

When my beliefs are not true, I will experience a false perspective of reality. Limiting beliefs are not True because they cause me to see a false and deviating path, which is not my destiny.

Fear is just an intensely limiting belief that a false path is being presented to myself. Fear not only stops me following a false path but also stops me following my true path.

In the absence of knowing my true path, I cannot know what is true for me and I cannot really know my Truth. As my beliefs about what is true for me become my experience then I assume whatever I experience is real and true for me.

I learn my Truth with intuition. Whereas beliefs are not always true, intuition certainly is.

I learn to fear my Reality with all the false evidence appearing to be real.



# In Here & Out There

In & Out are a duality, as are Here & There. They are both a duality of space-time-reality. They denote a place in space and a direction in space. When I am either here or there, in or out, I am experiencing a contrasting perspective of the reality of space-time.

I can mentally travel out to my future or in to my past.

I can physically be here in the present or mentally there in the past or future.

I can be in here or out there in physical space or in there & out there in the past or future of my mind.

Overcoming any duality requires a third choice of perspective, a third way of perceiving reality.

The third way between the duality of past & future is to be present in the present moment of reality.

The third way between in & out is here. When in & out are both there, the present is here. When I am presently here, I am neither in there nor out there.

In there is called the microcosm and out there is called the macrocosm, from my perspective right here. From out there, I appear to be in the microcosm and from in there, I appear to be in the microcosm.

Space-time is a reality that is always relative to personal perspective. My conscious perspective is always present & here. I can project the imagination of my sub-conscious perspective, either out there or in there.

My super-conscious perspective is beyond space-time-reality. It is neither out there nor in there, but it is always presently here. My super-conscious Soul, from its absolute perspective is always present here in space, present now in time and offering a divine present to its Self as a reality.

The Soul always presents its Self to itself as an expression of its True Self. When the ego Self is searching for itself in there or out there, it will never find its True Self.

The True Self is always Here, Now and in absolute reality is Nowhere in space or time.

# The Energy Of Life

Life is an Energy Vibration.

When Consciousness vibrates with energy, it comes alive. Consciousness is a mental frequency of thought, with a force of authority called Light. Every frequency of thought is transmitted & received on a wavelength of emotion that has a magnitude of power called Love.

Every vibration of the Mind is a frequency of thought with a wavelength of emotion, which determines its level of Consciousness & Awareness. The purer the authority of a thought, the more powerful the emotion on which it is transmitted. The conscious Mind brings the perspective of its thoughts and the perceptions of its emotions, to life. Life is the experience of a thoughtful conscious mind with an awareness of emotional feeling.

Life is an energy vibration, which is divided by wavelength & frequency. Without frequency, there is no time to think and without wavelength, there is no space to feel emotion. Space is the magnitude of emotional power that in every moment of authorised mental thought allows the creation of a potential physical reality. Moments of pure emotional thought create the experience of space-time-reality.

A vibrating 'string' of thought causes a time-line of existence in the universal gap of space. Consciousness is a vibrating string of thoughts, frequenting in time as wavelengths of space.

It is the frequency of a forceful thought energy vibration that creates time and it is the wavelength of emotional energy vibrations that create a magnitude of space, which allows the potential for a physical reality to exist.

Life is the energetic product of the authority of conscious thought called Light and the power of the emotional awareness of Love. Emotional Love is a magnitude of power that empowers & inspires the Light of mental thought, as a force of authority.

The ability of Life to be physically experienced is relative to the authority of Light-Conscious Thought and the awareness of powerful Emotional Love. Life is built on a foundation of Love & Light. Every vibration of Life has a frequency of Light transmitted on a wavelength of Love.

Life is the physical reality of emotional love with mental light, in a time-space medium.

Time-space-reality is the light of love in life, experienced. The frequency & wavelength of every energy vibration determines the reality of physical life.

Spirit is energy and energy is spiritual.

Spirituality is the reality of energy as it vibrates and flows through physical life.

# Three Dimensional Consciousness

Physical Consciousness is one dimensional, it is awake.

Two dimensional consciousness is either awake or asleep.

Being conscious whilst asleep is called dreaming. Daydreaming is focusing consciousness out of physical reality whilst awake. I am conscious of my dream reality whilst asleep, whether I remember or not when I become awake.

Spiritual Consciousness is three dimensional. It is awake, alert & aware.

A Spiritual Being in three dimensional reality has a physical dimension called a body, a mental dimension called a mind and an emotional dimension called a heart. My Heart is the emotional source of my experience, my Mind is the mental source of my experience and my Body is the physical source of my experience.

From another perspective, the spiritual realm comprises a physical material plane, an emotional etheric plane and a mental astral plane. As a spiritual Being, I exist on all three planes and in all three dimensions, simultaneously; even though my consciousness may not be fully focused three dimensionally.

When I am one dimensionally focused on the physical plane, I am awake. When I am intuitively connected to the astral plane, I am spiritually connected and alert to my inspired messages of direction & guidance. When I am intuitively feeling the etheric plane, I am spiritually aware of my empowered clarity & support. When I am physically awake, intuitively alert and seeing with conscious-awareness, I am connected to all three levels or dimensions of my Spiritual Essence.

I cannot experience my three dimensional consciousness with just my physical senses. It requires three dimensions of intuition to be spiritually awake, alert and aware.

I am an energetic Being experiencing a physical reality of my own choice. Mental consciousness and emotional awareness allow my spiritual conscious-awareness, whilst in physical reality.

When disconnected from the source of my spirituality, my Soul, I am only conscious of my physical existence because I am only using my five physical senses. It is my five physical senses that energise my Physical Consciousness, which is my consciousness of physical reality. I am conscious of what I physically sense with my sight, my hearing, my taste, my smell & my touch.

Physical Consciousness is the effect that is caused through the experience of my physical senses.

Spiritual Awareness is the effect that is caused through the experience of my three intuitive senses. I intuitively know my connection with my super-

conscious mind, I intuitively feel my connection with my super-conscious heart and I intuitively see with my super-conscious imagination.

When my super-conscious Mind is alert and my super-conscious Heart is aware, I awaken my super-conscious Soul to the existential experience of its True Self.



# The Law Of Positive Benefit

The Law of Positive Benefit is a choice.

A negative choice invokes Murphy's Law and what can go wrong, will.

Life is a positive benefit when it is allowed to be.

A positive life path is always beneficial.

An opposing or contrasting perspective is judged to be bad, wrong & detrimental.

Seeing a benefit requires a positive perspective.

A positive perspective sees only opportunities.

Opportunities are always beneficial.

Miracles are positively beneficial, accidents are not.

Coincidence is a sign of a beneficial opportunity.

The path of positive benefit is effortless.

Positive benefit always feels good.

I intuitively know what is positively beneficial.

I intuitively see every opportunity for positive benefit.

Positive benefit is attractive, sponsored and delivered by the Law of Attraction.

Positive benefit is empowered by positive emotional energy.

Positive beliefs allow positive thinking and creative thought to be a positive benefit.

Creative thoughts allow positively beneficial experiences.

Beneficial experiences create positive emotions and positive beliefs about life.

Polarity is a direction of choice, only positive choices are beneficial.

A positive choice always feels good.

A positive choice always seems just right.

A direct intention is always beneficial.

A clear purpose is always beneficial.

A present vision is always beneficial.

A benefit is a good fit between my Self & my Soul.

A Soul connection is always positively beneficial.

Destiny is a positive benefit, unlike fate that can be my doom.

Positive benefit is my potential.

I fulfil my potential in alignment with the Attractive Law of Positive Benefit.

# The Six Stages Of Yoga Mastery

The Six Stages of Yoga are a Yogi's personal path to the Enlightenment and Mastery of Oneness with the Soul-Self:

1. Pranayama is breath control that connects to the awareness of life force energy or prana; the Soul's omnipresent Self.
2. Pratyahara is mental withdrawal that tunes out the sub-conscious thinking of the ego mind.
3. Dhyana tunes into the meditative alpha brain waves of the higher mind of the super-conscious Soul.
4. Dharana is asking for guidance, direction or clarity by concentrating the focus of the mind on one thoughtful question.
5. Tarka is listening in creative contemplation that allows the answer to intuitively flow into conscious-awareness.
6. Samadhi is hearing the answer and absorbing it into conscious reality, which creates the divine unity of the question & the answer.

Samadhi is that Ah! Ha! Moment of learning who I Really Am and Why I Am Here, by hearing the messages that the Soul sends to its Self in guidance & support for the Journey of the Soul-Self towards its chosen Destiny in physical reality.

With my Acceptance that The Soul Is The Master, I approve of my Divine Power and allow the Soul's Authority to flow effortlessly through my Self.

# Brahman & Atman

Brahman & Atman represent the Paradox of Oneness. They represent the duality of being at One with God and being at One with the Self. It is the paradox of being a part of God and apart from God.

Every paradox is an effect of the dual nature of reality. Duality allows choice and choice allows two contrasting or opposing perspectives of reality.

Brahman is the ultimate or absolute reality of Singularity, where all is Oneness.

Atman is the personal reality of the ultimate Self or Soul. The Id, the Ego & the Entity are a spiritual triality, or triune reality, which is the ultimate test or trial for humankind.

Duality allows a choice of polarity. Polarity is a choice of direction, which is seen to have either a positive or a negative outcome. I can travel back to the singular Oneness of Brahman or I can take the path of my Atman or spiritual Soul.

In this three dimensional reality, the Soul has three aspects of a physical body, a mental mind and an emotional feeling. The Soul is the Self in its purest form.

Atman is therefore, the purest expression of the oneness or unity of the Soul/Self.

Brahman is the realisation that everything is manifest from the One Divine Source of All That Is.

Following the destiny of my Atman is an individual, unique & exclusively personal experience. Each Self individually experiences the purity & Oneness of the Divine Soul as its own personal destiny.

Following the path or way of Brahman is a collective, standardised, inclusively group experience, often within a Religion or a Cult.

Atman is the pursuit of personal spirituality, whereas Brahman is the pursuit of religious spirituality.

Atman is an exclusive connection to Source, whereas Brahman is an inclusive attachment to Source.

In absolute reality, Brahman & Atman are the same Source Entity, seen from contrasting polarities or perspectives. Source is both collectively, the Soul and individually, the Self. Brahman is the Soul Entity, whereas Atman is the Soul/Self.

Brahman is the Source, Atman is the Destiny.

Brahman is the Alpha and Atman is the Omega.

# Religious Belief Or Spiritual Faith

Religious Believers believe that their faith is spiritual. They have no distinction between their spiritual beliefs and their religious faith.

Religion is the belief in an inclusive spiritual path, as defined by their theology. Theology is the study of religious doctrine & dogma, from a rational and logical perspective. Any logic that is rational is believed to be a true teaching and any teachings that are not easily understood require faith.

Religious faith is a blind belief or conviction in what religious theology determines to be true. Religious Believers have faith in their spiritual leaders and their spiritual doctrine. The more faith that they have, the more they trust their own religious convictions and the more those beliefs are tested.

Followers of a religion have religious beliefs and faith in their religion. Their religion is their faith, or so they believe.

Spiritual Faith is an individual, unique and exclusive spiritual path.

Faith is a choice based on a belief. Religious faith chooses religious beliefs. Religious beliefs follow the faith of a religious leader, who models their inclusive path. An inclusive path includes everyone who follows that



same religious path, based on the direction of its religious teachings.

Religious followers need religious leaders.

Spiritual Faith is an exclusive path. Individual Human Beings each have their own unique path, which is exclusive to them. Our path in life always follows our own choice. For the many, that choice is to follow an inclusive path based on a religious belief. For a few, that exclusive path follows the direction of their own Spiritual Self.

Spiritual Faith is an inner teaching that comes from the Soul via the Heart. This teaching is intuitive, not intellectual. I intellectually reason that the meaning of faith is the path of personal choice. If I have a personal choice, therefore I have chosen a personal purpose. A purpose that is personal to me is unique and exclusively mine.

There may be great comfort in choosing to follow an inclusive religious path with others of the same choice of faith, but it is without the fulfilment of one's own chosen purpose. My Spiritual Faith is in alignment with my unique life purpose. The way to feel fulfilled with a unique and individually exclusive purpose is to intuitively follow my own path with faith.

Religious belief is a trust in an external teaching.

Spiritual Faith is an intuitive knowing of one's inner purpose and the unique vision for fulfilling that purpose. I have certain faith in my own Intuition, my Inner Tutor and my Inner Guidance, once I have renounced all of my religious beliefs.

# Primal Fear

A Primal Fear is a principle Belief.

A principle belief is called a principle.

A principle belief is one that I have been given in the primary stages of my life, usually by either parents or a guardian. Family principles are standards of behaviour that are passed down through the family line, from parents to their children. We act on principle because that is the way that we uphold our family values.

A primal belief is central, basic and important to our perspective of life. It may be either blocking or promoting our current choice of life path. When a primal belief holds me in resistance or fear, it is a primal fear.

A Fear is false evidence appearing real. A primal fear is a negative core belief, which causes resistance and blocks my true path, because it is not in alignment with my True Self. The emotional power that is inspiring me in a particular direction is encountering resistance from the intensely limiting belief that is a primal fear. A fear is an intensely limiting belief, which restricts my ability to follow my inspired path.

A Primaeval Fear is an original fear that we have brought with us into this life-time because of the opportunity that it offers for personal growth.

A Primordial Fear is a basic element of a belief system that appears negative and is a challenge for us to overcome.

Whether a Fear is primal, primaeval or primordial, it is just an intensely limiting belief that I am challenging my Self to confront, change and overcome for the benefit of my own personal development and spiritual growth.

# Sense & Sensation

Sense is a physical experience. I experience the physical world with my physical senses.

Sensation is a spiritual experience. I experience my spirituality with my intuitive senses.

I have a physical sense of sight, hearing, touch, taste & smell.

I have an intuitive sensation of feeling, knowing & seeing.

When I have an intuitive inspiration or an intuitive revelation, it is truly sensational.

When I sense the natural order of the physical world, it is deemed sensible. I make sense of the physical world with my physical senses.

From a rational perspective, the spiritual realm doesn't make sense.

Spiritual people are seen to be counter-intuitive and over-sensitive when they sensationalise their spirituality.

In contrast, my emotional perception of the spiritual realm is an uplifting sensation, which inspires & empowers my Self. Emotional perception is an awareness of the energetic nature of the Universe.

I do not see my spiritual nature with my physical sight but with my insight or foresight. I do not feel emotion with my sense of touch. My spiritually

intuitive knowing is not gained through any one of my physical senses but through my connection with my Higher Mind.

Connecting to my Higher Mind, the higher feelings of my Heart and the higher entity of my Soul, is through an intuitive sensation of thought, emotion & imagination. What I know in my mind, feel in my heart and see in my Soul's imagination are all intuitive sensations.

A physical sense of balance is attained when I am grounded, earthed & anchored in physicality. When my lower sub-conscious Mind is unbalanced and out of alignment with my higher super-conscious Soul, the sensation can feel very weird & disconcerting.

The duality of choice allows the apparent experience of both positive or negative sensations. Because of this, many people choose to disconnect their spiritual intuition in favour of their physical senses only. Modern Science recognises only that which can be empirically measured and proven to be the only true reality.

Intuition allows the energetic awareness of emotional intelligence to make life truly sensational instead of just making sense in a rational & orderly fashion.

My common sense is my intellectual sense of reasoning, using my experiences gained with my five physical senses. What makes most sense is to also utilise the sensationally certain ability of my intuition, which is also common to everyone although seldom in common use.

# Three Aspects Of Energy

From a physical perspective, there are three aspects of energy. Energy is physically experienced as having three different properties:

- Latent Energy is energy at rest
- Kinetic Energy is energy in motion
- Thermal Energy is energy in resistance

Latent energy is inert. Inertia holds the potential of latent energy. The potential of latent energy in dual reality is to be either active or latent, creative or dormant, expansive or contractive. When I overcome inertia, I fulfil its latent potential. Latent energy is the apparent absence of thermal or kinetic energy.

Acceleration is the activation of potential energy.

Heat or thermal energy is the deceleration of active energy (motion) in a failed attempt to make energy inert.

We are able to transform potential energy into active energy, called kinetic energy of motion and we are able to turn kinetic energy into thermal energy of heat. We can also turn potential energy into thermal energy and then into kinetic energy but as yet, we are unable to turn either kinetic or thermal energy back into potential energy, other than with our primitive batteries.

We cannot create inertia with either kinetic or thermal energy. We can change the properties of energy but we cannot ever appear to destroy its potential. That potential is there to not only create motion or heat, action or resistance, acceleration or deceleration but also to create physical reality itself.

From a spiritual perspective:

- Energy in motion is Attraction
- Energy in resistance is Repulsion
- Energy at rest is Non Attraction
- Latent energy is the energy of motion in matter, or its vibration
- Kinetic energy is the motion of energy in matter, or its frequency
- Thermal energy is the matter of energy in motion, or its wavelength

Attraction, Non Attraction & Repulsion are three aspects of energy.

Vibration, Frequency & Wavelength are three aspects of energy.

Energy, Matter & Motion are three aspects of Spirit. They are the spirit of energy.

Spirit is how non-physical Beings intuitively see energy. My spiritual energy is experienced kinetically as thought, thermally as emotion and latently as inert matter.

My physical body is latent energy at rest



My emotional feeling is thermal energy in resistance, called my temper or mood

My mental thought is kinetic energy in action, called inspiration or imagination

Balancing my thermal & kinetic energy fulfils the potential of my latent energy. When I am out of balance, I am transforming stored thermal energy called calories into the kinetic energy of action, instead of using the full potential of my creative latent energy with the inspired intuitive thought of my empowered emotional feelings.

# Artificial Intelligence

Artificial Intelligence is an oxymoron. Intelligence is natural not artificial. Intelligence is the nature of consciousness. There is no artificial consciousness.

Artificial means man-made. Artificial intelligence means man-made intelligence, but we do not make intelligence, we only process it as the thought of a conscious mind.

Man made computers can be programmed with human intelligence but that intelligence is the nature of Man not the nature of the computer. A computer is not naturally intelligent, so it is deemed to be artificially intelligent.

Intelligence is neither artificial nor natural and it is neither real nor illusory, it is just the ability to make reasonable choices using information intelligently. When a choice is deemed reasonable it is deemed to have good intelligence. Good reasoning requires good intelligence. Garbage in, garbage out. Intelligence in, intelligence out.

Using information intelligently means that it fulfils a purpose. Doing something for no reason or purpose is not intelligent.

When a robot or machine fulfils a purpose without human intervention, it is seen to be intelligent. The robot may be man-made but the intelligence is not. Intelligence is a normal attribute of human beings but neither a

natural, nor an artificial one. It is quite possible to have consciousness without intelligence and to have intelligence without consciousness.

Intelligence is a normal consequence of consciousness. Consciousness collects intelligence and the mind processes it as intelligent thought. An artificial robot collects information concerning the nature of reality and processes that information or intelligence with human intellect. It is the robot's intellect that is man-made or artificial, not the intelligence. An intelligent robot is making choices based on man-made or artificial reasoning because a robot does not have a consciousness with a meaningful purpose.

Man-made reasoning is called intellect. Intellectual reasoning is the processing power of a natural brain and of the artificial brain of a computerised robot. Robots learn to experience the natural world in the same way that humans do because humans have programmed them to do so. They are artificial processors of intelligence with an artificial or man-made intellect. Processing artificial intelligence is illogical. It is the robot that is artificial, not the intelligence.

An artificial processor of information may be deemed intelligent, but does it have consciousness?

It may have an artificial brain, but does it have a Mind?

It may process intelligent thinking, but does it initiate thought?

Without a natural mind, can it be intuitive?

Without intuition, can it be emotionally intelligent as well as rationally intelligent?

Mind, Consciousness & Thought are the nature of Human Beings, but can they be produced artificially in a machine called a Robot?

# Preposition & Proposition

A Preposition and a Proposition are both choices. They are choices of the position that I choose to be in. I always choose to be in a positive position, relative to my circumstances in life.

A positive position is a perspective that I believe will serve me well in life, in a beneficial and positive way.

A preposition and a proposition may both be positive perspectives that allow a positive choice. This paradox often causes a dilemma.

My Soul always pre-positions its Self in a positive and a beneficial direction. My sub-conscious Id proposes a course of action that may be either positive or it may prove to be negative.

Positive & negative are relative perspectives based on personal beliefs. I choose a proposition that I believe to be most beneficial, advantageous and positive based on what is currently occurring in my reality. I propose to make a choice based on my best assessment and my best assumptions. What I believe to be my best proposition may turn out to be relatively positive & beneficial or relatively negative and detrimental. This is because the sub-conscious is limited by its experience of past events when making proposals for its future.

The Soul always has a bigger picture as its perspective of life, which is beyond the duality of positive or negative choice. The Soul's perspective

of my destined path allows it to pre-pose a beneficial way. It is the Soul that offers its Self a preposition and it is the sub-conscious Id that offers a proposition.

A proposition is subject to the relative duality of positive or negative polarity, whereas a preposition is an absolutely true choice. An absolutely true choice is in alignment with the Soul's pre-posed path for its Self.

A preposition has the quality of foresight & insight, whereas a proposition is limited by the quality of its hindsight.

A preposition is in true alignment with the premise of a Divine Perspective. A proposition is aligned with the assumptions of a mortal perspective.

The challenge of every proposition is that other people's proposals are based on other people's assumptions, which may be right for them and wrong for me. Following another's propositions or proposals will align me with their path, not my own unique, individual & exclusive destiny.

It is my fate to follow the propositions of others. It is my destiny to follow the preposition of my Soul. My Soul always pre-positions its Self in the most beneficial & advantageous way. Other people proposition me in the most advantageous way for them.

# Seven Soul Qualities

A Soul Quality qualifies a specific quality of being Soul Like.

Presence is a Soul Quality. My Soul is always present. It is beyond the reality of space-time and therefore experiences the eternity of having no past or future. Beyond the duality of past & future, there is only the present moment of eternal now, which is presence.

Direction is a Soul Quality. The direction of the Soul is always ahead. In an expanding universe, the one version of the Soul is always moving forward, not backward; always expanding and never contracting.

Clarity is a Soul Quality. The Soul is never lost and therefore never confused. Beyond duality, there is a clear perspective of the Big Picture, in every direction. Every direction is how the Soul is clearly expanding, with total presence of mind.

Abundance is a Soul Quality. As the creator of its own reality, there is no shortage of things to create and no shortage of material in a materially creative reality. In a realm where Thought creates reality, my only restriction is from my lost, confused & frustrated thinking. With the direction of clear & present thought, the Soul's creativity is unlimited.

Safety is a Soul Quality. The Soul is never at risk. An all knowing, all powerful and all present Entity is never in danger. A disconnected Self is only at risk of its own lost, confused & frustrated thinking. The Soul is fear



free, pain free and problem free. The pain of a fearful problem is caused by the limited thinking of a less than divine creator Self.

Certainty is a Soul Quality. The Soul is always certain and sure of every outcome. When every outcome is an opportunity, the Soul takes every opportunity with certainty. Every opportunity, by definition, is a beneficial certainty. The Soul is never challenged with a problem. Nothing is a problem for the Soul, as everything in life is an opportunity.

Providence is a Soul Quality. The Soul is able to provide everything it requires for its Self in life. Of this it is certainly Self assured. Every Self is assured of everything that it needs to fulfil its destiny. For the Soul, creativity is always an opportunity, never a challenging problem.

# A Sense Of Destiny

Destiny is whatever the Soul has chosen for its Self to attain through the experience of a physical lifetime.

A Sense is how I make sense of the experience, so the experience makes sense.

My physical senses reveal my physical experiences.

My intuitive senses reveal the experience of my spiritual destiny.

The life-path of my destiny is a beneficial journey of spiritual growth for my Soul Entity.

Neither the physical achievement of my aims & objectives nor the accomplishment of my skills & knowledge are of interest to my Soul. My sole interest and my soul purpose is the attainment of quality emotional attributes.

Quality attributes become divine attainments, once the Soul has experienced them as an expression of its Self. The purpose of physical existence is for the Soul to experience its True Identity as its Self. The Soul learns its True Essence through the true expression of its Self. A sense of Self is essential to fulfil this purpose of a divine true expression. My sense of Self is called my Ego.

Emotion is the quality of feeling that the Soul has for its Self. Pure Soul emotion is divine. A sense of purpose allows the Self to explore, discover & experience the divine identity of its Soul. The Self is on a mission through life to divine the quality attainments of the Soul.

I cannot see, hear, taste, smell or touch emotion. My five physical senses are unaware of my emotional state of being. The awareness of being emotional and the awareness of being an emotive Being are intuitive insights. My inner sight sees the outer world from the inner perspective of the Soul through my third eye.

The third eye is my intuitive sense of seeing, which compliments my intuitive sense of gut feeling and my intuitively knowing the inklings of my wits. Intuitive senses are the subtle senses of an all knowing Mind, an all feeling Heart & an all seeing Soul. My Soul sees what my Heart feels and my Mind knows.

I can only know my destiny intuitively. I can only see my vision & mission intuitively. I can only feel my emotional purpose intuitively. Emotion is an intuitive feeling. I may be touched by emotion but I cannot physically put my finger on it. I can only know my emotional feelings intuitively. I either feel them intuitively or know them intuitively, you see!

The Soul is my Spiritual Beingness, Entity or Essence. Being spiritual is being a spiritual Being experiencing a physical existence. The essence or energy of a Spiritual Being is emotion. The Soul's energy in motion is called emotion.

The sole sense of emotion is intuitive as I cannot feel it physically.  
Emotion is not physical, so cannot be sensed with the physical senses.  
The Soul is a pure expression of emotion called Love, which is prime,  
natural & divine. The Soul is first cause, a natural effect and a divine  
experience.

I can only see, know & feel spiritual or emotional energy intuitively.  
Therefore, I can only ever explore, discover & experience aspects of  
emotionality, intuitively.

Intuition is the sense that allows my Self to explore, discover &  
experience my Destiny.

# Goodness & Righteousness

Goodness is the quality of my inspired intuitive revelations. Intuitively inspired revelations are personally good and beneficial. They feel good because inspiration is divinely empowered.

Goodness is inspired with grace. Grace is my connection with good authority. I have it on good authority that my grace is empowered. Good authority is exclusively aligned with grace and delivered with gentleness.

Goodness has a high magnitude and a low force. It is the power of intuitive perception.

Righteousness has a high force and a low magnitude. It is the authority of intellectual reasoning.

Discerning what is right is a righteous judgment between good or bad & right or wrong. The path of righteousness follows the moral, ethical & principle path of religious & theological thinkers.

Righteous leaders determine the path for righteous followers.

Righteousness is my fate.

Goodness is my destiny.

My destiny always feels good, whereas my fate may feel fortunate or doomed. A moral & ethical path may feel good or bad. I may choose it or resist it. I may feel that I should or I shouldn't follow it.

Being righteous has a duality of being sanctimonious. I follow another's direction when I believe it to be a righteous path. I resist another's direction when I believe it to be sanctimonious.

Righteousness & Goodness are not a duality of authority & power. Goodness is my authority that enables my Grace and allows my Gentleness to effortlessly flow. Righteousness is the opposite of wrongness. Wrongness or misdirection is the ignorance of having no ethical or moral compass that is in alignment with other's convicted beliefs.

Righteousness is the duty that one pays for allegiance to others.

My Goodness is a personal connection in alignment with my own divine choice. All of my divine choices are made with Goodness because it enables my own divine authority. Righteousness authorises other people's collective choice.

Righteousness is a religious doctrine.

Goodness is a spiritual attainment.

I always have a choice between what feels good and what seems right. Good authority is always beneficial. Right authority can be wrong as well as left. Right brain authority is personally creative & imaginative. Left brain thinking follows the status quo. What is right for me can be wrong for another and what is deemed righteous by others can feel wrong for me.

When my intuition is left behind, I miss what is right in front of me and I default to what others believe is right for me.

My Soul is ever Goodness in Spirit, never righteousness incarnate.

My righteousness makes other people wrong.

My Goodness allows others to feel good.



# Being Indeed

A Deed is a beneficial action. A deed is Indeed a beneficial action.

Being Indeed is experiencing the certainty of one's own beneficial actions. In deed I am proceeding with beneficent certainty.

A deed is indeed always a good deed. I can appear to do a bad action or a wrong action but a deed is certainly always good & right.

A deed is an inspired action, which is empowered, authorised & enabled because it meets no resistance and is therefore effortlessly effective.

A deed is a statement of authority. With the authority to act, I am indeed empowered with the ability to succeed.

Being indeed is feeling good about one's wise actions. When needing to achieve the intention of my action, I am intense and emotionally needy.

When allowing the flow of positive intention, I am able to be indeed because I am empowered by the authority of my wisdom. When my wise authority is indeed present, my emotional power is indeed enabled.

When my intentions are achieved effortlessly & effectively, I am indeed happy. Happiness is indeed the feeling of achieving wise actions with good intentions.

Being indeed, there is never a need to achieve as my success is indeed certain. Being indeed is certainly a beneficial attainment.

# Economy

Economy is the efficient use & management of money & resources. When I efficiently use & manage money & resources effectively, I have enough and that is sufficient.

Resources are what I already have and money is the means of obtaining what I need from other people. With enough money & resources, everything manages to run economically. When a system is run economically, there is always enough money & resources. Without enough money or resources, there is either too much or too little of something, which is not economic.

Having too little requires thrift and savings. Savings are a requirement of a scarcity mentality that believes that because there is not enough, austerity & thrift are necessary. A saving mentality is conservative.

Having too much of anything encourages extravagance & waste. A liberal use of money & resources allows the economy to flow freely. A free economy allows abundance to flow to everyone.

A liberal elite economy allows money & resources to flow only to the rich elite, which makes the poor poorer. A liberal elite needs a labour force to pay for their extravagant luxury of excess riches. It is the enforced labour of the working majority that causes the experience of frugality & austerity, at the expense of a privileged ruling elite.

A class system classifies the inequality of a society that is experiencing the extremes of gluttony & scarcity. The upper classes experience gluttony, extravagance & luxury, whilst the lower classes experience poverty, scarcity & austerity. The middle classes, far from experiencing enough, are still working hard to obtain the perceived benefits of upper class status. There is no true economy in any class system. Any hierarchy restricts the ability of a free economy to flow effortlessly.

The abundance of enough resources & money, which allows economic stability, is realised as a quality when freely & equally available to everyone. It is not economic sense for the endeavours of the many to benefit the few. The greatest risk to any economy is a ruling elite with a scarcity mentality.

# Personality Defects

Personality Defects are the default effects of our personality.

Personality is the reality of a person, which is relative to personal emotional needs.

We each have our own list of emotional needs and we have each developed our own ways of meeting our needs for emotional energy.

My emotional needs and the way that I meet them, determine my individual personality.

My emotional needs cause my default behaviour. I am sub-consciously driven to meet my own need for emotional energy, in the best way that I have learned how.

As my need for energy, or power, is emotional; the way that I meet my needs is seldom rational and often irrational.

Personality is not a defect but it is a default effect. I sub-consciously default to behaviour that I believe will meet my need for emotional power. I default or defect to learned behaviour, which I sub-consciously believe will meet my emotional needs.

I default to a polarised gender of emotion until I learn to consciously choose a pure, natural, prime or divine emotional attribute. An emotional

attribute is an emotional state of being that I can consciously choose with emotional awareness to attribute to my Self.

In a dual reality world, I default to either a male or a female gender of emotion, which I perceive to have a positive rather than a negative polarity. An emotional attribute is either positive or negative because I believe it to be either beneficial or detrimental for me.

An emotional state of being is either male or female by gender, from the perspective of my dual reality existence. In absolute reality, there is no gender or polarity; just a pure & divine state of being.

My True Identity is without the gender of a personality and the polarity of a character. I adopt a personality based on my emotional needs and a character based on my belief system. I develop this from birth, whilst in physical form in a dual reality world.

It is through the experience of a unique personality & individual character that I discover the extremes of the gender & polarity choices of my mental & emotional energy. It is my mental thoughts & emotional feelings relative to my physical reality that allow me to explore, discover & experience the true identity of who I really am.

It is through my personality defects and my character flaws that I determine the purity of my True Identity.

# Compassion & Empathy

Compassion is sharing the passion of the Soul.

Empathy is sharing the desire of my Soul.

Passion is the female power that accompanies the desire of male authority.

The passionate desires of the Soul are enabled by a balanced gender.

The compassion & empathy of the Soul allows my expansive growth.

Sharing expansive growth is expansive, exponential sharing.

Compassion is the Self grounding the essence of the Soul in physical reality. It is realising the spiritual essence of the Soul in physicality.

Expressing the essence of the Soul is being with compassion.

Compassion is the expression of the Soul's essential nature.

Sharing compassion with another is resonating at the Soul level of conscious-awareness with that other person.

Namaste is the acknowledgement of shared compassion.

I have compassion with another, I have sympathy for another and I have apathy against another.

Sympathy is contractually & contractively sharing the trials, tribulations, tolerations and negative perceptions of another.

Apathy is the disconnected denial, or divisive sharing, of one's own drama with another. Being apathetic to an issue attaches me to that issue, whether I deny it or not.

Empathy is my acceptance and approval of whatever is occurring as an opportunity for personal development & spiritual growth.

Compassion is my detachment from the intensity of someone else's emotional drama. This allows my sensitivity to the divine nature of another, whilst remaining in alignment with the divine nature of one's True Self.

Compassion is attained through a divine connection with the Soul, not an inclusive attachment to another person. When inclusively attached to other people, I resonate in sympathy with them. When sensitively detached in relationship to another, I am able to share my compassion. I do this by seeing the oneness of our Selves through the perspective of the Soul.

When exclusively connected with my Soul, I empathically align with my life-path or destiny. I have empathy with another when my path is in a similar alignment to theirs. I empathise with another when I recognise that their current path is a reflection of my own.

My exclusive connection to Source allows my empathy to flow with authority and my compassion to flow with power. My empathy is a force of authority and my compassion is a magnitude of power. My compassionate Soul empowers the authority of my empathic Self.



Empathy is the positive emotional pathos of poignancy. A poignant moment allows a clear perspective of the present direction that allows mutual spiritual growth.

The Soul guides, shows & directs the way with empathy.

The Soul supports & provides for the journey with compassion.

Compassion & Empathy are the personal emotional experience of being connected to one's own exclusive power & authority.

# Thought & Emotion

Science believes that if something cannot be empirically measured and proved to exist, it doesn't. Science is the theory of how physical matter exists. We all experience physical matter with our five physical senses. If I cannot physically see it, hear it, taste it, smell it or touch it, I cannot empirically prove that it exists.

From a scientific perspective, neither thought nor emotion exists; only the effect of our thought or emotion exists. In reality, our thoughts & emotions are our experience of physical existence. Without thought or emotion, there is no experience of physicality. What we all experience, in every moment of time, is the experiential effect of our own thoughts and emotions.

In physical reality, our thoughts & emotions are both the cause & the effect of an experience called physical life. Yet, because science can only physically sense the effects of our thought & emotion, the actual cause remains unknown.

When the cause of thought is thought to be the brain, our thinking is unreasonable. Science cannot tell me how or why a brain thinks. There is no reason for the brain's reasoning, which is unreasonable.

Science believes that thinking is a process of the brain, whilst it has no idea what causes emotion. How the heart feels emotion, or the solar

plexus processes emotion, is beyond scientific rational thinking and intellectual reasoning.

Neuroscience studies and measures the activity of the brain without any understanding of what the cause of this thinking activity is. As long as science is totally disconnected from its emotional heart, it can have no idea as to the source of emotion or what causes it.

The sense of touch is not the same as the sense of feeling, yet science has no inkling of any distinction. In a scientific, rational world, where so much of life happens to you, thought & emotion are just two intangible things that happen to all of us.

With a distinction between thought & thinking, a distinction between feeling & touch, a distinction between knowledge & knowing and a distinction between consciousness & awareness, I gain a sense that I have more sense than to be limited by just my five physical senses.

I can only become aware of the source of both my thoughts and my emotion once I become intuitively connected to their source. There is no physical source of thought or emotion. Neither is the source of the physical world, in the physical world. It is not possible to be physically conscious of anything outside of the physical world.

There is no physical evidence of the source of physical reality and there never will be. That is why science still believes that Life happened by accident. When there is no apparent cause of anything, it is deemed to have happened by accident. The Big Bang is and will remain just a theory

that everything just exploded out of nothing, by accident rather than design.

The irony is that science actually believes that the source of physical reality is not physical because nothing is the absence of any substance. You could say that creation was a matter of substance that appeared out of nothing.

The source of everything, including thought & emotion can only be known intuitively.

Without an intuitively knowing Thought and an intuitively feeling Emotion, it is not possible to intuitively see both the cause & the effect of this wonderful experience called Life.

# Personal Power

Personal Power is emotional energy.

The state of my emotional energy, my state of being, determines the level of my emotional power. When I am unaware of my emotional power, my level of emotional power determines my emotional state of being. When the direction of my awareness is on my emotional power, I am able to choose my state of being.

Choosing an empowered state of being is a powerful choice. I cannot choose what I am unaware of and what I am unaware of, I cannot attribute to my Self. I can only attain a state of being as an attainment, once I can attribute it to my Self with awareness.

Choosing to be positive often results in a negative choice because positive & negative are a duality of the polarity of my emotional power. I cannot choose to be positive unless I am able to choose a positive emotion as the expression of who I am currently being. In the absence of a positive choice, my default choice is always negative.

When I am disempowered and needing to feel positive emotion, I have insufficient power to choose a positive state of being. Only when I choose a positive state of being with authority, will I be empowered to act in a beneficial way.

With awareness, I can attribute a positive emotional state of being to my Self. When I can choose to be in a positive state of being and I can feel it, I give that emotion its own authority and with that authority it becomes empowered. In this way, I authorise my power and my power becomes authorised.

Awareness allows choice, choice allows authority, authority allows power and power allows awareness.

The paradox of personal power is that I have to feel it, to have it and I have to have it, to feel it.

In the absence of the awareness of my authority of choice, I default to the unawareness of someone else's authority of choice. When following another's authority, I am always disempowered and in need of motivation.

Motivation is how I get my need for personal power met, sub-consciously, by myself or from other people.

Empowerment is how I connect to my own internal source of personal emotional power.

When my awareness of choice is within me, my authority is within me and my power is within me. I can only express what is within me.

When I do not go within, I go without my personal power.

# Relativity

Relativity is the Energy (E) of Matter (M) in Motion (C2).

Energy vibrates relative to its wavelength & frequency. The potential of every vibration is relative to the magnitude of its wavelength and the force of its frequency.

The actual force & magnitude of a vibration is its intensity, which is relative to its male/female gender and its positive/negative polarity. Force is relative to the polarity of its male gender and magnitude is relative to the polarity of its female gender.

The creative potential of life is relative to the force of mental authority and the magnitude of emotional power. My physical ability is relative to the emotional power of my mental authority and the mental authority of my emotional power.

Choice allows that the force of mental authority has a male gender and the magnitude of emotional power has a female gender.

Creative ability is relative to the positive or negative polarity of the creator's force of authority. A positive mental authority of choice has a positive emotional feeling of power, but a negative mental force of thinking has no emotional power. Negative thinking is disempowering.



The reality of life is relative to its space in time. We all live on Earth in a relative time-space-reality. Time is the force of the relative authority of a moment of thought. Space is the relative magnitude of power in every moment of feeling. Physical experience is relative to the emotional feeling of a mental thought. The gender of an emotional feeling determines the polarity of a mental thought.

How I feel about whatever is occurring is relative to the polarity or direction of my choice of perspective. My ability to make positive choices is relative to the force of my mental authority and the magnitude of my emotional power.

In a relative dual reality existence, frequency is relative to wavelength, magnitude is relative to force and my emotional happiness is relative to my mental well-being to allow my ability to make a beneficial choice.

Reality is relative to the Matter (M) of the Emotional Power (E) of my Thought (C2).

The Ability of Life (M) is relative to the Power of Love (E) within the Authority of Light (C2). The velocity of light is its frequency. The space of love is its wavelength. The reality of my life is an expression of my energy vibration.

# Intellect, Instinct & Intuition

Intellect is my conscious choice.

It is the rational, reasonable choice of the conscious mind. I am conscious of the intellectual reasoning behind my conscious choices. Intellectual reasoning is based on past knowledge of physical experience, by the conscious mental self or mind.

Instinct is my sub-conscious choice.

I instinctively make a choice without consciously thinking about it. An instinctive choice is an autonomous reaction of my sub-conscious thinking. I consciously observe my instinctive choice as a reaction to whatever is occurring. I instinctively react in alignment with my sub-conscious beliefs & programmes.

Intuition is my super-conscious choice.

My inner tutor & my inner guide communicate with my Self, intuitively. Intuition is my inner source of innate wisdom that guides & supports me on my life's journey. It is a certain knowing without prior knowledge, it is a certain feeling without physical touch and a certain seeing with mental insight.

My Gut Feeling is an intuitive feeling passing through the sub-conscious filter of my belief system and is in contrast to the conscious reasoning of my intellect.

An inkling is an intuitive message that I either know, feel or see to be beneficial for my Self because it gives guidance & support.

Goose Bumps that make my hairs stand on end are an instinctive reaction to an empowered intuitive feeling.

Intellect requires rational logic or reasoning.

Instinct requires emotional logic or meaning.

Intuition requires spiritual logic or purpose.

In any relative dual reality experience of life, it is common for my intellect to be in opposition to my intuition, my head to have a perspective different to what my heart feels and for both to be overridden by my instinct.

# Preserving Life

Preserving Life is the objective of the Health Service & Medical Profession.

Curing illness and preserving life are not the same thing. In reality, they follow completely contrasting paths.

Curing food preserves food.

Curing illness preserves illness.

Whatever we focus our intention on, we attract into our reality, for our experience. Focusing on curing illness, preserves illness and attracts more illness for us to experience. Needing to cure illness is a statement of not being well.

Life is pre-served and preserved in a beneficial way when I make a healthy choice by seeing life with a healthy perspective. I choose to preserve the beneficial aspects of my life, not the negative ones.

Preserving the negative aspects of my life makes me ill.

Life is designed to be a beneficial choice, although detrimental choices are allowed. Preserving Life as a beneficial experience requires beneficial choices.

We do not see the point of curing a healthy lifestyle. I can only preserve a healthy lifestyle once I have attained a healthy lifestyle. Once I have my

health, I can preserve it by consistently choosing it through my appreciation of it.

Making healthy choices requires a wealth of wisdom. A wealth of choice requires wisdom to preserve a healthy life.

Illness is not something that I need to cure but something I choose to overcome, so that I do not have it. With a healthy perspective of life, there is no illness.

# Seven Essentials For Spiritual Creativity

Intuition is how I sense my spirituality. It is how I spiritually know, feel & see the clarity & direction of my personal growth. I can only know who I am spiritually with intuitive insight. I can only see my spiritual destiny with my inner sight. I can only feel my positively empowered emotion with inspiration. Intuition is my spiritual guidance system. I sense my spiritual path intuitively.

Intuition is innate, which means that we are all born with it. We are all born in nate, with a pure connection to our spiritual Soul. Most people lose this innate connection within the first five years of life. When I lose my innate connection to Source, I lose my spiritual guidance system and I replace it with a capacity for intellectual reasoning. By suppressing my innate intuitive senses, I allow the rational learning of intellectual reasoning based on my five physical senses alone.

By disconnecting my intuitive awareness and consciously learning rational intellectual reasoning, I am then able to merge them with the attainment of conscious-awareness and emotional intelligence. Instead of working with either five physical senses or three spiritual senses, I have the capacity & competence to use all eight personal senses in a unique and individual way.

Being a spiritual entity, living in physical existence, is best experienced using both my physical & intuitive senses. Whereas intuition is spiritually innate, rational logic has to be learned in physical reality.

Initiative is essential to be able to initiate creative growth. Growth comes through the initiation of new ideas. New inspired ideas come from my creative imagination.

Imagination is both intuitive and innate. Initiating new imaginatively intuitive ideas into physical manifestation requires the capacity for intellectual reasoning. New ideas work in physical reality when they reasonably & intellectually fit in with the status quo. Making intuitively imaginative insights work is a reasonably intellectual exercise that requires inspirational emotional power.

Inspiration is the emotional power that drives innovation. Initiative imagines an innovative insight intuitively, whereas inspiration is the power to create or manifest that idea into physical reality.

Initiating a new innovative insight into an old or existing reality requires an intuitive inspiration for creative invention. Every new invention started life as an intuitive innovation in the imagination of its inventor and manifested through their innate, inspiration & initiative. Without imagination, there is no ability for creative spiritual growth of any kind.

Imagination is the Creative Mind of the Creator.

The Seven Essential Tools of an Imaginative Creator are Intuition, Insight, Initiative, Intellect, Invention, Innovation & Inspiration.



# The Same & Equal

The Same and Equal are different. Doing the same things as other people does not make me their equal.

Being the same is having a similarity to other people.

Being equal qualifies the quality of my emotional power and my mental authority.

When my spiritual energy is balanced, its purity is equalised. When I equalise the gender, polarity & intensity of my energy vibration, I balance its quality & purity. I am equal to my potential when my energy is balanced & pure.

I can be equally in balance with another, yet expressing a different emotional state of being with a different mental perspective.

Same has a gender opposite of different. Same is feminine & inclusive, whereas different is male & exclusive.

Equal has a polar opposite of unequal. Equality is positively in balance with a pure quality of emotion. I can be similarly negative as another but not equally negative. I can be either equally positive or unequally negative. Equality is a quality, which is always positive and never negative.

Unequal means out of balance. When out of balance, I am not the equal of my divine potential. Being out of balance is what makes us all different.

I can be similarly equally balanced as another, whilst doing different things and following a different path. We all have different paths in life, to follow with equal potential for personal spiritual growth.

I am the equal of all others but in many ways, I am not the same as them.

# Spirit Guides & Guardian Angels

Spirit Guides offer direction.

Guardian Angels offer support.

Support without direction is not expansive. Direction without support does not allow growth. The Path of expansive growth of the Soul requires & offers both direction & support.

The Soul gives its Self spiritual guidance & support in every present moment of physical experience. My Angelic Soul guards my vision & my purpose.

In my disconnection from the awareness of my Soul's destiny for its Self, I may look outside of myself for external guidance & support, to overcome my fate.

When the Self is unawakened, lost & confused; the Soul's only channel of communication may be through external stimuli. We are free to call any external stimulus, guidance, protection or support by any name we choose. It may be seen as a spiritual entity in the guise of an ancestor, an animal or bird, an indigenous figurehead, an Angel, an ascended Master, a Guru, a Saint or a religious icon, to name but a few.

Whoever the ego Self believes is providing their guidance & support is not relevant from the Soul perspective. The Soul makes no judgment of any

mortal choices. Each individual Self has personal choice in how they pray, worship, meditate & communicate with the medium of their divine purpose.

My Inner Coach, is both my Spirit Guide and my Guardian Angel. It keeps me safely on track by illuminating my chosen path. My Spiritual Soul is my Inner Coach and always an Angel. The role of a Coach is to offer guidance & support on the journey through mortal life.

My Soul is both my spiritual coach and guiding angel. When I am empowered with angelic divine support, I clearly hear my messages of direction that keep me safely aligned and on purpose with the exclusive path of my destiny. I am always guided & supported on my journey through the physical realm of spiritual expansive growth.

Fallen angels & demon spirits are a creation of the negative thinking of the ego Self, never a messenger of the Soul. The only True Messiah, Teacher, Coach & Inspiration is my own highest connection to my Soul, True Self, Real Self or Higher Self.

My true Self is a Messiah, my higher Self is a Teacher, my real Self is a Coach and my Soul is my Inspiration. No additional or external guidance & protection is required.

# Deference & Appeasement

I Defer to a higher status.

I Appease another's choice.

Choice is a matter of authority. When I make my own choice, I follow my own authority. When I choose another's choice, I follow their authority.

Status is a matter of hierarchy. The higher my status, the more authority I presume to have over others. Status accedes authority to or over other people. My status allows me to make choices for other people or for them to make choices for me.

Where choice is relative to authority and authority is relative to status, then deference & appeasement are the same thing. I defer to whomever I appease. I defer my authority to appease the choice of someone that I believe to have a higher status than me.

Where choice is exclusively unique to each Individual Self, I can appease my ego or I can defer to my Soul. My ego's choice is driven by the passion & desire of the wants & needs of my sub-conscious Id. The Soul wants & needs nothing but chooses a destiny of expansive growth and true value. When the Self defers to the Id, it appeases the ego in alignment with its sub-conscious beliefs & programmes.

When the Self defers to the Soul, there is no appeasement, as there is no other authority of choice. In deference to the Soul, I always put my True

Self first. When I put my True Self first, I express the integrity of my own divine authority and I appease no-one.

My Soul is my highest status, an expression of my highest state of being. There is no other true choice. Any other option is the deference of the ego appeasing the Id.

# Virtual & Actual

The Soul is Virtual.

The Self is Actual.

I do not actually have a Soul and I do not virtually have a Self.

My actual Self has a virtual Soul.

My Soul is virtually a creation of my own imagination, whereas the Self is actually a creation of the Soul's imagination. The only way that the Soul can virtually know its Self is through imagination. Imagination is the creative ability of the Soul and the Soul is a creation of the imagination of my Self.

Through imagination, the Spiritual Soul creates an actual world for its physical Self to experience. The Soul is implicit in the creation of actual reality. The experiences of the Self are explicitly due to its physical reality.

My Self is active and my Soul is virtuous. Yet my actions are not always virtuous although my Soul's virtues are implicit.

Physical reality is in actuality an actual reality, from a physical perspective but from a spiritual perspective, the perception of the Soul sees it in virtuality as a virtual reality. It is actually physically real yet really spiritually virtuous.

Spiritual virtue is the realm of the Soul.



Physical activity is the realm of the Self.

The Soul seeks to know its virtues through the actual experiences of its Self.

A virtual reality is real but not actually physical.

A physical reality is both actually real and physical.

In the same way that the Soul creates its virtual physical reality, the Self is able to create its own virtual reality with its own imagination.

There is virtually nothing that the Soul/Self cannot actually do with the creative ability of its imagination.

# In Absolute Reality There Is No Hierarchy

Hierarchy is a relative perspective of Physical Man. It is Man's perspective of authority that allows a hierarchy to be apparently real.

My beliefs create the reality of my experience. The belief that influence is relative to status creates a hierarchy of authority. The belief that status implies power causes a determined attempt to ascend a hierarchy of authority.

Authority is believed to be relative to status and status is believed to be relative to one's position in a hierarchy. Hierarchies are created in all walks of life by people who believe that they have more authority because they have more status than other people.

When money is believed to equate to influence & power over other people, the richest people are seen to sit at the top of the hierarchy. Historically, King's & Queens automatically assumed or inherited full reign over every hierarchy. Status and position were bestowed by the monarch and thenceforth became a family birthright.

In any hierarchy, we are not all equal. This creates an elite group of greedy, superior, privileged leaders with a subservient class of common followers.

In absolute reality, we are all equal, which means that there is no hierarchy. Inequality is a relative term that does not exist in absolute reality.

In absolute reality our power is the essence of our emotional Beingness. We are all potentially omnipotent and all powerful.

In absolute reality, we all have choice and we all take responsibility for our own authority to choose. Our authority is our choice and we make a choice with absolute authority. Our authority is omniscient and all knowingly wise.

In absolute reality, nobody would ever choose to be superior or inferior to anyone else.

In equal equanimity, there can be no hierarchy of Souls.

# Spirit & Soul

Spirit & Soul are different perspectives of the same perception and different perceptions of the same perspective.

Spirit & Soul are the same energy divided by male & female gender. It is the gender of energy that allows a contrast in perspective & perception.

Spirit is the male energy of perspective.

Soul is the female energy of perception.

The Soul perceives through the perspective of spirit.

Perspective is a conscious thought of a mindful spirit.

Perception is the emotional awareness of a soulful feeling energy.

The soulful feeling of a mindful spirit is consciously-aware of its power & authority. Soul is the female power and spirit is the male authority, which together, allow the ability of the Self.

Spirit & Soul are the frequency & wavelength of my energy vibration.

Spirit exists in eternal time, Soul resides in infinite space and together they create a continuous reality for their Self.

Spirit is the energetic force, Soul is the energetic magnitude, which together, allow the potential of the Self. Soul fulfils the potential of its Spirit through its Self.

Soul & Spirit are a paradox like wood & trees. Trees are full of wood and Woods are full of trees. Soul is full of Spirit and Spirit is full of Soul. The Soul is the Holy Spirit and the Spirit is Pure Soul.

It is gender that allows a distinction between Soul & Spirit, which in essence are the same energy perceived from different perspectives.

From an absolute perspective, Spirit & Soul are the same entity. From a physical perspective, Soul & Spirit are relative terms for the mental thought and emotional feeling of all experience. A spiritual thought is always conveyed on a soulful emotion.

Consciousness is spiritual energy and awareness is soulful energy. My spiritual soul is ever consciously-aware.

Male Spirit is a Mind of Thought.

Female Soul is a Heart of Emotion.

The masculine or feminine, rational & emotional Self is a Body of Experience.

When the Self is disconnected from the spirit of its soul, it sees Spirit & Soul as a duality of Creator & Creation.

When Spirit & Soul are seen as a duality, the Self is left out of the equation.

When the Soul/Self is connected to its Spiritual Source, it sees its Self as both the Creator & the Creation. The Soul creates its Self as the creation of a creative Spirit.

Spirit is the Creator, Soul is the Creative Energy and Self is its Creation.  
Together, they are the trinity or triune metaphor of Father, Son & Holy  
Ghost.

# Four Instinctive Senses

I have Four Instinctive Senses:

Vestibular – Balance

Thermal – Temperature

Emotional – Pain/ Power Loss

Kinaesthetic – Movement

All four instinctive senses initiate sub-conscious reactions. When I react sub-consciously it is due to my instinctive senses. My instinct uses all four of my sub-conscious senses.

My sub-conscious Mind, called the Id, runs the physical body autonomously and reacts instinctively without consciously thinking.

Instinct is a sub-conscious reaction by the body's autonomous operating system.

I sub-consciously react when I fall out of balance. My vestibular sense instinctively maintains my physical balance.

I instinctively release anything that is too hot or too cold to handle. My thermal sense automatically maintains thermal balance.

I automatically react when I feel pain or anger. My sub-conscious awareness maintains and balances my emotional power.



I instinctively blink to shield my eyes from moving objects. My kinaesthetic sense maintains a balanced motion & direction.

My four instinctive senses combine sub-consciously and autonomously to maintain my physical body and my physical actions in a balanced and effective way.

# Age

Age is both a measure and a consequence of time.

Age is a reality that is relative to a life through the passage of time. A passage through time is the reality of a lifetime.

Age is the physical experience of space-time-reality. It is relative to an Individual's personal time, space & reality.

Our spiritual reality is beyond space & time. The Soul is time-free and age-free. Through the physical Self, the Soul experiences all of time and all of space as an infinite & eternal reality.

The Soul's reality is infinite & eternal, whilst the reality of each Self is definitely limited by age.

Whereas the physical heart has a limited lifetime, the spiritual or Etheric Heart is eternally omnipotent

Whereas the physical brain has a limited life span, the spiritual or Astral Mind is infinitely omniscient

Whereas the physical body has a limited existence, the spiritual or Heavenly Body is continuously omnipresent

Whereas time is a frequency of our spiritual vibration, age is uniquely relative to an Individual's personal energy vibration, which is called their aura.

My energetic aura determines my mood and how I feel and is relative to my beliefs about my age. It is belief related, not age related. Age is relative to how I feel and my emotional feelings always align with my mental beliefs. I can feel young in my nineties and I can feel old in my thirties.

Age is a belief that determines I get old as time passes. I can believe that I get old with age or I can believe that I grow with age. Birth is not a new age but the start of a new period of spiritual as well as physical growth.

An age is a period of growth. I learn different lessons through my childhood age of infancy, my teenage years of adolescence, my adulthood of middle age and my senior or senile old age.

I do not die of old age as my Physicians would have me believe. Death is the end of my life journey, which is a period or age of learning. It happens when the Soul determines that the Self has fulfilled its useful purpose.

I grow with wisdom as I grow with age. Every age has an opportunity to initiate innovative learning experiences. An old Soul is very wise and the older the Soul, the more wisdom is attained.

We are currently entering the Age of Awareness after a period of 2,000 years when the world existed in an Age of Comfort & Security. This is the Dawning of the Age of Aquarius, a new opportunity to learn an awareness of our True Self, the Soul.

Age can be a problem to endure, a challenge to overcome or an opportunity to enjoy.

# Emotionality

Emotionality is my emotional reality, which is an aspect of spirituality, along with my mentality & my physicality.

Emotionality is the energetic wavelength, space & distance of a creative expression of reality that creates a unique experience.

- An individual perception of emotion is called Awareness
- An exclusive expression of emotion is called Feeling
- A unique creator of emotion is called Heart

Heart, Feeling & Awareness are the three principle aspects of a unique, individual & exclusive emotional reality.

- Heart is the Creator expressing a real awareness of emotional feeling.
- Feeling is the emotional experience of the heart's awareness, it's sense of Source.
- Awareness is the perception of sensing the emotional feeling of the Heart.

The emotional power source of the creative heart is the Soul. Soul is the Source Of Unlimited Love.

Emotionality is the experience of a creative expression of the Soul.

The three dimensions of emotionality are:

- Heart is the Creator
- Feeling is the experience
- Awareness is the perception

Emotionality is the perception of a creative experience of the Soul.

The three dimensions of emotionality are:

Heart is a one dimensional source of unlimited love, called emotional power

Feeling is two dimensional. It can be a pure wavelength of powerful divine love expressed as a natural, quality attribute or it can be divided by emotional male or female gender, which allows irrational feelings of fear, rejection & disempowerment

Awareness allows a three dimensional experience of a potentially powerful, neutrally challenging or dramatically intense reality. The divine awareness of the heart allows a powerful flow of emotional feeling, as an opportunity to inspire & empower the Self. The disconnected, unemotional, insensitive perceptions of the Self disallow personal emotional power, which causes unique emotional needs, with the problems of inclusive attachments and motivating sentiments. In this way, I can feel life to be a problem, a challenge or an opportunity; relative to the emotional power that is presently available.

My emotional reality is that I am either divinely inspired & empowered by my Soul or motivated by the will power of my sub-conscious need for emotional power.

# Mentality

Mentality is my mental reality, which is an aspect of my spirituality. The reality of spiritual energy is that it has three primary aspects, which are physical, emotional & mental.

Mentality is the energetic frequency, speed & time of a creative expression of reality, which determines a unique experience.

- An individual experience of reality is called Consciousness.
- An exclusive expression of reality is called Thought.
- A unique creator of reality is called Mind.

Mind, Thought & Consciousness are the three principle aspects of a unique, individual & exclusive mental reality.

- Mind is the creator expressing a real conscious thought into form.
- Thought is the creative ability of a conscious mind to form reality.
- Consciousness is the experiential reality of mindful thought information, in formation.

The experience expressed by a creator is called Reality, which requires a creative expression in order to become a real experience.

- Mind is the Creator
- Thought is the expression



- Consciousness is the experience

The three dimensions of mentality are:

- Mind is a one dimensional focus. It is the sole creator and the Source Of Unlimited Learning, called the Soul.
- Thought is two dimensional. It can be a pure frequency of an intuitive super-conscious Mind or it can be the rational intellectual thinking of an instinctive sub-conscious mind.
- Consciousness allows a three dimensional expression of the experience of a creative reality.

The super-conscious perspective of the mind creates reality with pure frequencies of thought energy.

The sub-conscious perspective of the mind allows rational thinking relative to emotional feeling or irrational thinking due to unemotional feeling. The intensity of the experience is relative to the potential of the expression, when the creation is out of alignment with its creator.

When the frequency of thought is an expression of the super-conscious mind, a purely ideal reality is experienced. When the polarity of thinking is negatively directed when being filtered through the sub-conscious mind, an impure reality of relative intensity & drama is experienced.

Conscious thoughts can be mindful, mindless or mind free, relative to the speed of their frequency and the order of their time. Personal mentality is

relative to the gender, polarity and intensity of one's thinking being in alignment with the creative potential of one's own imagination.

In a world of relative dual reality, a choice of mentality allows impure, destructive, negative thinking as well as pure, creative, positive thoughts.

# God & Choice

God is Divine. Divine is Good.

Choice is a Thought.

A divine choice is a good thought.

Thought is a divine choice of God.

Divine is the Goodness of God.

Divine Thought is a good choice.

God is Creative.

Thought is Creative.

I create God with a divine thought.

I divine God with my creative thoughts.

A choice of creative thought is divine.

A divine creator creates choice with a creative thought.

Creative thought is a divine choice.

God is a Thought. God is a Creator. God is Good. God is Divine. God is a Choice.

A creative thought is my divine choice.

A divine thought is my creative choice.

I choose God with my creative thought.

I create God with my choice of thought.

A choice of thought can be rational or irrational, emotional or unemotional. A divine choice of thought is emotionally-rational.

God is a spiritual choice of thought. A spiritual thought is God expressed.

A spiritual choice has both consciousness & awareness, both perspective & perception, both clarity & direction.

A divine choice is exclusively-connected. My exclusive connection is with God. My inclusive attachment is with other people.

A Thought is my exclusive connection to an inspired & empowered, intuitive choice, to express my divinity.

A divine choice is sensitively-detached from all other people who are insensitively disconnected from their Source of divine choice.

God is my Source of exclusive connection that allows my sensitive detachment from the dramas of everyday life.

God allows my personal choice, yet remains exclusively connected, emotionally rational and sensitively detached with my Self.

A choice of god is called religion. God's choice is called spirituality.

Spirituality is the actual reality of Spirit/God.

Religion is a virtual reality of Man. It is a creation of Man and a choice of Men.

Spirituality is a creation of God and the reality of God as God is the real creator of reality.

Reality is an Individual Choice, Individuals are a choice of God, God is an individual choice, God is the reality of Spirit and Spirit is the reality of God.

Individual Spiritual Reality is God's Choice. God is a creative choice of an individual perspective of reality.

God is a Choice.

Choice is my God.

# Thought & Thinking

Thought is a Divine Choice

Thinking is an intellectual choice

Thought is an Inspired Choice

Thinking is a rational choice

Thought is an Empowered Choice

Thinking is an emotional response

Thought is a Super-Conscious Choice

Thinking is a sub-conscious choice

Thought is a Creative Choice

Thinking is either a constructive or a destructive choice

Thought occurs Through Me, As Me

Thinking happens to me or by me

Thought is Spiritual

Thinking is mortal

Thought has Clarity

Thinking is often confused

Thought is an Intuitive Choice

Not thinking is an instinctive choice.



# Complacent, Complaisant Or Compliant

Being Complacent is allowing life to effortlessly flow through me with serenity & contentment.

However, when I am too complacent, I am adverse to change or growth. My serenity & stillness become inert and my contentment ceases to flow.

Complacency takes inspired action but too much complacency takes no action. When others see me as complacent and positively inactive, they may consider me to be proud, smug or self-satisfied.

Complacency is a pure attribute, which ironically is not a common place for most people to be in.

Complacency is neither assertive nor diffident, neither striving nor slothful, neither diligent nor lazy.

I follow my own authority with complacency. I follow another's authority when I am being either complaisant or compliant.

Being complaisant is pleasing others. It is being cheerfully obedient & dutiful, deferentially obliging & accommodating, without being subservient, submissive or passively compliant.

Pleasing others is being humble to their arrogant direction, being meek to their wrath, being sub-ordinate to their superiority, being modest to their outstanding pride, being timid to their assertiveness and being happy to be so.

Being complaisant is adopting one's female energy in contrast to a male dominant authority, which leads and expects you to agree and follow. Greed is the male energy of superior power, which influences others to follow their direction.

Being compliant to another's mental authority and direction is driven by a belief that one has to because it is compulsory.

Being complaisant to another's need for emotional power is driven by the belief that one needs to because it is the only way to meet one's own emotional energy needs.

Being compliant is doing whatever you are told to do by others. I comply to another's direction and their assertive directives. I believe that I am required to comply with the directions of a superior authority. As a superior authority decrees laws & statutes, I am duty bound, honour bound or morally bound to abide by them with compliance.

Complaisance is driven by an emotional need.

Compliance is driven by a fear or a limiting belief.

Compliance keeps me licit & legal.

Complaisance keeps me friendly & amenable.

Complacency keeps me effortlessly flowing on my own path under my own authority of choice.

With compliance, I am humble to another's arrogant mental directives.

With complaisance, I am pleasing another's greedy emotional needs.

With Complacency, I follow the lead of my Soul in the comfort & safety of happy contentment.

# Universal Law

Universal means One Version.

There is only one version of the Law, which is Attraction. Attraction conforms to a universal law called the Universal Law of Attraction. All other by laws are variations of the law of attraction. Attraction works in alignment with a law that states: Like energy unto itself is drawn. This is an immutable, stable, orderly constant that is applied with certainty.

The Law of Attraction defines the motion of energy. It is this energetic law of motion that is the basis for the creation of physical reality. As like energy is drawn unto itself, it creates the motion within matter.

The Conscious energy of the Mind is called Thought. This is the Creative Energy of a thoughtful, conscious mind. The source of all creativity is the imagination of the conscious mind. Imagination is the creative energy of conscious thought in the mind of the creator.

Attraction is the glue with which the creator manifests a creation into reality. Energy of a particular vibration realises matter as a vibrating particle. Vibrating particles of like energy form together to create a physical form. The formula for physical life is how Matter forms from similar vibrations of Energy in Motion.  $M=EC^2$ .

Because like energy unto itself is drawn, Thought is creative.

Because Thought is creative, like energy unto itself is drawn. It is the Law.

# Permission & Allowance

I can allow, I can permit and I can disallow.

When I allow others, I give them my permission. I permit them to do what they do, with my authority.

When I allow my Self, I do not disallow my allowance, it is permitted & provided.

I disallow my allowance when I do not believe that I have the authority of choice. Authority is the mental belief that I am allowed or permitted to choose.

I allow myself and I permit others when I believe that I have the relevant authority.

When I am being allowing, I receive my allowance. My allowance is whatever I allow to manifest as my reality. It is whatever I believe that I have the authority to receive.

Authority is a choice that I allow. I have authority when I allow my Self my own choice. When I disallow or deny my choice, I disallow my authority because I deny that I have it. I deny the authority of my choice.

I do not need to give myself permission. I just receive my allowance by allowing my Self the choice to accept it with gratitude. Gratitude is the power that gives authority to my choice. As I appreciate my authority, my

allowance appreciates. My allowance is a choice, when I choose to allow it with gratitude & appreciation.

My allowance is all ready, on my path, awaiting my acceptance. As I follow my path, I allow it to arrive. My path is my choice, which needs no permission. Choice is my permit, as choice is all ways allowed.

My allowance is provided per mission. Why would I choose a mission without enough provision to fulfil it? My provision is allowed in alignment with (per pro) the mission of my higher vision. My per-mission & my provision align my Self with my life path.

I am allowed to fulfil the mission of my vision when I am being allowing on purpose. Providing an allowance for another is permitted as long as it is divinely inspired and allows them the ability to follow their own path and fulfil their own purpose.

Permission is granted for every mission of choice and provision is provided as an allowance. All I am required to do is allow my provision to be provided. The only choice that I am required to make is to allow my path to unfold with acceptance, gratitude & appreciation. I disallow my allowance when I do not permit providence to provide it. Provision flows effortlessly through me, not to me or by me.

Being allowing allows providence the authority to provide my allowance.

- Choosing acceptance allows its receipt.
- Choosing gratitude allows its continuous receipt.

- Choosing appreciation allows my provision to expansively grow & appreciate.

# Mean

Mean can be a verb, a noun or an adjective.

The verb to mean clarifies a definition. I define what I mean with clarity. A clear definition has a definite meaning. Life has meaning when it is clearly defined. I mean what I say when it's meaning has clarity. I mean to do what I do with purpose.

The noun mean is a balance. When I find the mean, I find the balance. I find the balance when I clearly define what the balance means. I have balance when I define the mean and I have clarity when I define the meaning. A clear balanced perspective identifies the means, the meaning and the mean.

The adjective mean describes a negative state of being that is clearly not in balance. I always see my Self as in balance, never as being mean. It is other people who see me as mean, ironically because they see me as out of balance with them. I am seen as mean when I am in balance but others see me as out of balance. Others expect me to share what I have with them, so what we both have is in balance. When I refuse to share what I have with them because it is divisive, they see me as mean, unkind and miserly. Other people define me as mean, selfish & divisive when I refuse to give them what I have and they need. Being truly Selfish means that I am mean & in balance, not mean & unkind.



# Motion

Motion is the product of energy & matter. It can therefore be perceived from both a physical (corporeal) & a spiritual (energetic) perspective.

From a physical perspective, motion is a matter of time, speed & distance, which are the three properties of physical matter in motion. All three properties are measured as the product of the other two.

Time is measured as speed over distance. The speed of Earth around the distance of one orbit of the Sun is called a year. The distance of one revolution at the Earth's speed of spin on its axis is the time of one day.

Speed or velocity is measured as distance over time. The shorter the time over a measured distance, the quicker the speed. The measured distance of one mile travelled over the time of one hour, has a speed of one mile per hour.

Distance in space is measured as speed over time. The constant speed of light through the medium of space (a vacuum) over time, allows distance to be measured as a light-year. In physical space, distance is measured in linear kilo-metres rather than light-seconds. One light-second is equal to 300,000 kilometres.

From a spiritual or metaphysical perception, motion is a matter of energy vibration. Reality is a matter of energy in motion. The motion of energy in

matter is called its vibration. The three properties of energy in motion are its vibration, frequency & wavelength.

The wavelength & frequency of a specific energy in motion determine its e-motion or vibrational experience. From a physical perspective, a vibrational experience is the product of a mental frequency of thought conveyed on an emotional wavelength of feeling; in a space-time-reality.

Physical reality experiences the distance (space) & time of the speed of motion.

Spiritual reality experiences the length (space) & frequency (time) of a vibrational wave.

Personal spiritual reality is a vibrational experience. My energy vibration, my aura, determines the reality of my experience.

Personal time is relative to the frequency of moments of thought. Time is a sequence of personally authorised, thoughtful, conscious, moments of the mind.

Personal space is relative to the wavelength, of the awareness, of empowered feelings of the heart.

The motion of thought in time, allows an individual mental force of authority and the motion of feeling energy in space allows a magnitude of personal emotional power. The experience of spirit or e-motion as a reality, offers a unique potential for the ability of exclusive choice.

Choice allows the frequency of a thought to be divided by polarity. This allows a positive or a negative perspective as an attitude of thinking. We can choose what is right or wrong, good or bad, beneficial or detrimental, for ourself.

Choice allows the wavelength of an emotion to be divided by gender. This allows a male or a female experience of feeling. We can feel empowered or disempowered, sensitive or insensitive, emotional or unemotional, attached or detached etc, etc.

A choice of gender and polarity allows a relative experience of intensity. It is the intensity of the emotional gender of the polarity of our thinking that causes all the dramas in our life. Intensity is a measure of how much I am moved by a particular experience.

The motion of personal thought frequencies through time, allows the emotion of wavelengths of personal feeling in space, as a potential vibrational intensity; experienced as a dramatic personal spiritual reality, which can be very moving.

# Evolving Through Levels Of Perspective

Level 1: Is a perspective of what I have when I believe that life happens to me.

I adopt a perspective of what life gives to me and what life takes away from me. My perspective is one of judgment, discerning that what I have is either good or bad for me and whether what I do not have is what I want and need, or not.

My level one perspective is influenced by what I consider to be lucky or unlucky, fortunate or unfortunate and determined solely by chance.

Level 2: Is a perspective of what I need to do to change the odds.

When I believe that good things only happen to those who make them happen, I believe that I need to take action. I believe that good things are caused by me, but alas I am also capable of causing bad things to happen as well.

Life happening by me is a perspective of people who are continuously taking action to get exactly what they want and to have what people who do not take action do not have. It misses the perception that people who take action want more than they have, and often more than other people have. It is based on the belief that whatever we want to have, we have to take action to obtain it.

Level 3: Is a perspective of who I need to be in order to attract whatever I choose.

When I allow life to happen through me, I allow my creative emotional power to flow through me. My emotional power flows through me as an expression of who I am being, irrespective of whatever I am doing.

A level three perspective allows the Law of Attraction to provide for me in a prosperous and beneficial way. With the emotional power of flow in every present moment of my experience, I intuitively see every opportunity as it positively unfolds into my life.

When I intuitively know who I am being, I consciously allow my emotional power to flow with awareness and I only ever attract beneficial opportunities into my experience.

Level 4: Is a perspective of who I really am. This perspective of life happens as me. I intuitively know, feel & see that I am the Creator of my own experience.

My perspective is of an enlightened Being and seeing life with soulful clarity, I guide & support my Self on a path of divine spiritual growth. I intuitively see that I am both the creator and the creation as my Soul/Self experiencing my own ideal reality in life.

I have the conscious-awareness of experiencing my own innate state of Happiness & Well-Being, as my own creation of Heaven on Earth.

I am the fulfilment of my own Soul's passion & desire for its Self.

# Oneness & Sameness

Oneness & Sameness are different qualities.

The quality of sameness is having the same quality as another and is relative to any difference.

Oneness is an absolute Soul quality. At the absolute level of the Soul, there is no difference.

The dual reality realm of relative existence allows the experience of sameness & difference.

In the absolute realm of the Soul, there is just Oneness, Wholeness or Holiness.

In the relative realm of the Self, there is same & different, unity & disunity, oneness & twoness, singularity & duality.

I can be the same as another Self or I can be different. I cannot be the same as my Soul or different. I am either at One with my Soul, or not.

Duality allows choice. In the absence of Oneness, I can choose to be the same or different.

In the absence of choice, I am just at One with all that is. I will never be at One with Soul by denying my choice. My default choice makes me the same as everyone else who denies they have choice.

My Soul has given its Self an individual, unique & exclusive purpose in life. My purpose is to explore, discover and experience being different, which is the same purpose as everyone else.

From the Soul's perspective, there is no point in different people having the same purpose and no point in having the same perspective. Everyone has a different perspective even though they may make the same choices. We have each chosen a different Sole purpose.

Being the same as other people makes me like other people and makes other people like me.

Being different to other people makes me unlike other people and alienates me from them.

Being at One with my Self is a Soul quality. My Soul is always perfectly at One with its Self, never the same & never different.



# Bliss Or Joy

Bliss is the essential nature of the Soul. The Soul exists in an eternal state of Bliss.

Bliss is not an attainment but the natural state of the Soul. The essence of the Soul is Bliss.

I come from a state of Bliss into physical reality and I leave physical reality and return to a state of Bliss.

I come into physical reality to experience Joy. Joy is the physical experience of pure emotion. Joy is the bliss of physical experience and the experience of my spiritual emotional power in physical reality.

Joy really is a very powerful emotion.

Bliss is an absolute state of spirituality that is beyond power, emotion and reality.

Joy is an emotional state of being relative to physical contentment and mental fulfilment.

Joy is the emotional feeling of being Happy with the reality that is being physically experienced. It is the physical feeling of Soulful Bliss.

As a spiritual Being enjoying a physical experience, I feel the happiness of pure Joy.



As a spiritual Entity being Spiritual, I experience my Blissful nature. The nature of Bliss is essential Spirit that essentially allows three different choices:

I can choose to be a spiritual entity having a spiritual experience in physical reality, called Absolute Bliss

I can choose to be a spiritual Being having a physical experience in physical reality, called Pure Happiness

I can choose to be a physical Human Being having a relative experience of physical reality, called pain or pleasure

Happiness is the spiritual attainment of physical contentment, mental fulfilment and emotional joy.

The experience of Bliss allows no physical contentment and no mental fulfilment because there is no reason, meaning nor purpose to experience spiritual bliss in physical reality.

# Forget Or Remember

Forget or Remember are a duality of choice. I can either forget or remember and I can forget to remember and remember to forget because it is a choice of the same energy vibration.

In absolute reality, I never forget anything. It is only in relative dual reality that I can choose to forget. I forget when I fail to remember. Forgetting is my default option, I forget through choice when I choose not to remember. I remember what is beneficial for my Self to remember and I forget whatever is beneficial to forget. what I remember continues to cause my experience of reality but whatever I forget, does not.

When I am born into dual reality, I have a choice to remember or to forget, to disconnect or reconnect.

To remember is to reconnect. As a member of the human race, I am connected to the world in which I live. My attachment to physical life, disconnects my Self from its Source. In my disconnection from Source, I forget who I am and from whence I came. I forget that I originate from Source. I remember nothing of my spiritual origins, in my disconnection from Source.

Disconnecting from my spiritual guidance & support, by forgetting my source of origin; allows me to learn a physical sense of rational,

intellectual reasoning. It allows me to learn who I am, in contrast to who I choose not to be.

It is a great irony that my forgetfulness is very necessary for the development of my intellect. When I remember my sense of intuition, I reconnect to my intuitive senses. I realise that they are more reliable than my rational intellect. I also realise that attaining the conscious-awareness of an intuitive intellect is most beneficial for my spiritual development.

I am required to forget my inner tutor in order to develop the physical learning that allows myself to become anchored, earthed & grounded in both physical & spiritual reality. Combining my physical experience & knowledge with my intuitive sense of knowing, seeing & feeling is how I attain conscious-awareness of who I really am.

Bringing Heaven to Earth requires both a physical intellect and a sense of spiritual intuition. I forget on purpose because my forgetfulness has a purpose. I remember this when I am awakened to my spiritual source and reconnect with my intuitive senses.

I cannot know that I am a Spiritually Energetic Being with only my physical senses. When I only use my five physical senses, I forget that I am by nature intuitive. Without my spiritual senses, I have no sense of being spiritual. From a rational perspective spirituality is a nonsense.

I intuitively remember my spiritual purpose and I intuitively remember why I forgot. There is no rational, logical reason for being forgetful. It is only

with my intuitive insight that I realise the purpose of both forgetting & remembering.

# Freedom

Freedom is a choice. We all have choice but we are not all free. We are all free to choose, unless we are not.

When I deny my choice, I deny my freedom, which denies my freedom of choice. I only have freedom of choice when I know that I am free to choose. Choice is a problem when I do not know that I am free to choose. Knowing that I have choice is an intuitive knowing and in general, most people have blocked their intuitive sense of knowing. When I block my intuition, I also deny that I am free to choose because I just don't know. My intuition knows that I have freedom of choice but my intellectual reasoning often tells me differently.

In the absence of my sense of intuition, my experience is that I am only free to make the same choices as everyone else. I am only free to make the choices that are authorised by people in authority. I believe that:

- I am only free to choose what my religion considers to be morally good
- I am only free to choose what my philosophers have deemed to be ethical
- I am only free to choose what my parents determined was principally good for me
- I am only free to choose what my government has declared is legally right for me

I have been bound and tethered, from an early age, to the beliefs, morals, ethics, principles, rules & laws of the people who I believe to be in authority. I have acceded to the doctrine & dogma of the religious, ethnic culture of my family heritage. I believe that I am free to follow the dictates of the society into which I have been born to live or have chosen to give my allegiance to.

Society educates rational intellectual minds, without creative intuitive thought. My rational intellectual mind tells me that other people always know what is best for me. It is this rational logic that denies my choice. It is my intellectual reasoning that argues against a particular choice in favour of other people's authority.

When I feel secure in the authority of other people, I have lost my freedom of choice. Without choice there is no freedom. When I am secure in my own freedom of choice, I have the authority to be free and the power to choose.

When I free my intuitive senses, I take back my freedom of choice with the authority of my intuitive Inner Teacher and I am no longer tied to the discipline of other people's teachings.

Choice is free & secure when it is intuitively chosen.

# Independence

Independence is the gateway to spiritual growth.

The Soul depends upon its Self for spiritual growth. This inner dependence is required to be mutually aligned for growth to occur. The Soul is always aligned with its Self but the Self is not always in connection with the Soul.

When the Self certainly knows and feels assured in its spiritual dependency, it attains Inner Dependence. This inner dependency requires no attachment to anything in the external world.

Before attaining Independence, I am first required to experience & understand dependency in its various forms. Standing under the authority of another, causes a dependency on that person. I depend on their authority for both my guidance & support.

In my early years of life after my birth, I was dependent on the authority of my parents for my need for emotional power. I formed an emotional attachment to them for my physical & mental support & guidance. To gain and maintain the emotional support of my parents, I was required to accede to their parental authority. In my disconnection from my inner dependence and higher personal authority, I formed an outer dependency on my parents.

As I grew up, my attachment & dependency on my parents diminished as I formed inter-dependent relationship attachments to my group of friends at school and in youth clubs. I became independent of my parental attachments when I left home and formed one-to-one co-dependent relationships with girlfriends; eventually settling down in a long-term co-dependent relationship with a wife.

Getting a job and leaving home gave the illusion of being independent, when in fact it was just the transfer of attachments to different people, who were available to meet my personal emotional needs. Whoever I form an attachment to, meets my emotional need for energy, on which I depend. My primary dependency in life is to whatever I need to meet my emotional needs.

Whenever I need emotional power from other people, I pay the ultimate price of giving my authority away to them. Whenever I need either mental guidance or emotional support, I abdicate my independence in favour of whoever I believe to best supply what I need.

True Independence can only be attained through a personal connection with the Soul. My Source Of Unlimited Life. When my Soul is my only source of emotional power & mental authority, I am no longer dependent on any form of external guidance or support. I become Self-empowered, Self-activated and Authentic.

True Independence is self supporting in alignment with one's own spiritual guidance system. The paradox is that the only independence that is guaranteed to ensure my freedom is my Inner Dependence with my Soul.



# Positive & Negative Sins

Sin is the male energy of my emotional state of being. Male energy is the active, assertive emotion of the ego's choice of I will.

When life happens by me, I am expressing my Male gender of emotional energy; in contrast to my passive, complaisant or compliant female energy.

Male energy seeks to express the authority to influence & lead other people. Female energy, in contrast, seeks the power to follow another's authority. Historically, religious leaders preach their gospel with their Male energy, whilst their congregation follows their preaching, as a virtuous expression of their Female energy. Not following the moral guidance of the church leaders was considered by them to be a sin.

The Male energy of Pride is a positive attribute when I stand out in a beneficial way. I am proud of my ego Self when I stand out in a good way.

The Male energy of Hubris is the Self-righteousness of standing out in a sanctimonious way, to the detriment of others.

The Male energy of envy is seen as a good motivator, when I am encouraged to have what others have through my own hard work. The Male energy of jealousy however, is seen as a negative attribute because it is possessive & needy.

The Male energy of luxurious extravagance is seen as a beneficial sign of plenty, yet the Male energy of gluttony is seen as the excess of too much or over indulgence.

The Male energy that has a lust for life is seen as a beneficial attribute, unless it lusts after the sexual gratification of another, which is not.

The Male energy of avarice, which seeks greater power through wealth is considered to be a high achievement; whereas the greed of being superior and wanting power over others, is not.

The Male energy of anger, due to an intolerable frustration, is seen as assertive & directive for the benefit of those who need proper management & guidance; but the wrath of an intolerant & frustrated superior is seen to have particularly negative consequences.

The Male energy of sloth or lazy idleness is seen as being detrimental for high achievers; even though rest, relaxation & reflection are also seen as essential for those same high achievers.

All Male energy is any attribute of emotion caused by the active, assertive choice of an egotistical will.

Male energy has the will power required to provide & protect, whereas female energy has the authority to nurture and pacify.

Male & female energy can both be seen to be equally good or bad or neither good nor bad, as well as morally right or wrong. It is just a matter of personal choice of perspective.

I can see Male energy as a sin or I can see it as a virtue, relative to the attitude of my beliefs. The attitude of my beliefs is caused by my individual morals, ethics and principles. I can see a sin as bad & a virtue as good or I can see them both as contrasting perceptions of the same energy vibration.

It is my judgement that sees an action as either good or bad.

It is my intuitive perception that sees the gender of the emotion that I am currently expressing.

# Equability

Equability requires EQ Ability. EQ is my measure of Emotional Intelligence & Conscious-Awareness. With conscious-awareness my rational & my emotional intelligence have equal ability. The ability to act with equal ability is equability.

We all have choice and equability is a potential choice for everyone. Most people choose to measure their ability in competition with others.

Seeking to be better than another or superior in any way to others, is not being equable and is not emotionally intelligent.

I can default to greed or pleasing others, being assertive or appeasing with others, complaisant or compliant with others, all of which is a statement of my inequality with others because of the absence of my equability.

With emotional intelligence, I choose a balanced emotional gender of equanimity. When my anima is equal to my animus, my emotional power is undivided by gender.

With conscious-awareness, I choose a neutral polarity of equality as the focus of my mental thoughts. Quality mental thoughts have a neutral polarity, which is undivided by personal judgmental beliefs or a negative perspective of thinking.

The equability of my physical actions is attained with the equanimity of my emotional perception and the equality of my mental perspective.

With equanimity, equality & equability, I choose the win-win experience of the Observer rather than the perspective of the competitor or spectator who often experience losing.

# Regulate & Moderate

Regulate & Moderate are not the same.

I regulate or moderate my experience of life with my choice of focus.

When I focus on the intensity of my experience, I attract that intensity as my experience. When I focus on the potential of my experience, I allow it to be fulfilled.

The intensity of my energetic vibration is relative to the polarity of my thinking and the gender of the feelings it invokes. When I feel strong, the focus of my thinking is male assertive energy and my action is by me. When I feel weak, the focus of my thinking is passive female compliance and things happen to me. I can be a strong hero or a weak victim, in alignment with how I regularly think.

I regulate my thinking & my emotional response to appear stronger or weaker, more assertive or more complaisant. Regular thinking is normal but does not express my true nature. I regulate my thinking relative to the intensity of my normal experience.

Moderating my thoughts brings my experience of life into balance & harmony. When I balance the gender of my emotion & harmonise the intensity of my actions, I experience a choice of neutral polarity and life flows effortlessly through me.

Any positive or negative polarity that I experience is because of the direction of my perspective and my judgment of whether it is beneficial or detrimental for me. The polarity of my judgment discerns it to be either good or bad or right or wrong for me.

When I choose to allow only moderate thoughts, I do not need to regulate my thinking as my action is always balanced in its gender, neutral in its polarity and therefore harmonious in its potential.

In a dual reality world, the more intense the experience, the less potential benefit that is experienced. The only benefit of a regular intensity is to find the balance between the extremes of emotional expression.

There is always a moderate benefit, never an extreme benefit, when I find the balance of harmonious neutrality as a Third way. My balanced choice between weakness & strength is neutral & harmonious Gentleness. My third way between hard & easy is the balance of Effortless Flow. Effortlessness always flows gently and Gentleness always flows effortlessly. Whereas I regulate my effort, I choose Gentleness & Effortlessness in moderation.

Instead of strongly assertive action happening by me or passive weak complaisance to life happening to me, I can choose a third way of life effortlessly and gently happening through me.

Bringing life into balance and harmony requires the moderation of the intensity of my dramatic experiences. When I neutralise the intensity of the vibration of my mental polarity and emotional gender, I balance the

potential of my emotional power and my mental authority. It is with true mental authority that I am empowered to act with moderation.

Regulating my intensity keeps me on a roller-coaster ride of high & low dramas, which are hard or easy, cool or heated, positive or negative and painful or pleasurable.

Moderating my intensity allows a naturally neutral, gently effortless flow of beneficial potential to become evidently apparent through my own personal choice.



# The Four Gunas

A Guna is a personal perspective of how life is perceived to be, relative to an Individual's belief system. Beliefs determine perspective and how we individually and collectively perceive and experience reality.

There are four different gunas, perspectives, experiences or beliefs as to how life happens. My real life experience happens in alignment with how I believe it occurs, relative to my personal experience.

We each have an individual perspective of life and a belief about how our experiences in life are happening. This is what makes us individually unique, with our own exclusive perception or choice of what is currently occurring.

There are four ways, called gunas, as to how I see life happening from my own experience. Everything in life either happens to me, by me, through me or as me. My perspective of life allows any one of these four choices to apply for everything that occurs in my life.

However I believe life to happen, is my experience of reality; so how I personally believe life to be occurring, is a real experience for me. Our character is driven by our beliefs and we tend to adopt the character of the role that we believe that we are playing in life:

When I play the role of a victim or a follower, life is happening to me in ways that are out of my control.

When I play the role of manager or leader, I believe that the best way for me is to make life happen by me. When I take control of managing my own life, and often other people's as well, life happens by me. When my perspective is that life happens by me, not everything always goes to plan. Both good and bad things appear to happen to me, even though I believe that I only do good things by me.

When life happens to me, it is often a problem and when life happens by me, it is often a challenge. I am limited by the absence of my own emotional power and I am limited by my mental beliefs or convictions about how creative I am or not.

When I allow life to effortlessly flow through me, it is certainly powerfully creative and very opportunistic. It is only my belief in how life happens to me or by me that limits my flow of divinely creative emotional power and the flow of beneficial opportunities in life, which naturally flow through me.

In Hindu Philosophy there are three gunas that are described as tendencies of our character.

- When life happens to me, I am expressing the guna of Tamas and life appears to be dark, destructive & chaotic

- When life happens by me, I am expressing the guna of Rajas and I am motivated with passion & desire to actively pursue what I want or need, but I am often confused as to the outcome of my actions.
- When life happens through me, I am expressing the guna of Sattva with balance, harmony & goodness.

When I create my own reality with conscious-awareness, I am the Creator of my ideal life, which is happening as me.

When life happens as me, I create a fourth guna and I am being the source of divinely powerful, creative energy called Shakti. I am creating the opportunity for my own personal ideal reality with the conscious-awareness of being the Creator.

# Earth, Water, Air & Fire

Earth, Water, Air & Fire are the four metaphysical or metaphorical elements, dimensions or aspects of spiritual energy:

- Earth is the physical dimension of the corporeal body
- Water is the mental dimension of the astral mind
- Air is the emotional dimension of the ethereal heart
- Fire is the spiritual dimension of the absolute soul

Earth, water, air & fire are the four initiations or baptisms into spirit:

- The Initiation of Earth is a birth or re-incarnation into a physical body
- The Baptism of Water signifies the initiation into a conscious mental experience of our mind
- The Initiation of Air is an awakening to the awareness of our emotional energy and the power of positive states of being
- The Baptism of Fire is the realisation of conscious-awareness, which initiates the presence of the Soul

Each initiation or baptism opens a new perspective and a New Dawn dawns with a new perception of personal reality:

From the physical perspective of the Earth, I am my physical body and life happens to me

From the mental perspective of the conscious flow of thoughts from the mind, like water, I perceive that I have choice, I awaken to my own authority and life happens by me

From the emotional perceptions of my heart-felt feelings, I am aware of the flow of air, wind or breath of life that truly empowers my Self, as I allow life to flow through me

With the spiritual Vision of my Soul, I am alight with the fire of my creative energy, being authorised, empowered & enabled as a truly creative Spiritually Energetic Being.

Earth, Water, Air & Fire are the four major signposts on a journey called Life.

# A Choice Of Positive Or Negative Perspective

There is always a choice in life between a positive & a negative perspective of one's own version of reality:

A Positive Perspective focuses on the opportunity of every present moment.

A Negative Perspective focuses on the past and projects it into the future.

A Positive Perspective is exclusively connected to the guidance & support of Source Energy.

A Negative Perspective is inclusively attached to the guidance & support of other people.

A Positive Perspective is sensitively detached from other people's dramas.

A Negative Perspective is insensitively disconnected from the guidance & support of Source Energy.

A Positive Perspective aligns with intuitive awareness and the intellectual reasoning of emotional intelligence.

A Negative Perspective chooses rational reasoning over the intuitive logic of emotional intelligence.

A Positive Perspective sees life happening through me as the creator of my own ideal reality.

A Negative Perspective perceives myself to be the victim of life happening to me or by me.

A Positive Perspective of life is pain free, fear free & problem free.

A Negative Perspective of life is painful, fearful & problematic.

A Positive Perspective of life sees challenges & lessons as opportunities for spiritual growth.

A Negative Perspective of life sees challenges & lessons as problems to be solved, tolerated & endured.

A Positive Perspective of life has clarity, direction & presence.

A Negative Perspective of life is lost, confused & frustrated.

A Positive Perspective of life sees my cup as between half full & full.

A Negative Perspective of life sees my cup as between half empty & empty.

A Positive Perspective of life takes responsibility for the reality that is being experienced.

A Negative Perspective of life reacts by blaming other people for causing the reality that is being experienced.

A Positive Perspective follows one's own vision, mission & purpose in life.

A Negative Perspective conforms to the principles, morals, ethics & rules that other people follow in life.

A Positive Perspective sees life as free, boundless & abundant.

A Negative Perspective sees life as limited, unsafe & insecure, when outside of one's comfort zone.

A Positive Perspective sees life as a paradox.

A Negative Perspective sees life as a dilemma, a dichotomy or an oxymoron.

A Positive Perspective sees the potential in life.

A Negative Perspective experiences the dramatic intensity of life.

A Positive Perspective chooses an effortless path through life.

A Negative Perspective chooses to work hard or become lazy in life.

A Positive Perspective realises one's Destiny.

A Negative Perspective follows one's fate.

A Positive Perspective sees life as a playful activity.

A Negative Perspective acts out a drama as a role play in life.

A Positive Perspective confronts life head on.

A Negative Perspective conflicts with any entropy or resistance in life.

A Positive Perspective is never in opposition to a Negative Perspective.



# Transform, Transcend & Supercede

To Transform is to change a state of energy. When I transform my sense of ego self, I change my energetic emotional state of Being. The purpose of transformation is to purify my emotional state of being. A pure emotional state of being allows my divine power to effortlessly flow as an expression of who I am being.

I transform, when the wavelength of my emotion changes to a pure vibration of love & light. When my energy changes form, it forms a new perception of my physical experience. A pure emotional expression allows a pure experience of physical reality. I can change the form of my emotional feeling across a whole range of physical experiences.

Transformation transforms my emotional state of being.

To Transcend is to rise above my limited range of thinking. When I transcend my sub-conscious thinking, I allow my super-conscious thoughts to effortlessly flow.

The purpose of transcendence is to purify my perspective of my physical ego sense of Self. I purify my Self by challenging and changing the fears & limiting beliefs that I sub-consciously hold as my id-entity.

To transcend is to change my perspective of reality by changing my beliefs about reality, which changes my experience of reality. I transcend the false identity of my ego by uniting the Id with the Entity that holds my true perspective of life. My false identity is called the Id and my true entity is my Soul. Transcendence transcends my limited range of thinking.

To Super-cede is to cede authority to my super-conscious Soul. I concede that my sub-conscious self is less than divine and I proceed to change my self-perception to the perspective of my Higher Self.

When I supercede my physical sense of Self, I remember to intuitively reconnect to my spiritual sense of Self. I super-cede my higher authority to myself, when I follow the divine choice of my Soul.

When I transform the emotions of my ego into alignment with my Soul, I transcend the beliefs of my id and align with the perspective of my Higher Mind. I supercede my Soul when I transform my emotional state of being, by transcending my mental perspective of physical reality and intuitively seeing the essence of my spiritual origin & Source.

# The True Nature Of Reality

The True Nature of Reality is an energy vibration, with a frequency and a wavelength.

Truth is a frequency of energy that is divided by polarity, which allows a duality of truth & untruth.

Nature is a wavelength of energy that is divided by gender, which allows nature to be both natural and created.

Reality is a vibration of energy that is determined by intensity, which allows reality to be more or less dramatically intense.

The True Nature of Reality allows the experience of relative duality. Duality allows experience to be relative to both perspective & perception, which makes it exclusively unique & personal to each Individual.

Perception & Perspective allow experience to be a personally natural, true reality. I perceive the wavelength of reality to be its nature. My perspective is the frequency of reality, which I see as its truth. I experience the true nature of my perspective & perception as my reality.

I change the nature of my reality by changing the wavelength of my emotional energy. Emotion is my perception of the nature of reality.

I change the wavelength of my emotion when I change the frequency of my thinking. My beliefs determine my perspective of the truth of my

reality. My thinking is an expression of my beliefs about what I am experiencing as real.

Emotional feeling is relative to mental thinking, which determines physical behaviour. The wavelength of my emotion and the frequency of my thought, determine the vibration of my physical reality.

The gender of my emotional perception and the polarity of my mental perspective determine the intensity of my physical experience.

The True Nature of Reality is a physical, mental & emotional experience. In truth, a physical, mental & emotional experience is spiritual in nature.

Spirit means energy. Energy is a vibration with a frequency and a wavelength, which has an intensity relative to its polarity & gender.

The True Nature of Reality is a Spirituality; experienced as the mental truth of an emotional nature, in a physical reality.

# A Three Act Life

In Life, I am either Acting, Being Active or Taking Action.

Acting is a pretence, based on my beliefs about who I am. It is a Role that I play, based on my character. My character is my expression of my beliefs about who I think I should be, in relationship to the world.

The beliefs I Have, determine the behaviour I Do, in order to Be who I believe myself to be.

Being Active allows myself to meet my emotional needs. I am driven by what I need emotionally to be either active or passive. Activity is designed to be fun, for my amusement or pleasure. I need amusement, fun & pleasure to recharge my emotional power. What I emotionally need is a supply of emotional power and being active, or passive, is designed to meet that need for emotional energy.

The activity I Do is designed for me to Have what I need, in order for me to Be who I need to be.

Taking Action is inspired when it is driven neither by a fear nor a need. With inspiration, there is never a belief that I have to or must, nor a need that I should or ought to. I take action when I am empowered with inspiration because it feels good and I know that it is right for my Self at this time.

Taking Action is an intuitive response that has clarity of reason, with a meaningful purpose. When there is no intuitive response, I am the victim of a senseless reaction that is either acting or being active, driven by my fears or needs, for no beneficial reason or meaningful purpose.

Why take action when it feels wrong and I do not see the benefit of my actions?

When action is not inspired & empowered, how do I know it is right for me?

Who I am Being determines the emotional power that enables me to do what I do and authorises what I choose to have in my life:

- The order of Acting is have-do-be
- The order to Being Active is do-have-be
- The order of Taking Action is Be-Do-Have

Acting is a problem that expresses a false pretence.

Being Active is a challenge that is possible to fail.

Taking Action is an opportunity to manifest my Choice.

Manifesting the Ideal Life of my Choice happens in the Third Act, when I take intuitively inspired action.

# A Three Dimensional Creation

A Three Dimensional Creation is created by a creative creator.

The language of a three dimensional creation uses nouns, verbs & adjectives to define it as being definitely created:

- A Creation is a Noun, a physical thing
- A Creator is a Proper Noun, a physical role
- Created is a Verb, a doing word
- Creative is an Adjective, a describing word

The Creator is three dimensional:

- The authority to create requires a Mind.
- The power to create requires Emotion.
- The ability to create requires a physical Body.

Creative Energy is three dimensional:

- The Soul is the creative authority of Mind
- The Spirit is the adjective power of Emotion
- The Self is the active ability of a Body

The spiritual soul/self has the power, authority & ability of a Creative Creator to Create a three dimensional Creation.

Creativity is three dimensional:

- Time allows the mental authority of the mind to have a range of creative choices, and to make a different choice, recreate, in every moment
- Space allows the emotional power of the heart to manifest those choices
- Reality allows the physical ability of the self to experience those choices, here in space & now in time

Creation is three dimensional:

- The force of the mental frequency of authority is called a Thought
- The magnitude of the emotional wavelength of power is called Feeling
- The potential of the physical ability is a vibrational Experience

A Creative Life is a thoughtful feeling experience.

A three dimensional creation allows the creator to create a perception of feeling, by way of the mental perspective of the physical experience that is being created.

Soul is the Creator, Spirit is the Creativity, Self is the Three Dimensional Creation.



# The Four Horsemen Of The Apocalypse

An Apocalypse is seen as a disaster and the fate of all Humankind who are trapped in a negative perspective of reality.

The Fourth Horseman rides a pale Ashen Horse, called Death, on a journey to Hades or Hell. The rider is synonymous with the Grim Reaper, the harbinger of death. Death is seen as the final apocalypse or disaster for mankind.

The Third Horseman rides a Black Horse, carrying the Scales of Justice that represent balance. The rider represents the problems that we face and the frustration that is experienced, when we are out of balance with our true nature.

The Second Horseman rides a Red Horse, which is synonymous with our emotional power. The rider represents the pain that is experienced from the frustrated confusion of a lack of emotional power.

The First Horseman rides a White Horse, carries a Bow & wears a Crown; to fight the fear we encounter in life when we are lost.

From our negative perspective of life, the first three horsemen represent the fear, pain & problems of physical existence, when we are lost, confused & frustrated. Our white fear, red pain & black problems are symbolic of the ashen state of a living death, which signifies our personal apocalypse in life. A living death is a disastrous experience of Hell on Earth. Hell is not a place I go to when I die but a physical experience of a Slow lingering death, experienced here on Earth.

From a Positive Perspective:

The White Horse symbolises Mental Authority (Water) and the positive direction in which my authority of choice leads me. A confident choice of authority overcomes all fear and I am never lost because my direction is inspired.

The Red Horse symbolises Emotional Power (Air) and the clarity of my emotional awareness inspired by my empowered authority. Inspired with emotional power, there is neither pain nor confusion, just a feeling of empowered clarity.

The Black Horse symbolises Physical Ability (Earth) and my presence in physical reality to overcome any tolerations or problems. In the absence of challenging problems, there is the ability to see clearly in which direction all of life's opportunities exist.

The Rider of the Pale Horse (Fire) symbolises spiritual life with a clear presence of direction, without being lost, confused or frustrated. The Pale Horse rides towards its Destiny, not the fate of its doom, with authority, power & ability, not fear, pain & problems.

The Four Horsemen of the Apocalypse herald the beginning of a new destiny of Heaven on Earth, not the existing fate of hell on Earth. A long meaningful Life on Earth, not a slow decline towards death on Earth.

There is always a choice of perspective that is either negative, fearful, painful & problematic or positively authorised , empowered & divinely enabled.

They represent the four spiritual elements, dimensions or realms of Earth, Air, Water & Fire.

# Surrender

Surrender is to concede defeat.

To concede defeat, I am required to admit to what I am fighting and admit that the fight is lost. When I concede, I admit the truth of my own experience.

Spiritual surrender is the realisation that in truth, I am only ever fighting my own resistance to life. When I realise that I am fighting my Self, I can only ever surrender to my Self when I admit defeat.

The question is: Which Self is defeated and which Self do I surrender to?

All external conflict is a reflection of our inner conflict and an absence of inner peace. Inner peace is attained when my Self is in alignment with my Self.

The question is: Which Self is out of alignment when I am conflicted by my own resistance?

Which Self is the cause of the conflict and which Self experiences the effect of the conflict?

The only thing that can ever be in conflict with my Self is my own choice of perspective. How I see my life is a choice and the conflict that I see in life is the result of my choice of perspective.

With Spiritual Surrender it is my perspective that I surrender, never my highest choice of authority.

I can make a conscious choice based on my sub-conscious beliefs & programmes or I can make a choice with my super-conscious intuition.

Super-conscious intuition is my highest choice of authority and is how my Soul communicates with its Self.

Intellectual reasoning based on sub-conscious programming is how my ego decides for itself.

Whereas the ego Self is free to choose for itself, it may or may not be in alignment with my Soul's choice for its Self. When I concede the authority of choice to my sub-conscious Id, my ego is out of alignment with my Soul. The sub-conscious mind of the Id overrides & defeats the choice of the intuitive super-conscious mind of the Soul.

It is the ego sense of physical self that is fighting for supremacy over the spiritual Soul. When I surrender my authority to the Id, I disconnect from my source of true emotional power. I sub-consciously surrender my power when I submit to the default beliefs & programmes of my Id.

When I follow the intuitive direction of my Soul, I surrender to the highest choice of my mental authority and connect with my innate sense of emotional power. In my surrender to my Soul, there is no defeat; I win my authority, which allows my power. When I surrender to my true power source, I am empowered and when I surrender to my true authority, I am inspired.

My Soul is never in conflict with its Self and the Self is never defeated by the Soul. It is the conscious ego self that is being defeated by the default beliefs & limiting programmes of the sub-conscious id.

Defeat is a perspective of a reality based on a false drama called winning & losing, of which I am sub-consciously convicted. The higher choices of the Soul are absolute and beyond the duality of winning & losing.

Surrendering to the authority of the Soul's choice is ever a win-win scenario. In connection and alignment with my Soul, I win my authority and I win my power.

Winning through life, is the Soul's purpose. Surrendering to this perspective removes the possibility of defeat.

# Seeing & Sight

Seeing & Sight are different senses.

Most people believe that sight is the ability to see the physical world.

Sight is the primary physical sense with which, we physically see the world. Unless that is, we are blind.

Seeing is our intuitive sense with which, we see our spiritual world. Our spiritual world is an awareness of that which is not physical. In our three dimensional world, that which is not physical is either mental or emotional. Both mental energy and emotional energy are spiritual in nature.

I intuitively know my mental thoughts that are not my intellectual reasoning or rational thinking.

I intuitively feel my emotional sensations that are not physical experiences of touch.

I intuitively see in my Mind's Eye, whatever I intuitively know & feel. My Mind's Eye is the imagination of my Soul. It is a unique thought expressed as an image in my conscious mind. My creativity is my ability to see with imaginary awareness.

My sub-conscious mind records everything that it sees and experiences in my physical reality. My super-conscious mind projects images or

visions of preferred choices into my conscious mind. I consciously see these visions or images as my imagination.

I know a thought, feel an emotion and see a vision in my imagination. My Mind's Eye is my Imagination. My Third Eye is my window into different densities of consciousness that create different dimensions of reality.

I see the third dimension as a conscious density with my physical eyes. I see beyond the veil of physical reality to the unconscious densities of the mind with my third eye. My Soul has the ability to see in all dimensions of reality with all densities of consciousness. This is a potential that is only realisable through the conscious-awareness of its Self.

The Soul sees through the experience of its physical, mental & emotional Self. The Self sees through the experience of physical reality alone, until it learns to see from the perspective of its spiritually intuitive Soul.

- I see physical reality with eye sight
- I see into the past with hindsight
- I see into the future with foresight
- I see intuitively with insight

Sight is really a projection of the mind, you see!



# Touch & Feeling

Touch & Feeling are different experiences from different senses. In our insensitive, unemotional, disconnected world, they appear to be the same thing.

When I believe that I am touched by emotion, I feel good but when I am touched mentally, I am seen as bad or irrational. A touchy feely person is seen as too emotional or over sensitive, as it is not seen as beneficial to wear one's heart on one's sleeve.

With no distinction between touch & feeling, we become irrationally insensitive to other people and disconnected from our own emotionally powerful, intuitive guidance system.

Touch is one of our five physical senses. It is a physical sensation, which I experience through contact between my body and other physical objects. It is an objective experience of the world; unlike emotional feelings, which are a subjective experience.

A deaf & blind person has a heightened sense of touch because that is primarily how they experience the world. Touch is how my conscious mind makes sense of the physical world; by discerning the mass and gravity of physical objects by way of their size, texture, weight & temperature.

Feeling is one of my three intuitive senses. I can only intuitively know this, as feelings are emotional, not physical. I am physically conscious of what I touch and what touches me. I am emotionally aware of my feelings, which I categorise as emotions. I cannot physically touch my emotions but I can intuitively feel them. Other people may touch what I touch but they cannot feel what I feel; so they cannot easily teach me to be emotionally aware of my intuitive feelings. In a rationally intellectual education system, emotional intelligence is not on the curriculum. Most children are taught to switch off their intuitive emotional intelligence at an early age.

In our unemotional disconnection from our intuitive feelings, we become insensitive to other people's emotional state of being. We retain only a basic awareness of another's mood or temper and the atmosphere of the environment that we are currently in.

Being emotionally sensitive and intuitively connected to our awareness of other people's feelings, allows both empathy & compassion to flow in relationship to them. Sharing our passion on the same path as another is what everyone is seeking in their soul mate.

The true love of Agape, experienced as shared compassion & empathy bears no comparison to the physical sexual erotic touch of the perceived love of Eros. Whereas touch can be sensual as a physical pleasure, the intimacy of pure ecstatic bliss is the climax of shared emotional feelings.

# Belonging

To Be longing is to yearn for what I need or desire. Yearning is the negative emotion of wanting what I believe that I need. Whatever I believe that I need, I form an attachment to.

I call my physical attachments my belongings. My belongings are my own possessions that belong to me because I own & possess them. I believe that I possess items that belong to me. In fact, my belongings are attachments that I am possessed with. I am possessed with a longing for my belongings.

The need to belong is an attachment to other people. I am attached to whatever need other people meet. I belong to groups of people who inter-dependently meet my emotional needs. I am dependent on the interaction of the people in the groups to which I belong.

I belong on Earth and I will be on Earth as long as I am able to fulfil my purpose for this lifetime.

I belong to my Soul. My Soul does not own me, possess me or need me. My Soul is me, as the highest expression of who I really am. My longing for my Soul is the effect of my disconnection from my Spiritual Source. In my disconnection from Source Energy, I am longing to belong to something outside of my Self. In my connection to Source, I know where I belong and I know that life will always belong enough.

I belong to an infinite, eternal and continuously growing Universe. I am part of the One Version of everything; to which, I will forever belong.

# The Value Of Self Worth

Self Worth is a level of value. Value is a measure of my emotional assets. My emotional assets are the qualities of value that empower me. I am empowered by the value of my emotional state of being, as it is being expressed.

Positive emotions are empowering. Negative emotions express the level of my disempowerment, which is my perceived lack of worth. I am worthy of my positive states of being. My negative emotions are unworthy of expression, as they have no emotional value.

Self Worth is relative to emotional power. Emotional power is relative to the purity of the emotion that is being expressed. The emotional state of being that I attribute to my Self determines my emotional power and my self worth. Emotional attributes that are worthy of my Self, and have high value, are vibrations of pure energy; which are prime, natural & divine.

Prime, natural & divine attributes are pure emotional states of being because they are undivided by either gender or polarity. A choice of gender & polarity determines character & personality, not my true identity. Personality & character are an expression of my unworthiness and lack of true value. There appears to be value in a positive personality, but this is really an expression of confidence not personality. It is confidence that has a positive or a negative polarity. Personality has either a male or a female gender. Whether my character appears confident or not, is not a

matter of self-worth. I am never worthy of the character that I am portraying. The True identity of my Soul is beyond the personality & character of my ego self.

The limiting beliefs and fears, which define my character, cause the emotional needs, which define my personality and question my value & worthiness.

Only the pure essence of my Soul is worthy of true expression. Attaining the pure attributes and qualities of my Soul, allows my Value & Worth to flow effortlessly and powerfully from within my Self.

The Value of my Worth is in the Essence of my Emotional Feelings.

# The Certainty Of Confidence

Confidence is the level of certainty.

Self-confidence is my level of certainty in the choices that I make myself. With the certainty that the choices I make are always beneficial, confidence is never an issue.

I lack confidence when I am uncertain what choices are best for me. The best choices for me are never detrimental to other people. I cannot confidently make choices for other people. I can never be certain of what is best for someone else.

Confidence certainly requires integrity. With integrity, I am in alignment with my Self and I confide in my Self. I tell my Self my truth, whereas my rational intellect & intelligence is often telling me someone else's truth. I will never have confidence in other people's beliefs about what is true.

I know my own truth intuitively because it feels right. When I intuitively see an opportunity for my Self, I take it with confidence at the level of certainty.

Intuition is always certain. If I do not intuitively know what I intuitively feel with certainty, it is not intuition. My rational intellect overrides my intuition when I allow it to. Rational intelligence is never certain, it is often right and sometimes wrong. The more intelligence I have, the greater my capacity



for intellectual reasoning and the more right I believe I am; but I am never absolutely certain.

Absolute certainty comes from the realm of the absolute as intuitive guidance from my Soul. My Soul is absolutely confident in my competence, capacity & capability. My ego is programmed with past experiences of my incompetence, incapacity and incapability. It is only ever the intellectual reasoning of the ego that is relatively certain or uncertain.

In my disconnection from my source of inner guidance, my intellect is programmed with beliefs about what is right for other people. Copying what is right for other people is never certainly right for me, even when it appears certainly right for them. My source of certain confidence is never other people.

Certain Confidence is the ability to confide in the intuition of my True Self. Whatever I intuit as my true choice is certainly right for me. When I am intuitively inspired with an opportunity, I am certainly confident that it is the right choice for me. The confident Soul sees only opportunities, whereas the uncertain ego sees challenges or problems.

Confidence is like Happiness. It flows from within when there are no fears or limiting beliefs to offer any resistance, entropy or uncertainty.

To make choices with absolute confidence requires the perspective of my Absolute Self.



# The Fourth Dimension

The Fourth Dimension is not time, contrary to Einstein's theory. Time is the 2nd dimension in a space-time-reality.

The three dimensions of energy, matter & motion in a space-time-reality, each have a fourth dimension:

The fourth dimension of the Motion of Spin, Orbit & Rotation is a Revolution. The Earth spins on its axis, orbits the Sun, rotates with the Solar System and revolves around the centre of the Milky Way Galaxy.

The fourth dimension of the Energy of Wavelength, Frequency & Vibration is Spirit. An emotional wavelength of Love, with a mental frequency of Light, allows a physical vibration of Life; to be the experience of a fourth density Spiritual Consciousness.

The fourth dimension of Matter with a Length, Breadth & Height is Depth. A length of Time, with a breadth of Space and a height of reality, allows a Depth of Awareness.

A Depth of Spiritual Conscious-Awareness is the Revolution awaiting each of us in the Fourth Dimension.

With no depth to our physical consciousness, there is no awareness of a fourth dimension of reality beyond space & time. The gateway to this fourth dimension is Intuition.

# A Three Dimensional Spirituality

The Three Dimensions of Spiritual Reality are Love, Light & Life.

Spirituality is the spiritual reality of energy, the real energy of spirit and the energy of spirit realised.

The spiritual reality of energy is that it has three dimensions, an awareness of which may be perceived or intuitively seen in many different ways.

How Energy, Matter & Motion are perceived, creates an experience of three dimensional reality:

- Love is the Magnitude of Power of Spiritual Energy, called Emotion
- Light is the Force of Authority of Spirit in Motion, called Thought
- Life is the Potential Ability of a Spiritual Matter, called Experience

How I experience my thoughts & emotions is a matter of the motion of energy in this space-time-reality.

Space is a Magnitude of Energy with three dimensions:

1. Is a Wavelength = a String
2. Is a Frequency + a wavelength = a Plane or a Field
3. Is a Vibration of a wavelength & frequency = a Magnitude of Space, the Aether

Time is a Force of Motion with three dimensions:

1. Is Spin = a Day
2. Is Orbit & spin = a Year
3. Is Rotation, orbit & Spin = a Cycle of 12 Ages

Reality is the Matter of the Potential of a force of time in a magnitude of space, which has three dimensions:

1. Is Atomic = Length of Time
2. Is Cellular = Breadth of Space + length of time
3. Is Organic = Height of Reality + length of time + breadth of space

Love is the Energy of Light in Motion, that Realises in Space & Time, a Matter of Life:

- The Energy of Love is called Emotional Feeling
- The Motion of Light is called Mental Thought
- The Matter of Life is called Physical Experience

Emotional Feeling, Mental Thought & Physical Experience are the three dimensions of a Personal Spirituality.

The Power of my emotional feeling, with the Authority of my mental thought, enables the Ability of my physical experience.

# Density & Dimension

Density is relative to the length of a vibrating energy wave. The shorter the wavelength, the greater the density and specifically its gravitational attraction. The longer its wavelength, the greater its space or volume, which is a measure of its magnitude. The greater the magnitude of energy, the lower its physical density. Physical density is the gravitational force that is relative to spiritual magnitude. The greater the energetic magnitude, the higher the spiritual density.

Dimension is an aspect of Perspective. A one dimensional aspect has only one perspective. There is only one way to look at it or see it. A two dimensional aspect has polarity, which allows it to be seen from two different perspectives. A two dimensional aspect allows a choice of perspective. It has a choice of wavelength, its space and a choice of frequency, its time. An energy vibration can be perceived as an experience of emotional wavelength, an experience of mental frequency or a vibrational experience of both.

A dual reality experience of wavelength & frequency allows a three dimensional reality of vibrating energy. A dual reality experience in time & space allows a three dimensional experience of space-time-reality.

Every vibrational reality has a frequency of time and a wavelength of space.

A one dimensional density has no perspective or awareness of space & time.

A two dimensional density has no awareness of time, only a perspective of space.

A three dimensional density has an awareness of space and a perspective of time. Wavelength is relative to frequency and a conscious perspective is relative to a perception of awareness.

Where consciousness is the same as awareness and perspective is the same as perception, then space-time-reality is experienced as only being physical.

When consciousness is seen as a frequency of thought and awareness is felt as a wavelength of emotion, then a fourth dimensional density of conscious-awareness emerges.

Physicality has three dimensions:

- Atoms are physical and one dimensional.
- Cells are physical and two dimensional.
- Man is physical and three dimensional.

However, human thought & emotion has multiple levels of density, from the perspective of the 3rd dimension.

Spiritual density is the frequency of thought. The faster the frequency of thought, the shorter the wavelength of emotion. The quicker time passes,

the less space is experienced. The slower the frequency of thought, the higher the density of spiritual perception and the greater the flow of peace & harmony. The longer the emotional feeling of love, the slower the intensity of thought, the more magnificent the experience.

Wisdom is the slowest frequency of thought with the highest spiritual density of awareness.

Joy is the longest wavelength of emotion with the highest spiritual density of awareness.

We experience this three dimensional realm of space-time-reality for the purpose of attaining higher levels of spiritual density, called conscious-awareness.

Our three dimensional physical Earth has recently entered the 4th dimension of spiritual density, known as the Age of Aquarius, which allows the Dawning of Awareness of our true spiritual nature. It is not the Earth that is now four dimensional but the potential of our individual perspective to become consciously-aware of our personal destiny, by raising our own spiritual density.

Spiritual Density is our Destiny!

# Conscious Awareness

Consciousness is male mental energy of the mind, called thought.

Awareness is female emotional energy of the heart, called feeling.

My awareness of my emotional feeling is my emotional intelligence or EQ.

My conscious rational thoughts determine my intellectual intelligence or IQ.

A male dominant society defaults to the intellectual reasoning of rational intelligence, by suppressing the female intuitive senses of emotional awareness.

As our society becomes more & more conscious, it becomes less & less aware of its spiritual origins. Male dominated religious leaders espouse the female virtues of their submissive religious followers. Our religious theology has become a poor substitute for our spiritually intuitive awareness.

Science has lost its ability to be scient with intuitive knowing.

Omniscience is reserved for God and believed to be unattainable by mere mortals.

Philosophy has lost its love of wisdom and replaced it with intellectual argument based on logic & ethics. As philosophy morphed into science, it



has become obligatory to prove rational intellectual argument with the logic of mathematics.

As we became more conscious of our mental incapacity to know our truth, we lost the awareness to feel our emotional incompetence. As we became more conscious of our mental capacity, we forgot the importance of our emotional competence.

As Academia developed a total unawareness of both spiritual & emotional intelligence, it discovered what is called the Hard Problem of Consciousness. Without an opposing perception of awareness, our perspective of consciousness makes it impossible to define and understand.

We are currently unaware that our consciousness has no awareness because there is no distinction between the two. Science has not only lost its heart & soul but also the awareness that the conscious mental thought of our mind has an awareness of the emotional feelings of our heart.

We have become conscious physical beings instead of spiritual beings having a mental & emotional experience of conscious-awareness as our physical reality.



# Negative Polarity

Polarity is a direction of choice, which is relative to perspective.

Positive choice has a perspective that flows beneficially with life.

Negative choice has a perspective that detrimentally resists the beneficial flow of life.

In relative dual reality, life energy is divided by a choice of male or female gender. The male gender of life energy is called mental Light or Wisdom. The female gender of life energy is called emotional Love or Wealth.

When the male mind is united with the female heart, love & light flow as a wealth of wisdom called power & authority. Power & authority together, enable Life. The creative ability of life occurs when the power of Love and the authority of Light flow in balance & harmony together.

A negative perspective creates a negative choice, which is without the authority of Light. Dark or heavy thinking dis-empowers ability. Life without our own mental authority has no power of its own. Authority flows with power in a positive direction or polarity.

A negative perspective causes a negative polarity to flow in the negative direction of a false authority. True authority is aligned with its power source, false authority is misaligned and disempowered. When I am not flowing positively in my own authority, I am resisting the flow of life with

my choice of false authority. Without my true mental authority being aligned with source, I experience false or negative emotional power.

Three choices of attraction allow three types of love with three contrasting types of negative polarity:

1. Physical sexual attraction or Erotic Love has a negative polarity of lust. I lust after what I think that I need emotionally. Lust is the false power of my expression of what I need emotionally in the absence of my true power of Love. Male lustful emotional desire needs to feel female passion to feel complete.
2. Magnetic attraction or Romantic Love has a negative polarity of hate. Hate is the intensely negative feeling of dislike. I dislike the polarity of energy flowing in the opposite direction to my perspective of life. Mental Thought Energy contra-flowing in opposition or resistance causes hatred & dislike.
3. The Divine Attraction of Pure Love has a negative polarity of fear. Fear is my resistance to the flow of divine love, which is caused by my negative belief system. When my beliefs project my thinking in a negative direction, the intensity of the resistance that I feel is called anxiety, fear or dread.

From a different perspective:

I can love or hate the polarity of my choice of thinking

I can love or fear with the polarity of my choice of emotional feeling

I can love or lust with passion or desire relative to the gender & polarity of my choice of action

I can think, act & feel with a positive or a negative polarity of perspective.

With a positive perspective, I act with Life, I think with Light and I feel with Love.

With a negative perspective, I fear my negative actions, I hate my negative thinking and I lust after the love that I need.

Negative polarity is a negative choice, with negative authority and negative power that causes a negative mental incapacity, a negative emotional incompetence and a negative physical incapability.

# The Elite 1%

Being Elite is attaining excellence.

Less than 1% of the world's population attain excellence.

Less than 1% of the world's population consciously attain their own Health, Wealth & Wisdom.

The Elite 1% are not the global elite who are billionaires and rich in assets. Nor are they a so called illuminati of global bankers who own the national debt of 99% of countries in the world. Monetary assets & owning financial debt do not ensure the attainment of physical health, emotional wealth or mental wisdom. Money can buy illness care, power over other people and knowledge but not Happiness, Well-Being and Intuitive Choice.

Attaining the Spiritual Happiness of contentment, fulfilment & joy ensures that my energy is light and I am E-lite. Attributing pure emotional energy to my Self ensures that I am in an elite 1% of people in this world.

Less than 1% of the world's population believe that they are energetic Beings. 99% of people believe that they are physical human beings having a physical experience of life.

Whereas 99% of people in this world believe that they personally have choice, only 1% of those people have the personal authority to exercise their choice 100% of the time.

Whereas 99% of the people want to be proved right, only 1% of the people in this world are happy to be proved wrong.

Less than 1% of the world's population believe that they have enough of everything that they want.

Less than 1% of the world's population believe that we are all created equal and being less than equal, or more than equal, is their own choice.

Less than 1% of the world's population are being unto all other people as they would have all other people be unto them.

More than 99% of the people in this world are victims of the belief that there is only one reality.

Less than 1% of the world's population understand what EQ is and are Emotionally Intelligent enough to consciously choose their own quality emotional attributes to express responsibly. More than 99% of people in this world do not know what their personal emotional needs are and are incapable of consciously meeting them for their self.

Less than 1% of the world's population understand what the true value of their life is and what contributes to their personal sense of self esteem.

Less than 1% of the world's population know with certainty their personal vision, mission & purpose for this lifetime.

Less than 1% of the world's population know how to live with integrity.

Less than 1% of the world's population live a pain free, fear free & problem free life.

Less than 1% of the world's population are following their own individual, unique & exclusive path in life, with clarity, direction & presence.

Less than 1% of the world's population have non invasive personal boundaries and are unconditionally accepting of whatever is occurring in their life.

Less than 1% of the world's population live their life without drama or trauma.

Less than 1% of the world's population are consciously creating their own reality.

Less than 1% of the world's population believe that their experience of life is excellent.

# Life Happens As Me

Life Happens As Me is a personal perspective of how my life occurs to me.

Life happens as Me when I am the creator of my own reality. When I realise that I do, in thought, word & deed, create my own reality, then that becomes my perspective.

My perspective of reality is what I am always creating. I create life as I see life to be and I experience life as the creation of my perspective.

When life happens as me, I see my Self as the Creator of my experience of life. When I see life as a continuous experience of beneficial opportunities that I am creating for my Self, then life is actually happening as me.

When I experience life as a series of beneficial opportunities, I have faith in my Self as the Creator. When life is a challenge, I see myself as a creation of a Creator. The Creator created me to learn the lessons required to overcome the challenges of life.

When I see life as flowing through me, I allow my Self to meet my challenges.

When I see life as happening by me, I will fail the challenges when I run out of emotional power.



When I see life as happening to me, I see all the problems that life has created for me to solve and I blame other people for all the problems in my life.

When I believe that life happens by me is my best solution, I try to find solutions to all the problems that I am experiencing in life. Letting go of problems and becoming problem free, allows me to see the challenges of life as beneficial lessons to be learned.

When life happens as me, there are no problems to be solved, there are no challenges to be met, there are no lessons to be learned, there is just a continuous opportunity to experience my ideal life.

Creating an ideal life, bringing heaven to earth requires that I am the Creator of my own Ideal Heaven on Earth Experience. When I am the Creator, I deal my ideal life for my Self and life happens as me. From my perspective, Heaven on Earth is my creation of my ideal life in physical form. As the creator of my own reality, why would I choose to come into physical form to experience a life that is less than ideal.

When life happens as me, I realise that I am also the creator of my own experience of hell on Earth. I realise that when I play with the fire of creative ability, I can get burnt. When I burn myself, I realise that life is happening to me, in a way that I do not consciously choose it to.

As the Creator of my own experience, I can always choose to choose a better choice. By me is better than to me, through me is better than by me and as me is better than through me.



My life happens in alignment with my choice. My perspective of choice manifests as my personal experience of reality.

When life happens as me, it occurs to me that I am, and always have been, the creator of my own experience of reality.

# Dementia Doesn't Make Sense

We interpret the world with our senses. This is how we make sense of the world.

We interpret the physical world with our physical senses. It is normal, as we get older, for our senses to decline. Our eye sight diminishes, as does our sense of hearing. With dementia, our sense of taste, sense of smell and also our sense of touch also decline.

We interpret the world sub-consciously with our sense of instinct. With dementia, our instinctive senses also decline. As our thermal sense becomes less acute, our sensitivity to temperature becomes more acute. As the temperature falls, sensitivity to cold rises, with an inability to regulate body heat effectively. As our vestibular sense of balance becomes faulty, we need help & support to sit or stand and a walking aid to manoeuvre short distances. Our loss of emotional sensitivity promotes mood swings, anxiety, confusion & frustration. With the inability to temper our emotions, it becomes very difficult to relate in a positive way, with those who care for us. As our kinaesthetic sense of movement becomes impaired, we recoil into our shell, as the external world appears more and more dangerous, risky & difficult to cope with.

We never lose our intuitive senses, even with dementia. However, being unaware of our intuitive sense of feeling, knowing & seeing means we remain unaware of our sense of intuition, whether we have dementia or

not. Any intuitive connection to life, that I may have, I retain with dementia; although others may deem it to be an aberration of an addled brain.

Dementia eventually becomes an exploration of life without any sense of direction, sense of clarity, sense of presence or any sense of who we are.

We all become relatively demented to some degree as we approach the later years of life. Without a sense of purpose, varying degrees of senile dementia are what we all have to look forward to.

# The Secret To Winning

The Secret To Winning is knowing why you lose!

I lose for one reason only, because I believe that I am not Good Enough!

Other people tell you that you are good, but they never tell you you are not good enough. When I believe what other people tell me, being told I am not good enough makes me doubt myself, so other people don't tell us we are not good enough, just that we were unlucky. Self doubt makes me a loser. Self certainty allows me to win. When I absolutely know that I am good enough, I never lose.

When I lose, other people tell me I was good but I need to get better. I have to be good to get better so that I can be the best at winning. To be the best, I am told that I have to be better than everyone else. Trying to get better is not the best way to be good enough, even though it is the path that everyone tells you is best. On this path only one person can be the best and everyone else is second best. In a competition between 16 people, 1 person wins and 15 people lose.

Being Good Enough follows a path of Excellence, not a path of winning & losing. Every opponent is there to show me the level of excellence that I have currently attained. Meeting an opponent with a higher level of attainment allows me to see an opportunity for improvement. They remind me that I am not yet good enough.

When I see winning from the perspective of: I am already the best that I can be, I have a choice to make. I can give up or I can choose to be better and one day become really Good. When I acknowledge that I am already the best that I can be, I allow myself to follow a path of getting better, until I become good enough to attain excellence.

This path is always about me, never my opponent. My opponent is just there for me to see how much better I am becoming, or how much better I can become. A winner always sees opportunities for improvement. A loser always sees a reason why they lost.

When I am good enough, I attain a level of excellence. I become the Champion of my own Excellence. Winning is not about being better than your opponent but about being better than you are. Competing with another allows me to see what level of excellence I have so far attained.

From the perspective of: When I become the champion, I will be good enough; I will often be a loser.

With the perspective that: When I am good enough, I will be a champion; I cannot lose. I cannot lose that which I have not yet attained.

A True Champion is the One who Excels.

Good – better – best is the path of one winner and many losers.

Best – Better – Really Good is the Path of a Champion.

# Relative & Absolute Truth

Truth can be relative or absolute.

In a relative dual reality world of choice, truth can be true or untrue.

Relative truth is apparent & evidential, as is a relative untruth.

Whatever is apparent to our five physical senses is evidently a true sense of reality because we have evidence that it appears to be true. Evidential proof allows appearance to be a true reflection of reality. Relative truth is a reflection of reality that appears to be evident.

Relative truth exists in a world of relative duality. Relative dual reality is a time-line of existence that allows truth and evidence to appear continuous. It is the continuity of a reality that makes it evidently appear to be true or untrue.

When evidence appears to be unchanging & consistent from the perspective of a sane majority, it is declared to be true. When evidence is contradictory, confusing or unclear, it is left to a jury of peers to judge whether it is true or untrue.

Relative truth or untruth is a perspective of an Individual's perception of reality, which is based on their personal, opinions, beliefs & convictions.

Relative truth & Absolute Truth are not a duality. When they are seen as a duality, absolute truth is believed to be untrue and not real. A Scientific consensus believes that an absolute truth cannot exist unless it is

empirically proved to be so. Science is deemed to be a Theory, not a Truth, until it is proved to be untrue.

Absolute Truth is one's divine alignment with one's individual, unique & exclusive life path. When my life path is positively and beneficially on track, it is absolutely true. When I encounter resistance & entropy on my path, I am detrimentally and negatively aligned on a default path, which is not absolutely true.

My relatively true Self, called my ego, is absolutely on track when aligned with my personal, vision, mission & purpose for my life. In the absence of knowing my vision & purpose, my mission in life is experienced as relatively beneficial or detrimental because it is not absolutely true. Only my Soul knows the truth of my purpose for this lifetime. Being present in alignment with my True Path is my Soul's Absolution. When my path is absolutely true, I flow effortlessly through life with opportunities for beneficial experiences. Life feels good because it absolutely is good, when I am on track.

I can only know intuitively that my path is absolutely true. I cannot know my path with my sense of touch, only with my intuitive feeling. My intuition is by definition a certain knowing and a certain feeling, you see!

When I certainly know that my choice of path certainly feels right, I absolutely see that it is true for me. An absolute truth on the Path of Absolution is a subjective reality. A subjective truth is created by the Self with the objective of spiritual growth.

I cannot prove that my exclusively, unique & individual path in life is True, as it is a matter of Faith. I require a faith in my intuitive knowing and feeling to intuitively see my choice of a positively divine path of absolute truth. What is absolutely true for me is relatively true or untrue for you.

Relative truth is a matter of right or wrong, good or bad, positive or negative truth or untruth.

Absolute Truth is an alignment of an Individual Self in mental communion with its Soul.



# Drama & Trauma

Drama is the consequence of a negative mental belief.

Trauma is the consequence of a negative emotional experience.

Drama & Trauma are negative experiences in life that happen to me. I am a victim of both drama & trauma, when life happens to me. I never plan for life to be dramatic or traumatic, so neither drama nor trauma consciously happens by me. They are both the consequence of stuck energy, when life is not allowed to happen through me.

When I allow life to happen through me, there is no drama and there is no trauma. When I am adamant about my belief in a conviction, I get stuck in the drama of my own making. When I experience the trauma of something dramatic in my life, the negative emotional energy that I experience remains with me until I release it. It is my conviction in a belief that blocks the trauma from being released.

The negative emotional energy of trauma is the effect of the negative mental energy that I am thinking. Negative dramas cause traumas.

Choosing a positive belief allows the negative emotional trauma to come up for healing. Clearing stuck emotional energy happens autonomously when I allow it to be released.

Failure to change a negative perspective causes trauma to remain as an emotional blockage. My emotional energy either flows or is blocked

relative to my belief system. Permanently removing trauma requires a permanent change in the personal perception that caused it. Permanently removing a drama requires a permanent change in the perspective of its sponsoring belief.

Coughing, sneezing, crying, shivering & shaking are all ways that the body naturally removes or clears stuck emotional energy.

The belief in being brave, steadfast & unemotional, causes a drama that stops trauma being released.

Trauma is always a dramatic experience.

When I take responsibility for creating the drama that causes the trauma, I can then responsibly allow the trauma to be released with a simple change of perspective.

# Influence

Influence is energy in flow.

Influential energy in flow is called thought, thinking, belief, opinion or conviction, when it is given as advice that constitutes a choice of authority. Authority is influence in flow. When I flow with a thought, I give that thought the authority of my choice.

Flow has polarity, which can be a forward, positive, expansive direction or a backward, negative, contractive direction. Influence is therefore, beneficial or detrimental relative to individual perspective. Influence is just thought energy in flow until a personal perspective gives it polarity as a direction. An individual perspective and an Individual's perspective can both be either a positive or a negative influence.

It is perspective that determines belief, opinion, conviction and the polarity of influence. As well as flowing backwards & forwards between Individuals, influence also flows in & out of each of us individually.

The flow of authority is always a choice. I can choose the influence of an authority that flows into me from the outside world or I can choose the influence of the authority that flows from within me and through me out into my external world.

I can choose the influence of my own belief system, choose the influence of another's belief system, or I can choose the influence of my intuitively faithful inner guidance system.

Influence is the energy on which I base my choices. The influence of other people advises me to make their choices, my choices. The influence of my own sub-conscious programming motivates me to meet whatever I need emotionally. The influence of my conscience advises me to do what I believe is good & right. The influence of my super-conscious Soul is my Inner Guidance System.

I can consciously express my egotistical influence with pride & arrogance or I can be a confidently guided influence with the balance & harmony of my own integrity. Being Influential is being in alignment with my highest choice of wisdom for my Self.

Being intuitively connected with the Inner Guided Influence of my Soul, I am never under the influence of anything in the external world, ever.

# Hearing & Listening

In the physical world, hearing is a physical sense and listening is what I do in order to hear or activate with focus my sense of hearing. When I listen to the world, I hear the world and I hear the world when my listening is concentrated or focused.

In my spiritual world, hearing and listening are contrasting genders of the same energy. Hearing is my male intuitive sense of knowing. Listening is my female intuitive sense of feeling. When I listen, I feel the energy of a message intuitively. When I hear a message, I intuitively know it's meaning.

Listening to another, with my female energy, gives them the support they need to hear their messages. Hearing another clarifies the authority of their messages of guidance for them. A Coach listens to their client to empower them as they are talking and hears their messages of guidance, which allows them to clearly see the direction of their own path of choice.

My Soul is my Inner Coach that is always listening to my thoughts and always hears my words. my Soul is always talking to my Self, whether my Self is listening or not. When my Self is not listening, it cannot hear the inspired words of wisdom from my Soul, only the intellectual reasoning or irrational fears of my sub-conscious Id.

It requires the emotional power of my Heart to listen & hear the mental authority of my Higher Mind. Without the power to listen, my hearing has no authority. When the male authority of hearing is empowered with the female energy of listening, divinely inspired words of wisdom flow freely & effortlessly from my Soul through my Self. Listening with authority and hearing with power are my exclusive connection to my inner guidance system of choice.

# Seven Divine Attainments

An Ideal Life is a divine attainment. It is the divine attainment of the experience of an ideal life. When I believe that Life Just Is a divine opportunity, I experience my version of my ideal life.

Absolute Authority is a divine attainment. Creative power is enabled with absolute authority. Creative power is an absolute choice. When I overcome the relative duality of choice, I connect with my divine authority. When I believe that We All Have Choice, we do.

Abundance is a divine attainment. An abundant life is having everything that I need for my ideal life. When I intuitively know that There Is Enough, for everyone, I connect with my abundance. Providence provides enough of everything, to everyone, who attains the abundance of having enough.

Absolute Power is a divine attainment. Power absolutely flows with authority. Divine Authority is my choice to be my authentic Self. As my authentic Self, I am emotionally powerful. Believing that Love Is The Way connects me to my divine power. Love is the power to create an absolutely ideal life.

Integrity is a divine attainment. I attain integrity when I am at One with my Self. We are each the potential of our One Universal Self. We Are All Equal in our divine potential. Our inequality is purely an illusion of our relative

personal experiences. When I believe that I have equal potential, as does everyone else, I do.

Gratitude is a divine attainment. I am divinely grateful for the opportunity to follow a personal, individual, unique & exclusive path in life, and that everyone else has the same opportunity, to follow their different path.

Allowing Everyone To Follow Their Path puts no restriction on my ability to follow my path. I am in gratitude to everyone who crosses my path, and their contribution to it, knowing that they are essential to it.

Appreciation is a divine attainment. When I appreciate the path on which I am travelling, my experience of that path appreciates. When I Follow My Own Path with appreciation, everything that I experience appreciates in value. When I appreciate my own expansive growth, it expands & grows.