



Living With Dementia

Keith Collins

A Question Of Dementia?

It is a commonly held belief that dementia is a disease of old age.

It is seen as a disease of the brain that affects old people.

Thankfully, young people are rarely diagnosed with dementia, even when they have learning difficulties.

Ironically, learning is never difficult but what is difficult is the ability to teach someone who has no interest in whatever is being taught.

Learning is difficult when I cannot remember what I am studying.

Nobody ever has any difficulty in doing whatever they are inspired or empowered to do.

I cannot teach anybody to be empowered or inspired, although I can coach them to connect to the power of their creative inspiration.

Dementia is not a disease, although it can cause tremendous dis-ease & discomfort.

However, that dis-ease is both mental & emotional, but never physical.

Historically, medical practitioners have struggled to diagnose & treat mental & emotional conditions that have no physical symptoms.

That really is a very good description of dementia – a mental & emotional condition that has no physical symptoms.

Whereas, it may be apparent to a Neurologist that the condition of dementia is accompanied by a depletion of brain cells, there is no evidence as to whether the depletion in brain cells is the cause of dementia or the effect of dementia.

In the same way, it is not apparent to a Physiologist as to whether muscle wastage is due to physical inactivity or whether physical inactivity is due to muscle wastage.

Is muscle wastage a condition of old age, a disease of old age or the effect of non-usage? It is a commonly held belief that physiologically, if we don't use it, we will lose it.

Where the brain differs from a muscle is that it is the physical organ of the Mind.

With no distinction between our brain and our mind, we see dementia as losing our mind.

So, is dementia the effect of brain loss or is dementia the cause of brain loss?

Now, if dementia is the cause of brain loss, what is the cause of dementia?

Furthermore, is dementia a condition of the brain or a condition of the mind?

Living with dementia is the only way to discover the truth about dementia.

The truth about dementia will never be discovered by the person who has dementia. To someone with dementia, they suffer from being lost, confused & frustrated.

These are the three major symptoms of dementia.

Thankfully, being lost, confused & frustrated is not imminently fatal; otherwise a great any people would be dropping dead at any age.

Being lost, confused or frustrated causes discomfort & dis-ease in everyone from time to time, but it is not seen as a medical condition. Because most people suffer these conditions regularly, they are seen as a normal problem of everyday life.

What makes dementia a particular problem is the inability to remember, which is called forgetfulness.

Now, forgetfulness is also seen as a normal condition in most people of any age.

Whereas forgetfulness is a problem, it only becomes diagnosed as dementia when it starts to affect other people.

When my forgetfulness becomes a problem to other people, they see me as a problem and they see me as demented.

The inability to remember is then deemed to be the first signs of contracting dementia.

I may diagnose myself with having a cold or the flu, but I never diagnose myself as being demented.

I just get frustrated at being lost & confused by my inability, at any age, to recall my memory at will.

Forgetfulness becomes a problem when I need someone else to remind me what it is that I am supposed to be doing, because I keep forgetting.

The next question is whether forgetfulness is the cause of dementia or whether it is the effect of dementia?

Is dementia the problem or is forgetfulness the problem?

Is forgetfulness a problem with the mind or a problem with the brain?

Indeed, is forgetfulness the problem or is the problem an inability to recall memory?

Is dementia an inability to recall memory or is it memory loss?

Do I ever lose my memory?

Do I ever lose my mind?

With dementia, have I lost my memory, have I lost my mind or have I lost the will power to remember?

When my brain is processing the thoughts of my mind normally & efficiently, I have no reason to ask these questions.

The irony is that when I do need to answer these questions, I cannot remember the questions, let alone the answers.

THE PATIENT

Dementia Is Not A Learning Difficulty

Dementia is not a learning difficulty but a complaint of people who should know better. Indeed, the frustration experienced by someone with dementia is through their own belief that they should know better.

Paradoxically, not knowing is both a cause & an effect of dementia.

Learning to live with dementia is an exploration of this very paradox.

Dementia becomes a problem to anyone who is diagnosed with dementia.

Being diagnosed with dementia is being officially told that you are incapable of the mental capacity to look after yourself.

This causes all sorts of dilemmas because all adults believe that they can look after themselves as long as they can remember how.

People with dementia do not necessarily need looking after, they just need someone to remind them how to look after themselves.

One of the most interesting aspects of dementia is that it can be just as much a problem for the carer as it can for the patient. Whereas patience is a necessary attribute for any carer, it is also essential for the patient. What makes dementia a real problem is the need to have someone to look after you. The need for someone to be cared for is often a greater problem for the carer than it is for the patient with dementia. In an ideal world, the person who needs to be cared for needs a carer who needs to be needed. The problem with this scenario is that we have two needy people, so eventually the energy that they share will run out. Living with dementia requires more than patience, because patience eventually runs out. When patience runs out, the patient is still there but the carer has physically, mentally & emotionally, run out. In a co-dependent partnership of a traditional marriage, the role of the carer falls initially to one of the partners. Traditionally, within a marriage, couples grow old together and they care for each other. Marriages work very well when one partner provides the direction and the other partner provides the support.

When the partner who provided the guidance loses their memory, they still have the support of their partner.

However, when the supporting partner loses their memory, it requires the guiding partner to completely change their direction.

Either the partner who has always worn the trousers needs to quickly learn how to wear a skirt, or the partner who has always worn the skirt needs to quickly learn how to wear the trousers.

Dementia is such a problem for couples in old age because of this enforced role reversal.

The paradox is that dementia can force a role reversal in a partnership and an enforced role reversal in a partnership can make both parties very demented.

After a lifetime of doing things your own way, change can be a really big problem.

The real irony is that the inability to accept change can be the greatest problem, the greatest toleration & the greatest frustration that dementia can cause.

What is evident is that both partners in a relationship have to learn to live with dementia, irrespective of whoever is diagnosed as the sufferer.

It is not uncommon for the carer to suffer more than the one that they are caring for.

We all suffer the symptoms of old age and we all suffer the symptoms of someone else's old age.

Old age is something that we all have to learn to live with and as we get older, we all have to learn to live as old people and with old people. The older we get, the older the people with whom we live become.

The more demented that I get, the more demented the people I live with appear to become.

When life doesn't make sense to me, other people don't make sense to me either.

Understanding other people is how I make sense of my own experience of reality.

We are all more conscious of what other people are doing than we are aware of our own actions.

As we get older, we do more and more routine things out of habit and we do more & more things without thinking about them. Our sub-conscious mind has been programmed through years of personal experience to do what it believes is best for ourself.

We career through life without having to think too deeply, until one day we suddenly realise that consciously thinking for ourself has become a problem and paradoxically, learning how to think for ourself has become very difficult.

Dementia Is A Problem

Dementia is a problem of not being able to think for myself.

Thinking is a conscious mental action that requires data, information or intelligence.

We store information in our sub-conscious memory and the greater the store of intelligence, the more intelligent we appear to be.

Intelligence is stored information and not being able to access my memorable data is not very intelligent.

In our society, we are educated to believe that intelligence is the ability to remember or recall stored data from our memory.

The depth of our sub-conscious memory is believed to be relative to the height of our intelligence.

Dementia is believed to be a gradual loss of intelligence, when it is really the gradual loss of the ability to recall memory.

When our memory becomes instantly lost, we are diagnosed with amnesia.

The medical profession defines amnesia as memory loss and defines dementia as brain cell loss.

Even though medical science believes that memory is stored in the brain, it does not see dementia as the gradual onset of amnesia. Understanding how the brain, the mind and memory interact is a key requirement to living with dementia.

When I believe that the mind is a function of the brain, I will assume that dementia is a state of losing my mind because of a malfunction of the brain.

When I believe that the brain is a processor of the mind, a totally different scenario becomes a possibility.

It is no longer clear whether the problems associated with dementia are caused by a malfunction in the brain or by the mind not functioning normally.

If dementia is a physical problem, then the brain is the cause, but if dementia is a mental problem, then the mind is the cause.

If dementia is an emotional problem, it does not warrant thinking about.

Whichever way, is dementia the loss of memory or is it the inability to recall memory? Is the problem of dementia caused by the brain or is it an effect of the mind?

Using a computer as a metaphor, is dementia caused by the malfunctioning hard drive of the processor or is dementia the effect of a corruption in the software programme?

Processing mental data is the process of my physical processor that I call my brain.

My programmed software is the mental data that is a programme of my sub-conscious mental programmer called my mind.

My sub-conscious mind not only runs my mental programmes, it also writes them to memory.

I ask myself, who is doing my thinking, is it my brain or is it my mind, and am I thinking consciously or am I becoming conscious of my sub-conscious thinking?

The more that I think about things, the more things that I have to think about.

One of the biggest problems with dementia is that the less I am able to remember, the less I am able to think, and the less able I am to think about anything, the less I can remember. When I am unable to think for myself, I am trapped in a world of other people's thinking. Being trapped in a world of other people's thinking is the great irony of dementia.

As I look deeper into the causes & effects of dementia, this observation is both the cause & the effect of dementia.

At birth, I was born into a world of other people's thinking and my early formative years were formed by other people's thinking. I adopted other people's beliefs as my own and

formed mental programmes based on those beliefs, which I considered as being normal. In a world where beliefs are never challenged, mental programmes are never changed and I follow the normal programmed beliefs of the society & culture into which I am born because that is normal.

It has become normal in our society & our culture for people to get some degree of dementia as they become older or more senile. It is a common belief that our brains get old and no longer work as well as when we were younger.

We tend to see the brain as a mental muscle that like other muscles has to be regularly exercised otherwise it will fall into decline through lack of use.

It is seen as normal for brain function, like eye sight & hearing to decline as we get older. Senile dementia is seen as memory loss due to old age.

It is only when our memory impairment becomes a particular problem to other people that they believe that we are suffering from dementia.

When I live in a world of other people's thinking, I start to believe that I am becoming old & demented myself.

Dementia Is Not Progressive

Dementia is not progressive, although it may appear to be.

Progressive means that, with dementia, I proceed to become more demented as time passes.

The belief that dementia can only get worse is reinforced by the experience that nobody ever gets better.

Nobody ever gets better because the commonly held belief is that there is no cure.

When I believe that senile dementia is an illness of old age, then logically, as I get older, the dementia becomes more acute.

Dementia is more relative to emotional power than it is relative to age.

As my emotional power declines, so dementia increases.

It is no co-incidence that as dementia increases, the need to be looked after increases; and as the need to be looked after increases, personal emotional power declines. Dementia becomes a downward spiral that leads to an eventual demise.

Then again, an eventual demise is the consequence of old age, with or without dementia.

What becomes very important in old age is quality of life, which is relative to personal emotional power.

My emotional state of being determines my personal power and the quality of life that I am experiencing.

Being lost, confused & frustrated with life allows only a very low quality of life experience.

When quality of life is acceptable, dementia is not a problem.

As quality of life declines, dementia becomes more and more of a toleration, a frustration and a problem.

Dementia is not progressive because we all have good days & bad days.

We all have days when everything flows beautifully and we all have days when it doesn't.

Good days & bad days are relative to emotional power. In fact that is what a good day is, it is a day when my emotional state of being was positively good and consequently, I had a very enjoyable day.

Goodness & joy are both positively powerful emotional states of being.

On an enjoyably good day memory loss is not apparent, so it is not a problem.

With enough emotional power, nothing in life is a problem and every challenge is effortlessly overcome.

Dementia only appears to be a problem when good days become few & far between.

Whether dementia is getting worse or whether bad days are becoming more normal, is a matter for consideration.

It is my experience that on a good day memories appear to have magically returned, which contributes to it being considered a good day.

This apparent return of sanity is usually short lived and good days are quickly forgotten when the symptoms of dementia return.

If dementia is relative to emotional power, is low emotional power the cause of dementia or the effect of dementia?

Does my low emotional power cause my memory loss or does my memory loss drain my emotional power?

Does my emotional power fuel my memory or does my memory drive my emotional power?

There is no doubt that remembering everything that I need to remember contributes to my having a good day. Then again, it is a very good day when there is nothing that I have to remember.

On a good day, I am engrossed in the present moment. I am present in each moment

enjoying what life has to offer me. I have no need to plan the future and I have no need to consult the past.

My memory is my ability to consult the past in order to plan my future.

One of the great problems with dementia is the inability to plan the future because of the inability to access past memories.

Making moment to moment decisions or choices becomes extremely difficult without the ability to access memory.

Relying on other people to make my choices for me is totally disempowering.

Being disempowered by other people making all my decisions for me is why my emotional energy becomes depleted.

My low emotional energy causes my disconnection from my memory, my disconnection from my memory means that other people have to make my choices for me and other people making my choices for me causes my low emotional energy that disconnects my memory.

Breaking this cycle is one of the keys to living with dementia.

My emotional power is relative to my mental authority, so when I run continuously on other people's authority of choice, I will continue to need their emotional power to motivate me.

Dementia is relative to personal authority. This means that my inability to make my own choices determines my degree of dementia.

Where dementia is relative to personal mental authority it is also relative to personal emotional power.

The ability to make personal choices requires both the capacity of my mental authority and the competence of my emotional power.

The inability to make personal choices due to mental incapacity & emotional incompetence is a symptom of dementia.

Dementia Makes Me Dependent

Dementia makes me dependent and being dependent causes dementia.

Dementia is both the cause & the effect of the loss of independence. With the ability to maintain my independence, I am not a problem to anyone, because they believe me to be capable of looking after myself.

We are all dependent on other people for our extrovert emotional needs. An extrovert emotional need, by definition, is an emotional need that I need someone else to meet for me. It is the emotional power that I get from someone else, and I depend on them for it.

Traditionally, western marriage is based on co-dependent partnership. Relating to our partner, in a co-dependent way means, I meet my partner's needs and my partner meets mine.

Dementia breaks up this sub-conscious arrangement, which has been in force for the duration of the marriage. When dementia is diagnosed, a co-dependent relationship suddenly becomes a dependent relationship as one partner becomes dependent on the other and a dependant of the other. The caring partner is at risk of not getting their own emotional needs met by their demented partner. The only exception to this is when the

caring partner has a strong emotional need to be needed.

In a spiritually aware society, where there is an awareness of emotional needs, and the emotional intelligence to consciously meet our own emotional needs, dementia never arises. You see, with the emotional intelligence to meet one's own emotional needs, there is no dependence on other people. Having no emotional dependence on other people is the true definition of independence.

Once I understand how to meet my own emotional needs, I am on my path to becoming inter-developmental with all other people and there is no risk of dementia. Dementia may appear to be a loss of memory but it is in actuality, the loss of sufficient emotional power that is required to connect with one's memory. With enough emotional power, there is no memory loss.

It is not possible to connect to my emotional power without my mental authority and neither is it possible to be emotionally competent and to be mentally incompetent.

Mental incapacity is relative to emotional incompetence, which is relative to emotional intelligence. The more emotionally intelligent I am, the more emotionally competent I am and the more mental capacity that I have.

As a society, we are all suffering from relative degrees of emotional incompetence, which means that we all suffer from relative degrees of mental incapacity. It is not uncommon in a co-dependent relationship for the one who wears the trousers to have the mental capacity to make decisions & choices for both partners in the relationship.

if I were to spend an adult lifetime in a relationship with a partner who made all my decisions for me, I could quite happily live in every moment of the present or the future without ever needing to remember anything. In this extreme scenario, I would not realise my loss of memory until my partner either died or was no longer able to make all my decisions for me.

If I were to spend an adult lifetime in an extreme relationship with a partner where I made absolutely all the decisions for them, I would never experience their dementia because no mental capacity would be required by them.

The reality is that no relationship is ever that black or white but every relationship exists on a spectrum of grey. It is when the grey areas become a particular problem that dementia is often blamed as the cause.

Remember, we live in a society that is medically either physical or mental and the

emotional factor is never rationally considered. Our doctors and medical practitioners are trained to be rationally detached and emotionally disconnected or insensitive. Emotional sensitivity is not a personal attribute that is learned in our schools, colleges or universities.

Rational intelligence is confused with mental capacity but without emotional sensitivity, it has no competence to understand that dependence, co-dependence & independence are three ways in which we relate emotionally to the important other people in our life.

Dementia Is Not Emotionally Intelligent

Dementia appears to be a decline in rational intelligence to a rationally intelligent person. As only rational intelligence is deemed to be academically intelligent, there appears to be no rationally intelligent answer to solving the problem of an apparent decline in rational intelligence.

What is really interesting is that the most rationally intelligent people can suffer with dementia. In fact the more mental capacity that a person appears to have, the more pronounced their mental incapacity will appear to be.

The more a person believes themselves to be highly intelligent, the more they will suffer their apparent symptoms of dementia.

Rational intelligence is the ability to remember & assimilate data & information in a rational & intelligent way.

The standard medical test, used by doctors to determine the appearance of dementia, is the ability to remember simple rational pieces of everyday information. In this way doctors directly relate dementia to a rational decline in the ability to give an intelligent answer to a rational question.

To my knowledge, nobody has ever been diagnosed with dementia due to a decline in emotional intelligence.

Emotional Intelligence is the ability to understand our emotional feelings. It is the ability to treat our emotions as information intelligently. It is the ability to attribute an emotional state of being to oneself, attain that attribute and qualify the quality of that attribute that is attained.

Emotional intelligence becomes a qualification when the quality of an emotional state of being can be attributed to oneself as an attainment.

The attainment of quality states of being, that I attribute to myself as emotions, is how I measure my level of emotional intelligence.

Dementia is not emotionally intelligent because a lack of emotional intelligence contributes to the cause of dementia; which to a rational person probably sounds demented.

How can something that somebody doesn't have, cause something to happen to them?

This is due to the personal nature of emotional needs. An emotional need is something that I personally need emotionally because I believe that I do not have it. It is the absence of my emotional power, which means that I need it.

The paradox of emotional power is that when I have it, I value its worth and I call it a value;

but when I don't have it, I need it and I call it a need.

Love is both a value & a need. When I have Love, I value it and when I am without Love, I need it.

Doctors are trained to treat depression as a mental illness, when what is actual being depressed by the patient is their personal emotional power.

Whereas, it is true that all emotional problems have a mental cause and all emotional needs are sponsored by a mental belief or programme, nonetheless depression is an emotional lack of well-being.

The thing is, you cannot think your way out of depression because you do not have the emotional power. The way to overcome depression is through anger. Even though anger is a negative emotional reaction, it is a more powerful state of being than depression; so being angry when I am depressed is a positive attribute.

In the same way, you cannot think your way out of dementia, you do not have the emotional power.

This allows two choices of direction, you either need someone else to remember for you or someone else to provide your emotional power. Unfortunately, very few people are emotionally qualified and sufficiently emotionally competent

to supply the emotional power required for someone with dementia to remember what it is that they are trying to remember.

With enough emotional power, the infinite & eternal memory of the higher mind becomes accessible to anyone.

However, when I believe that the conscious rational mind is the higher mind, because it is more intelligent than someone else, I will be unable to access the emotional intelligence necessary to connect with the emotional power of my higher Consciousness.

When I believe that my power comes from my ability to influence the rational thinking of other people, because other people are incapable of thinking in the same rational way as myself, I will continue to see their inferior minds as being demented.

I will see their mind as being demented because I am unable to see the effect of their emotions being either suppressed or depressed.

Dementia Is Both A Mental & An Emotional Condition

It is not possible to be emotionally well and mentally ill.

My emotional condition is my emotional state of being, which is relative to my mental perspective.

My perspective of life is determined by my mental beliefs and my sub-conscious programming, which is negative when it does not serve me beneficially.

When my mental perspective is negative, my emotional perception, how I feel, is equally negative. The intensity of my negative perspective is relative to the intensity of my negative feelings.

We live in a relative world of cause & effect, where it is just as true to say that my negative thinking causes my negative emotions as it is to say that my negative thinking is the effect of my negative feelings. It is as true to say that one causes the other as to say that neither causes the other.

Cause & effect is a property of this relative world of duality & choice; where duality allows choice, it causes effects and the paradox that cause & effect are the same and different.

My mental and my emotional condition are two contrasting perspectives, or perceptions, of the same energy vibration. When I focus on the frequency of my energy vibration, I am thinking and when I feel the vibration of my energy, I perceive its wavelength.

The wavelength & frequency of an energy vibration are the same thing perceived from a different perspective and for this reason, any mental condition that I experience has a relative & contrasting emotional condition, whether I am experiencing it or not.

Being lost, being confused & being frustrated are all negative conditions of my mental perspective and they are also negative conditions of my emotional feelings.

Rational thinking people believe that they are lost confused & frustrated, whereas emotionally sentient people actually feel lost, confused & frustrated.

When confronted with the presenting symptoms of confusion & frustration, do I see them as being caused by the dementia or do I see them as the cause of the dementia?

Do I see the confusion & the frustration as an effect of a mental incapacity or as causing an emotional incompetence?

There are many different ways to look at dementia and many different perspectives from which to observe it, so what determines the

rational mental perspective of our medical practitioners to be the right one?

Do emotionally sensitive perceptions have any value for someone living with dementia?

There is an old adage that Two Heads are better than One! However, two rational perspectives are still without one iota of sensitive perception or emotional intelligence. My emotional intelligence informs me that being lost, being confused & being frustrated are all emotional states of being.

Being asked to rate my emotional feelings on a scale of 1 – 10, where 1 is negatively low and 10 is positively high, I would put feeling lost as 1, feeling confused as 2 and feeling frustrated as 3. On this emotional scale, any score below 5 does not have sufficient emotional power to change my emotional state of being myself.

Being in an emotional state of being that I rate as 5 or lower means that I am thinking negatively. My mental focus is on my negative emotional state of being, therefore both my mental thinking & my emotional feelings are negative.

It is pointless asking someone who is feeling negative to think positively, as they do not have the emotional power to do so.

Thinking & feeling are two contrasting sides of the same duality, so when I am thinking negatively, I feel bad and when I feel bad, I

think negatively. Conversely, good positive thoughts allow me to feel positively good and my good feelings allow my positive thoughts to flow.

I cannot be mentally inspired without being emotionally empowered because my inspired thoughts are emotionally empowering.

Could it be that after many years of being uninspired and disempowered; whilst being lost, confused & frustrated with life, that the the sub-conscious mind gives up looking in the memory for answers to life's problems because it eventually comes to realise that they are not there?

Is it really the memory that gets lost & confused or is it the mind that gets frustrated by getting the same useless answers to the same pointless questions, so it eventually stops asking?

Does the mind shut down its random access memory because it fails to give any direction, clarity or presence?

Being direct, being clear & being present are three very powerful emotional states of being: I rate being direct as 8, being clear as 9 and being present as a 10 on my personal emotional energy scale.

Dementia Is A Fear

Dementia is a fear of getting old and losing one's marbles.

Losing my marbles is a metaphor for losing my intelligence or my ability to act intelligently.

The ability to act intelligently requires left brain, rational thinking. Left brain, rational thinking requires both Random Access Memory & Read Only Memory.

My access to my memory is what makes me appear to be intelligent, as my inability to remember greatly hinders rational thinking.

The absence of rational thinking makes personal choice impossible.

Personal choice is a fundamental benefit of physical life. Life is a personal choice and personal choice is what gives Human Beings dominion over the Animals.

We are taught to believe that the more personal choices that we have, the more intelligent we are, but what if rational thinking was not as important as we are lead to believe. What if, my personal choice is to unconditionally accept whatever turns up in my life?

What if, I have no fear?

What if, I know that nothing is ever lost?

What if, I have an inner guidance system that supports me on my predestined path?

What if, I have a Super-conscious Mind that never ages, never forgets and knows my absolute truth?

What if, my connection to my higher mind is always present?

If this is my reality, can dementia exist?

Is dementia an experience of False Evidence Appearing Real, which has an acronym of FEAR?

What if, my marbles are transparent and not set in stone?

What if my marbles can roll in any direction and never get lost?

What if, my marbles are a set of beliefs and I can swop any marble for one with a better belief.

I can change the marble that says: I am growing old, to a marble that says: I am growing with age.

I can change the marble that believes my brain power is limited to a marble with infinite mental capacity.

I can change the marble that has a forgetful memory to one with an eternal connection.

I can change the marble that says intelligence is learned and lost to one that knows that wisdom is innate.

What if, a fear is a programmed limiting belief that I can challenge and change, through choice.

Do I have the mental capacity to change the belief that I have a mental incapacity?

The answer is, almost definitely, no!

The belief that I have dementia causes that to be my real experience.

Changing any belief for a better belief requires both rational mental intellect and positive emotional power.

The belief that I have dementia, fixes dementia into my reality. However, there is a loop hole here, as I can forget that I have dementia, if I am allowed to.

One of the biggest problems that dementia sufferers suffer from is other people constantly reminding them of their forgetfulness.

When other people are continuously reminding you of anything, they are also reminding you of your forgetfulness.

In this crazy, demented world, that is what other people are there for, to reflect back to us exactly what we believe to be true.

Once you are diagnosed with dementia, there will always be someone there to make your decisions for you and to remind you how lost, confused & frustrated you are, at having someone there to forever remind you.

You will be expected to act with the incompetence that your mental incapacity determines that you should have.

It is impossible to forget that you have dementia when other people are constantly there to remind you of your medically diagnosed symptoms.

We all create our own physical reality in alignment with our own mentally programmed beliefs.

Dementia is a programmed belief in the mind of a person who is assigned to look after someone who is diagnosed with dementia.

When I lose my independence, I am living in the reality of the person on whom I am dependent for whatever it is that I need.

The reality is that I have to change my mind about having dementia before I can change another person's mind about my dementia, which is not going to happen when they are making up my mind for me.

Memory is how we make sense of life with a continuous timeline of reality. Asking a person with dementia to remember is like asking a blind person to see, because without the eyes to see, we will have to listen to someone else's story.

When I believe that life happens to me then I am a victim of a disease called dementia that has happened to me.

When life can no longer happen by me because I no longer appear to have the mental capacity to make it happen by me, then by default, I become a victim of life happening to me. When I allow life to happen through me, as a choice of my higher mind, I know that dementia is not a choice for me because I know that life is designed to flow through me in a beneficial way, and I know that my higher mind never forgets anything.

Dementia Is The Fate Of An Unawakened Mind

An unawakened Mind has an ego sense of Self, where the mind is limited by a belief that it is a physical body born into a material reality.

Paradoxically, physical reality is experienced whilst awake and any mental experience during sleep is believed to be an unreal dream.

The unawakened Mind is the function of a brain, when the function of a brain is seen as the working of the mind, because how the brain functions and how my mind works is as yet unknown to neurological science.

An awakened mind knows that everybody's brain works differently because everyone's mind thinks differently.

Because we are not conscious of how the mind works, we are not aware of our consciousness.

Being unaware of our consciousness is the definition of an unawakened Mind.

When I am aware of my consciousness, they are the same state of mind.

When I am conscious of my awareness, I awaken to a different dimension of my mind.

The physical world is a conscious reality that I experience with my five physical senses.

My spiritual world is a super-conscious reality that I experience with my three intuitive senses.

Access to my super-conscious reality is blocked by the reality of my sub-conscious programming.

By definition, I am not conscious of my sub-conscious programming until I become aware of its existence.

My sub-conscious programming is what allows my mind to run on automatic pilot.

My conscious mind is the conscious pilot and the captain of my physical body. My conscious mind has the potential to focus in the past, the present & the future.

My sub-conscious Mind is the auto-pilot of my physical body that is personally programmed by my past experience of physical life.

My brain is the processor of my physical experience that produces my sub-conscious mental programmes.

The sub-conscious Mind is programmed to act instinctively and it is instinctively programmed to meet my need for emotional power.

An unawakened Mind is unaware of its need for emotional power. It is my fate to spend my life meeting my sub-conscious need for emotional power.

Mental authority requires emotional power to enable physical activity. Without emotional

power, physical activity is not authorised and without mental authority, physical action is not empowered.

An unawakened Mind, being unaware of its need for emotional power, believes that it runs on physical fuel called food.

My awakened mind intuitively knows that I am a three part Being who is physical, mental & emotional. My physicality, my mentality & my emotionality are the three aspects of my spirituality. They are the three energetic aspects of my Beingness.

It is a great irony that we all believe that we live in a three dimensional physical reality, where most people are unawakened to their three dimensions of spiritual reality.

We are mentally awake to our physical world, yet unawakened to our mental world emotionally and unaware of our emotional world physically.

To be conscious of only my physical world is my fate. To become awakened to my spiritual reality is my destiny.

Nothing is realised until I make it real through my own experience of reality. Spiritual reality is not real until I realise it to be real. Once I realise my spirituality to be real, I awaken to the reality of spirit.

The reality of spirit is that it is a three dimensional experience that is physical, mental

& emotional. My reality is how I experience physical life as a mental perspective with an emotional perception.

How I experience life can be my fate or it can be my destiny. It is my fate to live in a reality that is the creation of other people's experiences. Without a clear vision for my destiny, I am fated to live my life following the path of the society to which my family belongs. I am fated to follow the principles of my family, the morals & ethics of my religious philosophers and the laws of my government. I am fated to be educated in a rational academic institution to work for the benefit of a country that is governed by people who know better than me. I am fated to believe that life happened by accident and to avoid death, I need to avoid accidents, so that I eventually die having served no purpose, except to pass on my fate to my children.

Unawakened to any fulfilling purpose in life, it is my fate to become old enough to suffer with dementia.

Dementia Is A Battle Of The Will

The Will is the authority of the sub-conscious mind.

When I say I will: I first check with my sub-conscious mind to see if my authority has enough emotional power.

I only become conscious of my will power when I do not have it, which is when I need it.

An inner conflict occurs when I have the mental will without the emotional power. At this point, I believe that I need will power, or motivation, to do what I want to do. My inner conflict is caused by my conscious mental choice being out of alignment with my sub-conscious need for emotional power.

When my emotional power is aligned with my mental authority, there is no inner conflict and I have the ability to fulfil my choice of action.

When I am out of alignment, my 'I will' is in conflict with my 'I Am'.

My I Am, is my emotional state of being that determines my emotional power. My will is my mental focus. My mental focus is my perspective, which is relative to my personal beliefs of what is possible for me. What is possible for me is relative to the emotional power that I have available.

Low emotional power is an effect of dementia, which is caused by the belief in what is possible or not. It contributes to the dementia by reinforcing the belief that something is not possible because of insufficient emotional power.

It is important to understand that dementia is a mental issue that causes emotional problems, not an emotional issue that causes mental problems. The most common emotional problem is a lack of will power that causes the will to choose a negative choice of non action. The will is the mental authority of the ego Self, which allows choice. When aligned with the essence of the True Self, it is empowered to act.

I experience inner conflict when the choice of my ego Self is out of alignment with my true essential self. It is this inner conflict that causes the need for motivation, which we call will power.

My own will power is called self-motivation and I am self motivated when I am able to meet my need for emotional power myself.

When I need the motivation of other people, I need other people to supply my emotional energy need and being dependent on their emotional energy, I have to succumb to their will.

The inner conflict that I create because I cannot meet my own need for emotional power, so that I can have what I want, is different to any external conflict that I cause with other people.

The external conflict between two individual egos is caused when one person's will is in conflict with another's. The battle of two wills is the conflict between two egotistical belief systems.

It is often apparent with a dementia patient that, even though they may have lost their memory, their will is very much present.

When we lose our will to live, death becomes very imminent. Will power remains the driving force of all human Beings throughout their entire life.

The question is: Is the will divinely empowered or is it motivated by an emotional need?

A unique set of emotional needs is exclusive to each person individually. Understanding the individual & specific emotional interaction that a dementia patient needs is essential to being able to externally motivate them.

Remember, dementia is a mental incapacity, it is not relative to any specific emotional needs but it can affect the ability of the Individual to get their emotional needs met their self.

We all have our own unique set of emotional needs, whether we suffer with dementia or

not; which means both the carer and the patient have their own unique ways of sub-consciously sourcing their emotional power. The questions for every Carer to consider:

- 1 Are you meeting the patient's emotional needs as well as their physical needs?
- 2 Are you motivating the patient or demotivating them?
- 3 Are you giving them the emotional power to do your mental will or are you blocking their ability to do what you are asking?
- 4 Are you creating the conflict of a battle of wills or are you bringing the the will of two different people into alignment?

Forcing one's will onto someone who you care for is a contradiction in perspective. Would we ever force our will onto someone who we deeply care for?

There is a strongly held belief within the caring profession that you have to be cruel to be kind and in order to properly care for someone, they have to do whatever they are asked to do whenever they are asked. This goes against every principle contained within a spirit of independence.

Life is a physical experience of spiritual independence. When we break someone's spirit

we not only disconnect them from their own independent source of authority but we totally disempower them as well.

Remember, the definition of a bully is someone who forcefully drains your emotional energy. In the battle of two wills there are always two bullies fighting for supremacy with the loser becoming the victim, which makes the winner a villain.

Dementia Is A Broken Spirit

Spirit is Conscious Energy or the energy of consciousness. It is my spiritual energy that allows my consciousness. My state of consciousness is relative to my level of spiritual energy.

My spiritual energy is a trinity of physical energy, mental energy & emotional energy. I function as a spiritual energy through the perspective of a mental mind, the perception of an emotional heart & the experience of a physical body.

My spiritual energy allows my conscious-awareness of a relatively physical, or material, experience called life.

Dementia is a disability of the conscious mind, in contrast to other mental illness, which is a disability of the sub-conscious mind. Nobody ever suffers from dementia when they are asleep.

Dementia is not an illness of the sub-conscious mind but a disconnection between the levels of conscious & sub-conscious thinking. The sub-conscious mind continues to carry out its maintenance of the physical body, irrespective of the state of the conscious mind.

Memory is never lost, it is the conscious connection, or access, to memory that is either

temporarily or permanently lost. Memory is a mental energy, which is a mental aspect of spirit. Choice is a mental energy called a thought of the conscious mind.

The authority of choice is a mental energy that requires emotional power. Emotional power is an energy that flows in alignment with mental authority. Physical ability is relative to mental authority & emotional power.

Our spirit is the physical ability of the emotional power of our mental thoughts.

Positive thoughts empower and raise our spirits, whereas negative thinking disempowers and makes us feel dis-spirited.

A broken spirit shuts down our ability to think empowered thoughts. Dis-empowered thinking leads to non-action and non-action fails to meet emotional or physical needs. This means that a broken spirit causes a lack of choice, a lack of power and results in a lack of action.

These are all symptoms of dementia.

The paradox of dementia is: Can you break the spirit of someone whose spirit is already broken? Let us first challenge the belief that you can break someone's spirit.

Science will tell you that Energy cannot be destroyed, it just changes form. In the case of mental energy, it change perspective.

Perspective is a matter of the frequency of

thought relative to the frequency of the brain waves that are processing that thought. Perception is a matter of the wavelength of emotional energy that causes a relative feeling experience. The feeling that is experienced is relative to the gender of the emotion that accompanies the polarity of the thinking experience.

When the gender of our emotional energy is consciously perceived to have a positive polarity, it is beneficial and it is perceived to have a negative polarity when it is apparently detrimental.

When our spirits are broken, it means that our negative perspective of reality is disconnecting our perception of a good feeling experience. In the absence of a good feeling experience, we attempt to suppress our negative emotional feelings.

In the continued absence of any good feelings, our emotions become permanently suppressed. I can still choose a positive or a negative mental perspective of whatever is occurring without any awareness of how I emotionally feel about it.

A lack of emotional awareness is not a symptom of dementia. If it were, then 98% of the population would be diagnosed with it. Neither does a lack of emotional awareness

cause dementia, nor is it classed as having a broken spirit.

The emotional connection to spirit can be broken or blocked whilst the mental connection to spirit remains open. In this relative dual reality world, I can choose a rational mental perspective, without any feeling of emotional perception, and still be considered to be normal.

The problem of dementia arises when, as well as being emotionally disconnected from my spiritual Source, I also become mentally disconnected as well. When both the mental & the emotional connection to spirit are broken, the symptoms of dementia are inevitable.

Dementia Can Be A Joy Or A Misery

It is difficult to imagine how dementia can be a joy. It is easier to see what misery dementia can cause.

Misery is the scarcity of abundance. Abundance is the nature of the Soul. It is the disconnection of our Self from our Soul that causes our misery, because of our disconnection from our source of abundance. The experience of life disconnected from our source can be very miserable.

The Soul is abundantly joyful. It is my connection to the abundance of life that allows my life to be full of joy. Joy & misery are not a duality. That is to say, they are not contrasting extremes of the same energy vibration.

Joy is a pure wavelength of emotional happiness and there is no reason why anybody with dementia cannot be happy. The emotion of joy, when accompanied by mental fulfilment & physical contentment, allows inner happiness to flow into personal experience.

Happiness is a natural spiritual attribute that flows from our Inner Self or Soul Self. When I am with my Soul within, I am with happiness. When I am without contentment, fulfilment or

joy, I am without my Soul connection and without my happiness, which is miserable. Misery is the emotional state of being mentally unfulfilled & physically discontent. It is the emotional state of being unhappy.

In this relative world of dual reality, we experience relative states of misery & happiness, which are seen to be either painful or pleasurable.

Pain & pleasure are a duality of physical life, which are often confused with misery & joy.

Pain is my disconnection from my emotional power. In my disconnection from my power, I seek physical pleasure to overcome the pain of my unawakened physical existence.

It is my disconnection from Source that causes my mental & emotional pain. It is my attachment to physical life that causes the effect of either pain or pleasure. I attach myself, in life, to whatever gives me pleasure, whilst trying to avoid whatever gives me pain. Life is relatively miserable when I only have a choice of pain or pleasure.

Joy is a pure vibration of emotional power from my Spiritual Source. Pleasure is an impure frequency of emotional energy that I obtain from an external physical source. When physical experience is fun, I feel the pleasure of being alive, because whatever I am doing is exciting & motivating.

Pleasure is not a pure wavelength of energy that is aligned with my Soul. My Soul flows with joy, whereas the ego seeks pleasure. Pleasure is not joyful but it is a positive energetic experience that is preferable to the negative experiences of life, which are painful. There is no pain inherent with dementia, neither is there any pleasure. When misery is seen as the absence of pleasure, we try very hard to please people with dementia. Pleasing other people can be very irritating & painful for them. Pain & pleasure are a duality of the same energy vibration. An emotional energy vibration can have a frequency that is either positive or negative. This means that the frequency of our pleasing someone can be experienced by them as either a positive pleasure or as a negative irritation. The problem with dementia is that the patient may have great difficulty in deciding what is pleasurable and what is an irritation. Trying to please them may succeed one minute and fail miserably the next. In trying to overcome the misery of dementia, it is necessary to overcome the pleasing as well. It is not helpful to please people, neither is it beneficial to displease them. It is beneficial to allow them to connect to their own inner source of happiness & joy.

This follows the adage of the Fisherman, where it is better to teach another how to fish than to continually give them your fish.

It does not matter how severe the complaint of dementia appears to be, the potential of the inner source of joy within is ever present. What is seldom present is our personal connection with it.

When I connect to my own inner sense of personal joy, I allow another to share it. I lead them by example to their own inner sense of being joyful. I connect to my own inner sense of joy by being joyful. I feel the fulfilment of joy when I am filled full of joy. When I am filled full of joy, I am content and happiness flows through me in abundance.

Abundance is flowing when there is nothing that I need and nothing that I want because I am connected to the source of everything. In that present moment, there is no pain, there is no misery and there is no unhappiness; just the pure joy of being alive.

Dementia Is The Absence Of Presence

The sense that is absent with dementia is intuition. An intuitive sense is common to everyone but not normal for many. It is normal for most people to use only their five physical senses to override their three intuitive senses. Our three intuitive senses are neither taught nor learned at school. Our rational education system is focused on developing a physical consciousness of the material world, not a spiritual awareness of our energetic reality. Awareness of an energetic spiritual reality is intuitive, not corporeal.

Dementia is not the absence of intuition but the absence of presence. Presence allows the awareness of what is energetically occurring in each and every moment of time, in the reality of our personal space.

Presence is the pre-sense of knowing that whatever is about to occur in our personal reality is beneficial. When my focused conscious mind is present, there is no projection into either my past or my future reality. There is no determination of what might happen based on my belief or experience of what has happened before.

The mental processor that is our brain allows our presence when it is still and at peace. This is a place or a space that we mentally visit when in a meditative state of mind. In that space of mental neutrality, there is no dementia, there is no loss of memory, there is no mental confusion, there is no fear and there is no worry or anxiety.

The presence of a meditative state of being is where the Soul connects with its conscious Self and where the ego sense of Self becomes aware of its higher state of consciousness. In the presence of my higher consciousness, there can be no mental incapacity.

Dementia can only occur when the ego is absent from the presence of the Soul but not necessarily because the Soul's presence is absent from the perspective of the ego.

Disconnection from our spiritual Source happens normally by the time a child attends school. We all suffer from a relatively mild form of dementia from school age. We all have times when we forget things. We are taught to remember things by using diaries, daily planners, to-do lists and post-it notes. We use alarm clocks to remind ourselves to wake up in the morning. We wear a watch to remind us what time it is.

We run on other people's time and other people's deadlines. We are no longer tuned into

the natural cycles of the planet or running on natural or divine time. We no longer have a personal sense of time flowing beneficially but have become slaves to following time constraints & schedules of our own appointment. It is only when on holiday that we have the occasional presence of mind to reflect on how demented our life appears to be. One of the ironies of modern life is that the more successful we are in business, the more we need a secretary or a personal assistant to help us with our workload and remind us of whatever we have forgotten.

We all suffer from varying degrees of dementia throughout our life without it being seen as a problem. It is only when our mental state of Being becomes a problem to other people that other people seek a reason for our abnormally demented behaviour.

Mostly, we do not have the presence of mind to realise the levels of our own inspired or demented behaviour. Our Soul is always there to offer guidance & support, whether we are aware of it or not and whether we choose to take it or not. Our Soul connection is always present, even though our awareness of it may remain absent for all of our life. When our Soul's presence is absent, so is our spiritual awareness. In the absence of our presence, there is no awareness of a unique, individual

and exclusive connection with the higher consciousness of our spiritual Soul.

Dementia is one of the Soul's ways of experiencing the extreme boundaries of our disconnection from Source. As the Soul connection becomes weaker & weaker, the potential for dementia becomes stronger & stronger.

From the ego's perspective, dementia is a mental incapacity that happens to us. From the Soul's higher perspective of the bigger picture of life, dementia is an opportunity to explore & discover the extremes of a spiritually disconnected experience called an absent life without presence.

Dementia Is A Matter Of Life & Death

Life is a matter of choice between birth & death. The only thing that is certain, after being born, is that death is inevitable one day. The choice of living or dying is a daily choice for everyone. It is a choice of perspective, whether I see my life descending on a downward spiral towards death or ascending on an upward spiral of life. I can either live a lot each day or die a little each day.

On average more than a hundred million people are born every year and more than 90 million people die every year. Yet the choice of when we die is not a conscious choice, neither is it a sub-conscious choice; as our sub-conscious instinct is programmed to keep us alive. As long as I have the will to live, dying is not a choice. Our survival instinct is programmed to keep us alive and part of that programming is a fear of death.

Metaphysically, it is the Soul that chooses the matter of life & death. Few human beings know their personal choice of reason to be born or the length of their physical life. It requires great wisdom to intuitively know when one's life will end. That wisdom is greatly impeded by any fear of dying.

In my disconnection from my Soul, I have no way of knowing when my life will end. With the perspective that life happens to me, so does death. In the same way that I am a victim of life, I also become a victim of whatever causes my own death.

When my perspective is that causing my own death is preferable to living, then suicide is my only conscious choice. For someone with dementia this is not an option. The irony is that when we are struggling to live, we will also struggle to die. Struggle is part of the learning process that is offered by Life. We all learn through our opportunities, our challenges or our problems.

Nobody ever sees their dementia as an opportunity for their personal learning & growth. It is seen as a challenging problem that becomes more challenging as it becomes more of a problem, leading to an inevitable death.

A primary symptom of dementia is the inability to choose. A conscious choice between life & death is not an option for someone with dementia, neither is it a conscious option for their carer.

Choosing for someone to die is judged to be a crime called murder. In law there is a clear distinction between suicide that is legal & murder, which is not. With dementia there is

the added complication of whether the patient has the mental capacity to make a conscious choice between their own life & death.

With dementia, suicide is not an option and a fatal accident will always be viewed with suspicion. As a society, we want everyone to die naturally, from what we believe to be a natural cause. Unfortunately, we have no idea what naturally causes us to die, even though death is the nature of life.

Death from natural causes is certified when a medical practitioner can find no physical reason for death. We believe that old people just pass away due to old age and this can happen at any age past 65 years and be quite acceptable. We tend to avoid the duality of life or death by only looking at life. Death is a subject that is taboo and not discussed. We don't talk about it or even think about it until someone dies unexpectedly.

We never ask the question: Who decides when we die and who decides when we live? When we believe that life happens to us, because it is illegal for death to happen by us, then life & death both happen by accident; unless we are deemed to die of old age.

Unless I take responsibility for creating my own life, I cannot take responsibility for creating my own death. Life & death is a duality of the same energy, which means that when I take

responsibility for my own life, I can take responsibility for my own death. My death becomes a conscious choice at the end of a fulfilling life.

The purpose of life is to fulfil one's own vision for life. The purpose of death is to pass on to a new life of fulfilment following the eternal path of an expansive Soul.

What I cannot do is take responsibility for someone else's life or someone else's death.

Yet this is what we are doing as a society, all of the time. In the absence of taking responsibility for our own life, we end up taking responsibility for everyone else's life.

With dementia, someone else taking responsibility for your life appears to be inevitable.

Dementia Is Depressing

Depression is an emotional condition, not a mental one. Whereas all emotional issues may be seen to have a mental cause, the effect is always felt emotionally.

Emotional depression is not a direct effect of dementia but a side effect. It is not the mental incapacity of dementia that directly causes the emotional incompetence that we call depression.

Depression is an emotional incompetence caused by very low emotional energy, which causes the inability to do anything. It is not that someone who is depressed is physically incapable or doesn't want to do it, they believe that they can't because their emotional energy is too low.

The capability to do anything requires both mental capacity and emotional competence. When mental capacity is depleted it can cause a depletion in emotional energy, which can cause depression.

When our emotional energy gets depleted, our need for emotional energy needs to be met. We each have different ways of sub-consciously meeting our need for emotional energy. We each have a sub-conscious strategy for getting our own emotional needs met.

How we individually learned how to meet our emotional need for energy, from a very early age, has determined our own unique set of emotional needs. Opposing, or in contrast to, every emotional need is a sub-conscious fear that causes the emotional energy drain.

Fear is a mental belief that disconnects emotional power and can drastically drain our emotional energy. When I am disconnected from my source of emotional power, I drain energy to the drama of my false beliefs and my emotional power becomes depleted or depressed.

Depression is the inability to get one's emotional needs met from an external source, either by oneself or from other people. It is the feeling of being useless, which is driven by the experience of having less & less emotional energy to use.

We are mostly unaware of the cause of our own depression, as our emotional needs are managed and maintained by our sub-conscious mind. Our sub-conscious mind is the auto-pilot of our physical body that manages & maintains the status quo of our life automatically and without our conscious awareness.

We do not have to consciously think about what our sub-conscious mind is doing without our awareness of it. Our sub-conscious strategy for getting our emotional needs met

has been developed & refined during life, from the time that we were born.

Dementia is a disconnection of the conscious mind from the management & maintenance strategies of the sub-conscious mind. With dementia, I am no longer able to operate on a fully functioning auto-pilot and having to consciously think about what the body has always done without thinking is very energy draining & depressing.

The sub-conscious mind is not missing, lost or broken but disconnected from the conscious focus that is called our conscious mind.

Dementia disconnects our conscious focus from our sub-conscious memory store of physical experience, which allows the experience of physical life to appear to follow a unique timeline.

It is our personal memory, stored in our sub-conscious mind, that allows space-time-reality to follow a continuous linear path. When the connection between the conscious and the sub-conscious mind becomes intermittently disconnected, the effect is called memory loss or dementia.

The same disconnection that affects linear memory also affects the sub-conscious ability to get our emotional needs met, especially the emotional needs that we meet ourselves.

Emotional needs that we meet ourselves are

introvert needs and emotional needs that I need other people to meet are called extrovert needs. My unique set of emotional needs determines my individual personality and in general whether I am introverted or extroverted in my relationship with other people.

Dementia substantially limits our ability to meet our emotional needs ourselves, particularly an emotional need to succeed, be fulfilled, to achieve, to attain or to accomplish whatever we feel that we need to do to compete & win in life.

Dementia also limits our ability to socially interact with other people who would normally meet our need to be cherished, adored and held in high esteem, be included, be popular and admired.

The loss of independence that dementia causes can have a drastic effect on our need for comfort, safety & security. Someone who is employed to look after the physical comfort, safety & security of a dementia patient may not understand their need to feel emotionally comfortable, safe & secure.

Careers are trained to take care of physical needs, but no training is given in the care of a patient's personal emotional needs. In the absence of understanding a person's individual needs for getting their emotional energy

replenished, depression gets deeper & deeper, life gets darker & darker and all the physical care in the world is powerless to change it.

Dementia Is A Loss Of Objectivity

Objectivity is our sense of an external reality. With dementia, it is difficult to make sense of the external world. The sense of subjective reality is present, yet objective reality is lost. Subjective reality is the ego sense of Self. The ego is the subject of life in physical reality.

With dementia, I know who I am but knowing who other people are is a different subject altogether. I subjectively sense who I am through the consciousness of my ego Self. I have a conscious sense of the people whom I regularly experience in my reality.

Objectively determining my objectives in the outside world requires access to my sub-conscious memory. Without access to my sub-conscious memory, I am unable to objectively determine my objectives. I lose the ability to determine my own actions objectively.

Objectively determining future actions requires access to my stored data of memory experiences. Without access to my memory store, I lose the ability to reason and without the ability to reason, I have no reason to determine anything. I am subjectively being my ego sense of Self, without any reasonable objective thinking being necessary.

With dementia, I need someone else to remind me what I need to do, without telling me who I need to be. Normal mental capacity requires an objective view of reality to be in balance with a subjective view of life. My external perspective of life needs to align with my internal perception of reality. What I am objectively choosing to do is required to be aligned with my subjective view of who I am. The authority to objectively choose what I want to do is relative to the subjective power of who I am being, whilst doing it.

I subject myself to objectives that I reason are of benefit to myself. If there is no reason for an objective, there is no reason to subject myself to it. A reasonable objective is reasonable when I reason that the power that I invest into the objective will give myself a subjectively beneficial return. If the objective is not reasonably beneficial, why subject myself to it? With dementia, there is often no way of knowing whether an action is reasonable or beneficial. With no objectivity, the subject has no way of knowing whether it is beneficial or not. I never need a reason to do nothing. The inability to reason beneficially leads to inactivity. When I see no reason to do something, I lack any motivation to do it. People with dementia see no reason for doing anything and therefore need reminding of a

good and beneficial reason by someone who cares. When someone gives them a reason to do something, they may have no way of knowing whether the reason makes sense or not.

When I have no way of knowing what makes sense and what is beneficial for me, my sense of feeling is the only way I can feel what is right or wrong for me. Positive feelings are always aligned with our highest purpose and the heart of our emotional power. My connection to Source energy always feels good. Therefore, in alignment with my Soul's choice for its Self, I always feel good. If something doesn't feel good, it is because it is not in alignment with my Soul intention so why would I choose to do it?

My intuitive sense of feeling comes from my heart centre into my sacral centre and is expressed through my solar plexus. Sometimes called my gut instinct or a feeling in my water, intuitive feeling is emotional not rational. It bypasses the brain and is theoretically not affected by dementia. When I intuitively know what feels good, I intuitively know what feels bad for me. Intuitively knowing what feels bad for me is my survival instinct, which is never lost, even with dementia. When something doesn't feel right, why do it?

The fact that someone with dementia is still alive means that their Soul still has a purpose for their Self and they have not yet chosen to leave the external reality of a corporeal world. Their Soul still sees the benefit of supporting a physically, & a mentally, disconnected Self. Once the Soul sees no further benefit in supporting & sponsoring its Self in physical reality, the Self returns to the domain of its Soul Entity.

The absolute reality of the Soul Entity has no duality of subject & object. It has neither subjective nor objective reasoning. The subject is always objective and the object is always subjective. The subject is always the Self and the object is always the expansive growth of the Soul, through the experiences of its Self. Whereas, with dementia, the Self can lose its objectivity, the Soul retains its objectives for its Self until that life mission is fulfilled. From the Soul perspective, every individual life is fulfilling and every unique journey is fulfilled. Life ends when the objectives of the Soul-Self are physically realised and fulfilled. Whenever death is the subject, life is the objective.

Dementia Is An Irrational Illness

Dementia is not an emotional illness, although rational thinking often confuses being emotional with being irrational.

Irrational means that it is not empirically rateable, which means that it cannot be accurately ascertained as true. Sometimes people with dementia are very lucid and communicate with clarity, yet at other times appear to be away with the fairies.

Whereas it is true that people with dementia are often irrational, they can at times appear to be very rational. In the same way, they can be unemotional one minute and very emotional the next.

Being unemotional or being irrational is not an illness, it is just polarised thinking or feeling that is flowing in a negative direction. Thinking & feeling negative thoughts & emotions is a symptom of normal life, for many people who are not diagnosed with dementia.

Dementia is an irrational illness but not because it is caused by irrational thinking. It is caused by the inability to access sufficient knowledge, on demand, to allow intelligent choices. Accessing knowledge to make intelligently informed choices is called reasoning.

Mental reasoning analyses available knowledge intelligently to see whether it is reasonable.

The reason for choosing anything is because it is believed to be personally beneficial. Nobody in their right mind chooses anything that they believe to be personally detrimental.

When access to memory is blocked, so is access to knowledge and without knowledge, intelligence is diminished. Intelligence requires a free flow of positive thoughts because when thoughts stop flowing, choice is not possible.

Making choices requires knowledge and knowledge requires intelligent application to enable a choice of action. Reason is the intelligent use of knowledge, without which, there is no reason and no reason to take action.

Dementia displays the inability to use knowledge intelligently. Even when we give someone the knowledge, they may still struggle to use it intelligently & reasonably.

Using knowledge intelligently requires competence. It is mental capacity that stores knowledge and it is emotional competence that allows us to use that knowledge intelligently.

Intelligence is a measure of our competence to use knowledge beneficially. Using knowledge detrimentally is not intelligent. Intelligence requires the competence of emotional power.

When my emotional power is high enough, I

have the mental capacity to use knowledge competently. When my emotional power is low, my mental capacity to use knowledge competently is diminished. I am said to lack focus or lose interest, when I have insufficient emotional power to concentrate my thinking to enable adequate reasoning.

Dementia suffers with the inability to access knowledge, which inhibits the emotional competence to enable intelligent reasoning.

Therefore, it is no good telling a person with dementia what to do, without giving them the emotional intelligence or mental power to do it. Without the mental knowledge & the emotional competence, there is no reason to do anything.

Emotional competence is what allows knowledge or intelligence to be intelligent.

Intelligence gives meaning to knowledge, which is just an unknown fact until it is given meaning. When I know how to use knowledge intelligently, it has a meaning. When I give knowledge a meaning, I am able to use that knowledge intelligently. Meaning balances knowledge with reason.

Knowledge is a physical fact that is useful when mental reasoning reveals its emotional meaning. When reasoning has a balanced meaning, life is empowered & enlightened. Being enlightened, empowered & enabled is the purpose of life. With reason, meaning &

purpose, I am able to fulfil the potential of my life.

Dementia is without meaning, reason or purpose because it is an expression of life without reason, meaning or purpose. When the reasoning is lost, the meaning becomes confused and the purpose is frustrated. The incapacity of no reasoning and the incompetence of emotional unawareness result in the inability to see any fulfilling purpose to life, which is a normal state of mind for many people. Dementia is just an extreme, or intensely negative & irrational, experience of this normal state of human affairs.

Dementia Changes Relationships

A Relationship is how I relate to other people. It is specifically how I relate to another person that determines the type of relationship that I have with them.

Being Independent doesn't mean that I am independent of any relationship with anyone. Even though a Hermit lives an isolated solitary life, being independent is still how they relate to other people. Being independent means that I do not need anyone to meet my physical or emotional needs for me. I am inner dependent or self-dependent for everything that I ever need. As soon as I do need someone else, I am dependent on them for what I need.

In a world where I relate in an independent way with all other people, I would never be diagnosed with dementia. In actuality, when I never need anyone else, I am never a problem to anyone else, so nobody would ever see that I have a mental issue with my memory.

People lose their independence through dementia when they are no longer able to meet their physical & their emotional needs their self. Dementia changes independent people into dependent people, who need other people, because it is no longer possible to effectively continue to live alone.

Losing one's independence can be a very traumatic experience. An independent person, who has managed to live alone for many years, may have great difficulty in adjusting to the fact that they now need other people to look after and care for their needs. Independent people are able to meet their emotional needs their self, so when this is no longer possible, depression is inevitable.

With all the caring in the world, it is not possible to meet another person's emotional need to achieve, accomplish or succeed. I cannot meet another person's emotional need to compete, to be better than others, to win, to have order, be in control or have their own space. Someone who needs to be needed needs to care for others and may have great difficulty accepting the need for others to now take care of them.

For independent people, the change that dementia causes may be very dramatic simply because of their emotional need to be independent and their need to independently meet their own needs. In a position of no longer being able to give to the world what they need to give to the world, they are now forced to receive from other people what they themselves have always given to others.

Dementia changes co-dependent relationships into dependent relationships. Marriage is a co-

dependent relationship that is a partnership, where two people meet each other's emotional needs. The sub-conscious attraction between married couples is that they meet each other's needs emotionally. When married partners no longer meet each other's emotional needs, divorce is often inevitable. The only reason a partner becomes unfaithful in their marriage is because they find someone else to give them what they desperately need emotionally.

Co-dependent relationships, whether in marriage or civil partnership, endure because they meet each other's needs; in particular, the most common societal need to feel safe, secure and comfortable. When I do not feel safe, secure and comfortable with a partner, the relationship is in grave danger of failing.

Dementia changes a co-dependent relationship when the balance of giving & receiving becomes no longer possible. In a co-dependent relationship, giving & receiving is balanced and partners keep a sub-conscious account of what they give and what they receive. Although partners may not always agree, an acceptable balance is usually maintained.

In a dependent relationship, one person gives and the other person receives. The flow of emotional energy is just one way, from the one who cares to the one who is being cared for; which puts a great strain on any existing long

term marriage. It is just a matter of time before the strain breaks their current relationship and a need arises for professional careers to take over responsibility for an increasingly dependent partner.

Inter-dependent relationships can be very beneficial for both someone with dementia and their carer. An inter-dependent relationship is when a group of people meet together to meet each other's needs emotionally. It is socially acceptable for married couples, and single people, to meet together in groups, clubs & societies, to share common interests. This inter-dependent relationship allows any emotional needs that remain unmet by a partner to be socially acceptably met by other people or other couples.

Whereas normally, there is always a choice of relationship with other people, being independent, co-dependent, inter-dependent or even being inter-developmental; with dementia, there is no choice but to accept the inevitability of being dependent on someone else, whether they care for you, care about you or just take care of you.

Dementia Is A Depreciation Of Awareness

Most people do not appreciate what awareness is. Those who are spiritually unawakened remain spiritually unaware. To the spiritually unaware, awareness & consciousness are the same thing. When spiritually unawakened, I am aware of my consciousness, I am aware that I am awake, when I am awake, but I am neither conscious of nor awake to my awareness.

The pathway to spirituality is through an awakening to a mental & an emotional awareness.

The conscious ego Self is conscious of the physical world when awake and unconscious to physical reality when asleep. I am still alive when I am asleep because my sub-conscious Id is automatically, or autonomously, in control. I can train my conscious ego to tell my sub-conscious id what time I want to wake up the next day. When the Id is in agreement, it wakes me up on time; but when my Id believes that I need to rest it allows me to oversleep my appointed time to wake up.

Awareness allows the ego & the id to co-operate knowingly & effectively. Without awareness, there is no co-operation and the id

is free to do its own thing; which is called instinct. The Id instinctively does its own thing, in alignment with what it believes to be the right thing to do.

With awareness, I realise that the right thing is what conforms with what the Id is programmed to believe is best for itself. I do not have selfish genes that drive me, but I do have a selfish id that sub-consciously manages & controls me.

Whenever I react without thinking, it is my Id looking after myself. When I react beneficially, I tend to call it instinct, but when my reaction is detrimental, I often call it clumsy or awkward. When my instinctive reaction is negative towards other people, they see me as being angry, sad, stupid or demented.

Dementia is a depreciation in positive behaviour, which is an appreciation in negative behaviour that is not appreciated by other people.

In our society, there is a general absence of awareness. The majority of society is spiritually absent, even regular religious church-goers are mostly unaware of their true spiritual origins and their own creative potential.

Choice for most people is a dilemma, or a problem of being in two minds, which causes either prevarication or procrastination. Being only aware of their conscious thinking, they have no awareness of having two, or even

three, minds or different levels of consciousness.

For most people, their life runs sub-consciously & routinely in the present moment allowing them to fantasise about the future and either reminisce or worry about the past. Until, that is, something goes wrong, which takes them out of their comfort zone. The comfort zone is within the boundaries of what the Id sees as being acceptable, or tolerable for its life. In my comfort zone, the Id is in control and I have no conscious choices to make. I only need to make a choice when the Id has no programmed choice available. Getting out of my comfort zone requires that I need to make a conscious choice, which can often cause a problem. The problem is that I automatically & instinctively see all the problems that a new choice could create.

Normality means that the sub-conscious Id is working well and running to programme.

Abnormality means that the Id has hit a problem and needs a conscious choice to get over its apparent blockage. To run normally, the Id needs to reason that life is making sense. Life makes sense when it conforms to the reality of the data being received through the five physical senses. When the world appears consciously in alignment with the id's view of how it should be, life is deemed to be

normal. When it doesn't, the Id goes into either drama or trauma mode. It either confronts the conflict or it runs away. This is called fight or flight, which is believed to be instinctive.

Dementia is a break-down in normal service between the conscious ego and the sub-conscious Id. Initially the breakdown appears temporary and sporadic when it is a gradual depreciation or degradation in the connection between the conscious & sub-conscious levels of the mind.

With dementia, normal routines take longer and longer because they are no longer being carried out subconsciously. Dementia affects sub-conscious competence. When I have to think about everything before I do it, it can take ages to do what I used to do instantly, without thinking.

A forced disconnection between the conscious & sub-conscious Mind is called amnesia. With amnesia, the sub-conscious has to gradually relearn new programmes to restore a normal service to the ego. With dementia, the possibility of a reconnection will depend solely on the person's spiritual awareness. It depends on whether their appreciation of their unconscious competence is capable of supporting the depreciation of their sub-conscious mental capacity.

The greatest irony of Dementia is that with the awareness of a clear spiritual connection to our Soul or Source Entity, there can be no depreciation in mental capacity.

My awareness of my conscious ego Self being driven by a sub-conscious Id, came with my awakening to my spiritual identity. Before I was awakened to the higher level of the super-conscious entity of my mind, I was unaware of my sub-conscious Id. My Id & my Entity are my true conscious Identity. My expansive conscious ego Self is always guided & supported by a sub-conscious Id and a super-conscious Entity, unless I contract dementia. With dementia, the super-conscious Entity is still in support but the sub-conscious Id isn't. An awareness of the higher aspects of the mind allows a direct connection. In the absence of awareness there is no direct connection and the competence of the conscious Self relies solely on its connection to its Id, which is slowly depreciating.

As the Id depreciates the ego gradually becomes more and more lost, confused & frustrated. Without the Id, the clarity, direction and presence of the Entity can also become completely lost. Without a clear conscious distinction between the sub-conscious Id and the super-conscious Entity, no higher connection is possible.

When the unawareness of the Id becomes an unawareness by the Id, dementia is the effect. Through most of life, the Id runs efficiently in the background until one day for whatever reason, it no longer does.

Dementia Is A Problem That Cannot Be Solved

The current problem with dementia is that there is no solution.

People with dementia are not looking for a solution, they are looking to remember what they cannot bring to mind. When I cannot remember what the problem is, there is no apparent problem. With no recollection of the past, there is only a perspective of the current moment. With no projection of the mind into the future, there is no apparent problem waiting to happen.

We all make judgments based on our current perspective of what is occurring in our life. When I judge what is occurring to be negative, I appear to be experiencing a problem. The inability to access past memories makes it impossible to either project or predict future events. This means that there is only the experience of each present moment.

My experience of the present moment is relative to who I am sharing it with. When the person that I am sharing my present reality with is experiencing a problem, then I have the experience of sharing their problem. Being with people who have a problem is problematic.

People generally see people with dementia as having a problem, even when it is not the person with dementia that has the problem. The person with the problem is the person who causes the problem, with their belief that people with dementia have a problem. Like energy unto itself is drawn. When I believe that someone with dementia must have a problem, I am vibrating with a negative problematic energy that I am inviting someone with dementia to share.

People who care for people with dementia are called Carers. Carers believe that they are there to take care of the problems that people with dementia have. The problems that people with dementia have are the problems that their carer believes that they have.

People with dementia do not see problems in their life, they just experience situations that they are unable to judge as being beneficial or detrimental, which other people judge to be a problem. They leave the judgment of whether something is a problem, to other people who care. When you tell someone with dementia that they have a problem, they do because you have just clarified that as their reality.

In the relative confusion of having dementia, nobody really knows what is a problem and what isn't. Until someone tells you it is a problem, it really isn't. It is futile trying to

solve someone's problem when they do not realise that a problem exists.

In actuality, the world is full of caring problem solvers, trying to solve other people's problems. It is easier to solve someone else's problem than it is your own. When we are too busy solving other people's problems, we are neglecting our own problems. In the struggle to solve all the problems that someone with dementia appears to have, a Carer never gets time to look at solving their own problems. The biggest problem that every Carer has is the person who they are caring for. If the Carer believes that their patient doesn't have a problem, they also believe that they have nothing to take care of. Carers always have lots of things to take care of because they have been trained to identify all the problems that could possibly occur, so they do occur.

What we focus on as our reality, we experience as our reality. When I focus on all the problems that someone with dementia has, I get to experience all the problems that I am focusing my attention on. When I see sharing my life with a dementia patient as a challenge, I am challenged by them. When I see sharing my life with someone who has dementia as an opportunity, I get to experience all sorts of opportunities. Life is a continuous series of

experiential opportunities when I allow it to be so.

Sharing my life with someone with dementia is a great opportunity to be with someone who is non-judgmental and spends their life in the present moment. When I am non-judgmental and living in the present moment, there is no problem being with someone with dementia. Surprising to say, they do not bite, they are not actually offensive and for some unfathomable reason they appear to be happy to see someone who is not going to give them a problem.

Whenever I try and solve the problem of dementia, I just reinforce in my own experience how problematic it is to be living with someone with dementia. When living with dementia is not seen as a problem, it really isn't. When I take the opportunity to see that living with someone with dementia is not a problem, there is no problem to see, you see. I cannot solve the apparent problems of dementia but I can overcome the perspective that having dementia causes problems and when I do, there appears to be no problem to solve.

Dementia Is A Challenge

The Challenge that dementia presents is one of staying independent. When the challenge of dementia is seen as one of dependence, the challenge is lost. The challenge is to retain independence, not to maintain a dependency. Dependence is an attachment between patient & carer. The patient is attached to the carer for what they need emotionally as well as physically. In everyday life it is normal to form an attachment to whoever meets our emotional needs.

Dementia changes a normal relationship of caring for a person emotionally to taking care of their physical needs. Taking care of a person's physical needs, when they are lost, confused & frustrated, takes a lot of emotional energy. It is very emotionally draining, unless the carer has the ability to detach emotionally from the drama of the patient.

Life is a challenge that we fail when we run out of emotional energy. When the patient runs out of emotional energy, dementia has defeated them. When the carer runs out of emotional energy, the patient has defeated them. When looking after the needs of the patient becomes a battle, the carer must learn how to detach

from the drama without disconnecting emotionally from the patient.

Disconnecting from the patient emotionally is being insensitive. Detachment with the patient requires sensitivity. When the emotional drama becomes intense, the carer may have no option but to disconnect emotionally in order to maintain control. When the situation becomes too insensitive or too unemotional, an emotional reaction becomes inevitable as one or both parties have stopped caring. The emotional balance between the patient & the carer becomes unbalanced & upset. The carer becomes emotionally upset, which upsets the patient emotionally.

The effect of the carer becoming insensitive or unattached emotionally from the patient causes a great challenge for the patient as well as the carer. The challenge with dementia is to retain an emotional balance and to maintain a balance of power. When the carer's emotional balance is upset, the balance of power is upset and conflict is the result.

Conflict is caused by the insensitive disconnection of the carer, which has the effect of making the patient more needy & attached. What the patient really needs is the sensitivity of the carer to be present in an emotionally detached way.

When the emotional need of the carer to be needed is met by the emotional need of the patient to be cared for, the emotional relationship is in balance & harmony. When the carer is forced to insensitively disconnect from the patient, the relationship becomes negatively irrational & intense.

The challenge for every Carer is to become sensitively detached without being emotionally disconnected by staying connected through being sensitive. Being sensitive with detachment allows empathy to flow with compassion. Being insensitively disconnected is being apathetic or unsympathetic. Being sympathetic is resonating with the patient's negative emotional situation. Resonating with positive emotional energy is the compassionate empathy of being sensitively detached.

Being sensitive, yet detached, requires an awareness of where another person is emotionally. Sensitivity is an awareness of another person's emotional state of being. It is relatively easy, with a dementia patient, to disconnect emotionally in order to look after their physical needs. It is another thing entirely to remain sensitively detached in order to meet their emotional needs. Sensitivity with detachment means that I remain aware of another person's emotional needs without being attached to them emotionally. This

requires the co-dependent relationship of patient & carer to move to a higher, inter-developmental partnership. The challenge for the Carer is to develop their emotional awareness to a level of being able to meet the emotional needs, as well as the physical needs, of the patient without being emotionally attached and without being emotionally disconnected.

The paradox for every Carer is how to be compassionate without being sympathetic, to be detached without being disconnected, to be sensitive without being emotional and to be essential to the patient mentally, without being involved emotionally. When the essence of the relationship between carer & patient is one of sensitivity with detachment and compassion with empathy, the challenge has become an opportunity for both personal & mutual development.

The quality of care that a patient receives is directly relative to the personal qualities of the Carer. The personal qualities of the Carer are directly relative to their own personal attributes & emotional attainments. Who the Carer is Being is an expression of their own emotional state of being that they have attained and can attribute to their Self with awareness. Once the patient experiences that the Carer really does

care, they are able to start to care for their-self again.

Being disconnected, insensitive & unemotional are all negative attributes, with a male energy gender, which form a co-dependent attachment to the negative female attributes of being inclusive, attached & irrational.

The question that challenges every Carer is: Who am I being whilst doing the duty of caring? Being a Carer is a role that I play, not an emotional state of being. The primary state of being in any successful relationship is sensitive detachment, which allows a mutually positive emotional connection called compassion, without any irrationally inclusive need for attachment that is the cause of emotional drama.

Compassion is the essence of a truly loving relationship, as it is not resonating in sympathy with any negative attributes that someone else is expressing. A Carer who is being insensitive, disconnected & unemotional will always challenge the patient. A patient who is being inclusive, attached (needy) & irrational, will always challenge their Carer.

With every challenge in life, there is either success or failure, either an opportunity is taken or a problem occurs that inevitably leads to a chaotic disaster.

Dementia Is My Fate

Dementia is my fate but it is not my destiny. It occurs to me that fate is what occurs to me. When life happens to me, I experience it as my fate. I believe that whatever happens in my life is fated to occur by some unexplained external source, of which, I am unaware and therefore unable to control.

In a dual reality world, what occurs to me is that whatever turns up can be either good or bad. I call this being lucky or being unlucky. When good things often turn up, I believe that I am normally lucky but when bad things always turn up, I believe that I am naturally unlucky. Believing that being unlucky is my nature causes this to become my normal experience.

Lucky people experience good fortune because they believe that they are generally lucky. Lucky people see being lucky as their fate, whilst unlucky people see themselves as doomed to experience the misfortune of their fate.

Unlucky people are doomed to get old and contract dementia because it is their fate, unless that is, they are lucky enough to look after themselves long enough to die of something else. Dementia is contractual with

negative thinking, although nobody sees dementia as part of their contract with life. Negative thinkers don't actually see their thinking as negative.

When I look after myself, life happens by me. When life appears to happen by me, I believe that I make my own luck. When I believe that I make my own luck, I make my own choices in life and I do it my own way. Making my own choices and doing it my own way is called independence.

Independent people make life happen by them, whereas dependent people are at the fate of whoever they are depending on to look after their needs. If they are lucky, they have good people taking care of them. If not, they are doomed to be victims of an uncaring society that sees them as a burden. The irony is that when I see myself as a burden on society, so does society see me as a burden on society because, I am whatever I believe myself to be. My beliefs create my experience of reality, as do your beliefs create your experience of reality. When I believe that I am doomed, I am and when I believe that sh*t happens, it does. When I believe that I am lucky, I am and when I believe that someone cares for me, they do. When I believe that I am independent and can take care of myself, I am expected to walk my talk and demonstrate the truth of my own

beliefs. When what I believe is not generally seen to be true and my perspective of life is not in alignment with other people's, they will question my mental capacity. When I believe that I don't need other people and other people experience that I do, they question my capacity to make normal, competent choices. Dementia causes the inability to effectively walk my own talk and so instead of life happening by me, life happens to me by other people. Other people feel that they have to make decisions for me and life happens to me, by them.

Independence means that life happens by me. Dementia means that life happens to me, by other people. I become a victim of a fate determined by other people. In actuality, my fate is always determined by other people. It is my fate to be born into the family that I grow up in. It is my fate to be taught by my teachers, in school and my preachers, in church.

My socio-demographic is a description of the class of people that I am fated to grow up with. The principles of my family, the ethics of my society, the morals of my religion & the laws of my government all become my fate. I am fated to behave in alignment with the normal beliefs & standards of my culture & my society.

Dementia has no class or culture, age or sex. It does not discriminate. It is either my fate or it is not. When I believe that I will get senile with age, then that will become my experience and my fate, irrespective of my social class, ethnic origin, nationality or sex.

Dementia is not my destiny. Paradoxically it is the fate of an unfulfilled destiny. Solving the paradox requires a clear distinction between my fate & my destiny.

When life happens to me, it is either my fate or my doom. When life happens by me, my fate is in my own hands and it is either my fortune or my misfortune. When my perspective is that life happens through me, I allow my destiny to unfold.

My destiny is my true purpose for this lifetime. To allow my destiny to unfold, I am required to know my vision for my life. I can only allow my life to unfold once I know that my life is unfolding in alignment with my destiny. It is this insight that allows my purpose to be clearly known. I cannot reach my destination without knowing in which direction it lies. My intuitive vision outlines the path of my destiny and allows me to fulfil it with purpose.

I can only intuitively know the vision, mission & purpose of my destiny, as nobody else can tell me what it is. Whatever I intuitively know, can never be forgotten. Aligned with my destiny, I

am connected to the source of my inner guidance that always knows my path. Dementia is my fate, not my destiny. I cannot be connected to my source of inspiration and intuitively fulfilling my destiny, living my vision for my life, and have dementia. Dementia is not part of my divinely expansive contract with life.

Dementia Is Not Reasonable

The ability to reason is called the intellect. Intellect is a function of the ability of the sub-conscious mind to rationalise data. It is the mind becoming conscious of intelligence that is stored sub-consciously in the mind. We intellectually find reasons to make sense of our reality.

The mind works sub-consciously storing & correlating conscious sensory data gained through the physical experience of life. The greater the depth of stored data, information or knowledge, the greater the ability to reason and the higher the level of intellect that is achieved.

No matter how accomplished the intellectual ability to reason, it is still compromised by the finite level of data that is able to be accessed. In a relative dual reality world, no matter how reasonable a situation appears, it can still have an unreasonable or expected outcome.

Being reasonable is making the best apparently beneficial choice. However, what is reasonable for me may be unreasonable for someone else. No matter how greatly developed my intellect is, it can still appear to be unreasonable or wrong to other people.

When I have no clear purpose in life, it is reasonable to get confused. I get confused whenever I do not know the reason why something is occurring. When life appears to happen to me or by me, there is always the uncertainty of an unreasonable outcome. An outcome is only ever unreasonable when I do not have sufficient data, intelligence or intellect to understand it. When I expect Life to conform to my programmed perspective of how reality should work, it never does. The only thing that is really unreasonable is trying to control life without the knowledge of how life works. In a relative dual reality world, the more I reason and rate life to be rational & logical, the more unreasonable, irrational & illogical my life appears to become. Only an absolute understanding of reality allows a true perspective of reality with certainty. Any other personal perspective of the truth will be either relatively certain or uncertain and relatively reasonable or unreasonable. It is the intellect that allows the experience of life to be reasonable and it is the intellect that causes the experience of life to be unreasonable. No matter how developed the intellectual ability of an Individual, without knowing a clear purpose for their life they will never understand the reasons why irrational & unreasonable things happen in their life. When

I know my individual, unique & exclusive purpose for my life, everything in my life unfolds relative to that chosen purpose. The Law of Attraction brings into my life, experiences & opportunities in alignment with my higher purpose by virtue of my higher vision for my life. In the absence of knowing my higher vision for my life, my ego takes control and gets confused, lost & frustrated by how unexpected & unreasonable life appears to be. From a higher perspective, nothing in life is unreasonable, unexpected, irrational or illogical, as these are just a lower perspective of the ego Self based on a flawed intellect. Dementia appears to be the loss of intellectual ability. To an intellectual person, someone with dementia appears to do very silly or stupid things. There appears to be no rational reason for their behaviour. With dementia, people stop doing reasonable things because they fail to see the reason for doing them. I store my past reasoning in my sub-conscious memory. This allows me to do normal things without consciously thinking about them; because I already know the reason for doing them. With dementia, I can't remember why I did something previously, so I can't remember why I should do it now. When I can't remember the reason for doing something, I need to be

reminded otherwise, I can't be bothered because I can see no reason for it. When I am asked to do something, I am compliant when I am empowered to comply. When I have sufficient emotional energy, I am happy to comply and I appear to be reasonable. When my emotional energy is low, I cannot see how I can do something and I will appear to be resistant and unreasonable. A dementia patient doesn't need a reason for doing something, they just need the emotional power to do it. Dementia is unreasonable because it is the loss of the conscious ability of intellectual reasoning. In place of the intellect is a sub-conscious mind that is either empowered to act or disempowered & inactive. When the sub-conscious mind is inactive, it tends to go to sleep.

A disempowered patient needs the motivation of a carer to motivate them. They do not need a reason to act but they do need a motive to act. The motive to act is always in alignment with one's true purpose. Fulfilling my purpose is the only motive that is empowering for me. A dementia patient will never see their carer as unreasonable, but they will see them as either kind or unkind.

Dementia Is Unconscious Incompetence

My incompetence is unconscious until I become conscious of it. When I become aware of my incompetence, I am conscious of what I am unable to do. Conscious incompetence motivates me to become competent. I strive all through my life to become consciously competent in my ability to live life well.

What I am also not aware of is my level of unconscious competence. I consciously strive to become consciously competent but I cannot consciously strive to become unconsciously competent.

Unconscious competence occurs when I allow it to. I allow my sub-conscious mind to take autonomous control automatically without thinking. When I do things well without thinking, I am using my unconscious competence to do so.

It can take a lifetime to learn to raise my level of perspective, firstly from unconscious incompetence to conscious incompetence, then to become consciously competent before being able to allow my competence to be unconscious.

It can take but an instant to shift from unconscious competence to unconscious

incompetence. This dramatic shift in consciousness, or unconsciousness, can happen to anyone, anywhere, at any time because competence is always relative to emotional power. Whereas, conscious competence can be accomplished by will power, unconscious competence cannot.

Unconscious competence can only be attained through the connected state of being empowered with natural Source energy. When I am disconnected from Source energy emotionally, which is my natural source of emotional power, I lose my authority and I lose my competence.

As this shift from unconscious competence to unconscious incompetence is unconscious, I am not aware of my shift in competence, until I move into conscious incompetence, when I realise what has gone wrong. With dementia, this is usually when someone tells me, or reminds me, of my level of incompetence.

When dementia patients are left to their own devices, they are blissfully unaware of their level of either competence or incompetence.

Whereas the carer is diligently aware of the patient's level of incompetence, the patient isn't until reminded by their helper.

Helping someone to become conscious of their incompetence is never helpful. We all drain emotional energy to the incompetence of

having low emotional energy. Incompetence is a measure of how low our emotional energy currently is. Reminding someone of their incompetence causes a downward spiral of emotional power called an energy drain. Becoming conscious of my incompetence is good when I have the emotional power and the will to learn a new competence, as it allows me to become consciously competent. However, it is not good to become conscious of my incompetence when I lack the mental capacity to consciously compete in life. Competence is emotional and is relative to mental capacity. A decline in mental capacity always results in a decline in emotional competence. Dementia is, without doubt, a decline in mental capacity, which causes a decline in emotional competence, whether we are aware of it or not. What is currently unknown is the cause of this mental incapacity and whether that incapacity is in the brain or in the mind. Whether it is a malfunction in the brain's hardware or a malfunction in the software of the mind is still to be determined. Medical science presently believes that the cause of dementia is a build up of amyloid proteins in the brain. It also still believes that a build up of cholesterol in the arteries causes heart disease. Nobody seems to have an

answer to why an incredibly ingenious sentient organism that is the human body would unconsciously & incompetently try to kill itself. The greatest ability of all sentient human beings is the gift of choice, which includes the choice of life or death. Every human being has the potential unconscious competence to live an extraordinary life of expansive growth or an ordinary life of malignant contracting decline towards death. A malignant contracting decline towards death is ordinary because it is the norm for most people. Most people die of one of three malignant contractive diseases, which are heart disease, cancer or dementia.

Is it just a co-incidence that the actual number of human deaths caused by dementia is increasing at a time when the number of deaths due to heart disease & cancer is stabilising?

If the incapacity of the brain is caused by the incompetence of the mind, which mind is it that is being incompetent? Which mind is disconnected from the emotional authority that empowers it? Which mind has become disconnected from the source of its empowered guidance?

Dementia may be seen as a malfunction of the brain or it may be an unconscious separation from the sub-conscious mind that runs & operates the brain. After all, we do not

consciously operate our brain, it runs autonomously and sub-consciously without our awareness.

Dementia Is A Malfunction Of The Sub-Conscious Mind

There is a common belief that the brain controls the body. This is a physical perspective of how the body works, which assumes that the brain is a mechanical device that produces conscious thought. A contrasting thought sees the brain as a processor of energy in the form of thought & emotion.

What science is discovering is that our body works on three levels, or holons, of existence. There is the physical or organic holon, of which we are conscious, and also the cellular holon and the atomic holon, of which we are aware but cannot consciously see.

Science, as yet, has no answer to how these three holons of existence come into alignment. The brain is a part of a physical set of organs, is a unified mass of co-operating cells and is also a mass of unified molecules, atoms, strings or energy vibrations; so what is unifying all of these elements to co-operate in the way they do?

If the answer to this question is our DNA, who indeed wrote the code and who decides to make every human being individually unique, yet universally the same? Perhaps when we can answer these questions with certainty, we

will also know what makes the human body malfunction; if in fact it is malfunctioning. In my experience, nobody ever does anything that they believe to be wrong. They may do something that other people judge to be wrong but even a psychopath is driven by the belief that what they are doing is in their best interests, from their individual perspective of what is occurring in their life.

I am not conscious of the beliefs that I hold, I am only conscious of the way I behave, which is always in alignment with my beliefs. When I behave in a way that I believe to be wrong, I am challenged to look at the beliefs that are sponsoring that behaviour. I then have a choice of changing the behaviour, changing the belief or changing my conviction that the belief is wrong. Right or wrong is just a judgment based on my personal perspective of what is beneficial or detrimental to me, and to other people.

With dementia, those choices are no longer apparent. When I am no longer conscious of my incompetent behaviour, due to my mental incapacity, I stop making choices. It is not my choice that has been taken away but because, due to a fear of being incompetent in the choice that I make, I deny myself the ability to choose.

We all need help, from time to time, to make important choices. With dementia, I eventually need help all of the time, to make every single choice because I have decided from experience that making choices for myself is no longer beneficial.

Dementia is the inability to make conscious choices. Choice is an ability that dementia patients deny themselves. Nobody wants to make detrimental choices, so in the absence of knowing what is good for me, I choose to deny myself the choice of choosing what is bad for me.

I can look at the disconnection of the sub-conscious mind as something that has happened to me or I can see this disconnection as something that I have sub-consciously chosen for myself, without my conscious knowledge. The Self that is making this choice not to choose is the sub-conscious Self or the sub-conscious mind that I call my Id.

From this perspective, the sub-conscious mind shuts itself down because it cannot see any clear or beneficial alternative. In the absence of any reasonable programme to run, the processor shuts down. The chaos, isolation & fear that dementia causes is not because of the mind malfunctioning but because the mind believes that any choices that it makes will result in a malfunction.

The mind is not capable of malfunctioning, if it is not mechanical. Whereas the brain may be seen as physical, mechanical or functional; the mind is either free flowing or restricted.

Any restriction, entropy, inertia or chaos that the mind experiences is because of behaviour that is caused by its own belief system. Fears & limiting beliefs are of the mind's own making. Fears are a construct of the limiting beliefs of the mind. Reality is a perspective based on the beliefs, opinions & convictions that are held in a person's sub-conscious mind.

When I fear I cannot do something, I don't.

When I believe that I am incapable of doing something, I am. Dementia is a malfunction of the sub-conscious mind caused by the sub-conscious mind choosing not to function.

Every human mind is uniquely individual even though every human brain is similar in function. Every human mind is sovereign, with the ability of choice. The most common choice that all human beings make is to deny that they have a choice.

With dementia that denial appears to be progressive and permanent. Perhaps the best medicine for dementia patients is to remind them that they are not ill and being well is a choice.

Dementia Is A Loss Of Confidence

Losing my confidence may not cause dementia but it is a normal effect of dementia, which means dementia causes loss of confidence.

Loss of confidence is the consequence of my disconnection from my source of authority. I connect to my source of authority when I confide in myself. My true Self or my authentic Self is the true source of my confident Self.

When I confide in my confident Self, I connect with my self confidence.

My confidence is an unconscious competence. I connect with my unconscious competence when I am confident. When I am confident, I am competent; whether I know why, or not.

Competence gives me confidence, which allows my competence to materialise & manifest into the experience of my personal reality. I confront life with confidence when I feel competent because my emotional power of competence is always in alignment with my confident mental authority.

When I lose my confidence due to dementia, I also lose my competence because my loss of mental confidence drains my emotional power. I am empowered with the competence of my confident choices.

When I see life as happening to me, my competence allows my confidence to rise. When I see life as happening by me, the more confidence that I have, the more competent that I appear to be. When I allow life to happen through me, my confident authority is empowered by my authentic competence being in alignment with my true Self.

My confidence is relative to my competence, which is relative to my emotional power, which is relative to my emotional state of being. A quality personal attribute has both worth & value. The better the quality, the purer the attribute, the more it is worth and the greater is its value for my Self.

My Self worth is directly relative to how much I value my Self. How much I value my Self is directly relative to my perceived level of competence. My perceived level of competence determines my emotional power and the greater my level of emotional power, the greater is the value of my Self worth.

When I have confidence in my authority of choice, I value the worth of my perceived experience. The worth of my perceived experience is relative to the confidence that I have in the authority of my chosen perspective. Beneficial choices have a confident authority and are worthy of a great & powerful value.

When dementia deprives me of my choice, it deprives me of my authority and it deprives me of my emotional power to make a choice.

Memory is a mental attainment that needs emotional power to operate effectively. The sub-conscious mind runs on emotional power. Deprived of emotional power, my sub-conscious memory becomes inaccessible. Access to memory is essential for intellectual reasoning, which is essential for making beneficial choices. Informed choices are attained with a beneficial choice of sub-conscious intelligence. Sub-conscious intelligence is information & data stored as memory in the sub-conscious mind. My intelligence is a measure of my ability to recall stored information from my memory. Dementia blocks access to stored information, which inhibits choice. It is not just beneficial choice that dementia inhibits, but all choice. All human beings are inherently authorised with choice. Dementia disconnects that inherent authority, which disallows the ability, to make a choice with the mental reasoning of the intellect.

The brain is a processor of mental data. In the absence of mental data, the brain has nothing to process. It is not a matter of garbage in, garbage out but a matter of, if nothing in, then nothing out. The lights are on, but nobody is at home. Whether the brain is functioning

properly, with the ability of choice or not, is irrelevant. If the brain is starved of information, the ability of choice is drastically inhibited.

The more information that the brain has access to, the greater is the reasoning power & the greater is the intellect; therefore the greater is the choice and the more reasonable is the outcome.

The inability to make informed choices has a hugely detrimental effect on self-esteem. I pride myself on my ability to make good, right & beneficial choices in my life. The higher I hold myself in esteem, the more confidence I have and the more worthy I value myself to be. The more confident I am, the more I value my worth and the greater is my sense of self-esteem.

My sense of self-esteem is intuitive. I see my Self in high esteem when I know that I am confident and I feel worthy of the value that I have to offer in my life.

My mental capacity drives my choices with confidence, my emotional competence empowers my worth with value and together they determine my self-esteem.

Nobody ever confidently sees the value in dementia, so nobody ever holds dementia in high esteem.

Dementia Doesn't Mean I am Stupid

Being stupid is the expression of a negative attribute by someone who should know better. We know better than to treat someone with dementia as stupid. Stupid people often do things that are detrimental to their self or other people. It is human nature to encourage others not to be stupid by advising them of a better course of action.

Pointing out someone's stupidity is never beneficial for them. Pointing out the stupidity of someone with dementia is itself stupid.

When someone cannot see the problem of their own actions, pointing it out will not help them. Nobody consciously acts in a stupid way. An action is only stupid when it does not result in a desired outcome.

We all act sub-consciously based on the beliefs and programmes that we hold in our memory. Whether an action is seen as sane or stupid, rational or irrational, is a matter of perspective. When I take a conscious action it is because I have reasoned it to be right or I intuitively know it to be a good course of action for me. Our stupid actions are either sub-conscious reactions or deliberate actions based on insufficient information or intelligence.

When memory is compromised, intelligence is compromised and choice is compromised. When choice is compromised, the ability to know what is right or wrong, good or bad, beneficial or detrimental, is also compromised. A positive aspect of dementia is that it suspends judgment. When judgment is suspended, so is the criticism & condemnation of the sanity or stupidity of others. From a higher perspective, criticism & condemnation are both stupid actions they are both based on an assumption that what is happening is either bad or wrong. I either believe it to be wrong or I feel it is not good. The only reason that I ever feel bad about anything is because I believe it to be wrong. With the mental inability to criticise someone's thinking or condemn someone's actions, there can be no judgment. In the absence of judgment there can be only acceptance. With dementia, I am forced to accept someone else's actions based on their beliefs because I have no choice. Mental criticism is a judgment of whether someone's belief is right or wrong. Condemnation is a result of judgment of physical actions being bad, based on a belief that they are not good & lawful. A complaint is a judgment based on an emotional feeling that is detrimental and not beneficial.

I complain when something hurts my feelings and I complain when I feel pain. What causes me to feel pain, I experience as a complaint. Dementia is a mental incapacity, not an emotional incompetence. Whereas, it soon becomes pointless or impossible for a dementia patient to criticise or condemn, the ability to complain is still very much evident.

A complaint is a statement that I am not happy with whatever is presently occurring.

Happiness is a pure emotional state of being. Pure emotional feelings are wavelengths of energy transmitted on a frequency of pure thought.

Dementia does not inhibit the realisation of pure thought. It is impure thinking that causes the feeling of unhappiness or misery. There is no reason to believe that the sub-conscious disconnection to the mind causes misery or unhappiness.

A dementia patient is capable of being as happy or as miserable as their carer. This means that the emotional state of being of the carer is of utmost importance to the welfare of the patient. When the carer is happy, they allow the patient to express their own happiness and when the carer is miserable, the patient soon resonates in sympathy with the carer's apathy.

It is not a carer's job to make the patient happy. The carer's job is to ensure that the physical needs of the patient are taken care of and they are reasonably comfortable & content.

It is not the carer's job to make the patient unhappy. We upset other people by being insensitive to whatever they need emotionally in order to connect to their own inner happiness.

We upset other people with our criticism, condemnation & complaint. It is our own miserable attitude and negative demeanour that disallows a positive experience for the patient.

It requires a high level of emotional awareness and sensitive detachment to remain happy in the presence of other people's misery.

The reason a baby cries is because they are uncomfortable, hungry, thirsty or in pain.

Crying is the only way that a baby can complain.

Dementia patients complain for the same reasons that babies cry. Usually because they are in some kind of pain or discomfort. When there is no pain, there is no complaint and there is no reason for any unhappiness.

Being connected to one's own source of true happiness is the most sane & reasonable state to be in.

Believing that other people depend on you for their happiness is both unreasonable & stupid from the perspective of both a dementia patient and their carer.

Dementia Is A Unique Illness

The symptoms of dementia are unique to each Individual. We all have a unique mind, we all have a unique capacity of the mind and a we all have a unique incapacity of the mind.

In a relative dual reality world, capacity & incapacity are relative to the ability of the mind to function well. It is the health of the brain that allows the mind to function well and it is the health of the mind allows the brain to function well. A healthy mind requires a healthy brain and a healthy brain requires a healthy mind.

Being mentally healthy is a state of mind. My state of mind is not determined by my brain. My mental programmes are not an inherent aspect of my mental processor. The state of my mental processor, my brain, is relative to my relative state of mind. It is therefore my healthy mind that allows my brain to operate well. When the programming has no gremlins, the processor experiences no glitches.

A computer needs good software to run on good hardware, to operate well. The software of my mind is my sub-conscious operating system. My operating system is designed to write its own programmes, which is its choice. I

sub-consciously programme my mind through the conscious choices that I make.

My mental programmes are a perspective of my belief system and are designed to ensure my existence, my survival and my perceived beneficial experiences of life. My operating system ensures that I function autonomously and instinctively meet my need for emotional power.

As I am sub-consciously driven to meet my need for emotional power, I form a perspective of my reality that I perceive to be beneficial for myself. The truth of my reality is that I believe it allows myself to exist, survive, experience, develop & grow in the best possible way for me.

I am always guided by my empowered thoughts or driven by my motivated actions, based on what I believe consciously or sub-consciously is beneficial for myself.

As a baby, through infancy, we each develop our own personality, based on our own unique set of emotional needs and develop our own character, based on our own set of individual beliefs.

Dementia has its own personality & character because we all have our own personality & character. However, our character changes as our beliefs change. With dementia, our character changes as other people change our

beliefs about our survival, our existence and our experience.

With dementia, when other people tell me I have an illness, I believe them; when other people tell me I am forgetful, I believe them and when other people tell me that I need to be looked after, I believe them.

As other people change my beliefs, my character changes. I adopt the character of someone who is suffering with dementia. As this meets their expectation, it does not disappoint or displease them.

At times, I forget that I have dementia and I act out of character. Sometimes there is no character, just a reflection of a Soul that is happily at peace with its Self. Sometimes, other people meet my emotional needs and I appear happy to see them. Other times, I am isolated & depressed and nobody knows how to cheer me up.

My personality is a reflection of what I need emotionally. I get frustrated when I do not have the emotional power to do what I want to do for myself. When I take my frustration out on other people, they often mistake it for anger or see my intolerance as being intolerably difficult to manage.

I cannot expect my carer to understand what I really need emotionally, when I do not know myself. Unless I truly know myself, I do not

know what I need emotionally to motivate & empower me. Even when I intuitively know what meets my emotional needs, it may be difficult to rationally explain to other people exactly why I need what I need.

People, with normal mental function & cognition, do not always have the awareness of what they need emotionally, nor do they have the rational ability to consciously explain it to someone else. We are rarely taught, so never consciously learn, the emotional attributes that empower us and the emotional needs that sub-consciously motivate us.

I am motivated sub-consciously by default to get my emotional needs met. When I am doing what I truly value, I am empowered by a joyful energy that fulfils me and makes me feel content. It is called happiness.

For many people, the feeling of happiness is something that rarely happens to them in their experience of life, which ranges in intensity from extreme pain to extreme pleasure.

Dementia, as far as we are aware, does not affect emotional awareness. Many people with dementia become more sensitively aware and less insensitive to life in general. It may be that dementia does affect emotional awareness, but without emotional awareness, we are unaware of it.

Although most people are unaware of their potential choice of emotional power, they are very much aware of their lack of emotional power, which they call misery or unhappiness. I may be unaware of what my emotional needs are, and how to personally get them met, but I am intensely aware when my emotional power is missing. Everybody has their own default level of emotional power, below which they feel depressed, disempowered & demotivated.

With dementia, an awareness of low emotional energy is still very much present. Just because someone is taking care of your physical needs, it doesn't mean that they are also caring for what you need emotionally. Just because someone is doing what they believe is best for you, it doesn't mean that you have to agree with them.

Every dementia patient presents a unique set of problems because they have a unique set of beliefs and a personal set of emotional needs. When the patient is unaware of them both, it is likely that the carer will also be unaware of them too.

The patient may eventually come to believe that it is best to let the carer take control but they can only come to that conclusion if they have the emotional power to change their own sub-conscious need to be in control.

The patient's perspective of the care that they are receiving is unique, personal & individual to them, which makes their apparent illness a unique, individual & personal problem for the carer.

Dementia Allows A Deeper Emotional Experience

This statement may appear to be counter-intuitive because it is contrary to our intellectual reasoning. Our intellectual reasoning reasons that the more intellectual we are, the more able we are to make rational decisions and therefore, the greater is our ability to make ourself happy.

This shows how flawed our intellectual reasoning can be. When I am happy, I have no reason to consciously consider the reason for my happiness, I just enjoy the feeling of being happy, content & fulfilled with life.

It is my intellectual reasoning that tells me I am happy by considering all the reasons that may be causing my unhappiness. It is my mind and the reasons that my mind thinks are responsible for my unhappiness that are responsible for my unhappiness.

Emotion always aligns with thinking. I think, therefore I am. My emotion aligns with the polarity of my thinking, even when it may appear that my thinking is driven by my emotional state of being.

When my mind is unable to consider any reason to be unhappy, there is no experience of unhappiness. Happiness flows through me

when it is neither blocked nor restricted. It is not something that happens to me under the control of an external force. In the absence of unhappiness, there is only happiness.

The deepest feeling that I emotionally experience as positively beneficial is the feeling of well being that accompanies pure happiness.

The irony of dementia is that it is an illness that doesn't know that it is unwell. In the absence of knowing that I am not well, there is only well being. Happiness & well-being are natural attributes that are innate. We are all born with the potential to be happy & well, although in some cases many obstacles need to be overcome to attain that potential.

Happiness & well-being are emotional states of being that I naturally connect with because they originate from within me. When we say that something comes from within, what we really mean is that no matter how much we search for it in the external physical world, we will never find the source of it, out there.

Emotional states of being are neither physical nor mentally rational. In essence, emotional states of being are our essential nature, a natural essence and they are naturally essential. Happiness & well-being are essentially natural because they are a natural essence and the essence of our natural state of being.

Our natural state of being is our true nature, which exists separately and is unaffected by our personality and our character. That is to say that developing our personality & character is not the way to being happy and well. My personality and my character is not who I really am and it is not essential to the evolution of my Soul.

Developing my personality & my character is not the purpose of a fulfilling life and will never achieve contentment. I will never be content with the personality of my character, only with the true nature of the essence of who I really am.

Defining who I really am is the essence of why I am here. Experiencing who I really am is a matter of being here to experience who I really am through the personality and the character of my persona. It is who I believe myself to be that either makes me happy or unhappy, well or unwell.

Dementia is a loss of personality & character, when I lose all perception or memory of who I thought that I was. When I lose the plot in life I lose all memory of the character that I was playing and I adopt the persona of someone who needs constant care and attention.

With dementia, we are not aware that we need care & attention but we are conscious that it makes other people happy when they are able

to look after us well. When the people who look after me are happy looking after me, there is no reason for me to be unhappy. It is only when other people are unhappy with my condition that I resonate with their negative emotion of unhappiness, which is driven by their negative beliefs about my condition.

When I act out of character or become personally emotionally needy, other people understand that it is just the dementia that is causing me to act the way that I do. They accept that my original personality & character that they loved, or hated, has long since disappeared; leaving me just as a character with the persona of dementia.

Dementia is a mental incapacity that impairs rational & intellectual thinking, which ironically blocks out any reason to be unhappy. In the early onset of dementia, the feeling of being lost, confused & frustrated leads to feelings of bitterness & sadness. In the later stages of dementia, when the illness is fully accepted by the one's who love & care, there is no reason to feel lost, be confused or get frustrated when you allow everyone else to do whatever is needed, for you.

In the absence of needing anything in life, we have everything that we need, so we are content and we have a deep emotional feeling of being happy. Happiness flows with clarity, in

a beneficial direction, in the presence of other people who are happy.

Being happy in the presence of someone with dementia allows them the opportunity to share the natural essence of their innate happiness with you.

Dementia Is A Test Of Endurance

For most people, life is a test of endurance. It is about learning to tolerate & endure whatever does not reach the standard of an ideal or perfect life. Few people have the continued experience of heaven on Earth. For most people, an ideal or perfect life is just an unattainable dream.

We are taught to endure life with the belief that we make our own bed and then we lie in it. We are led to believe that sh1t happens and we have to learn to cope with it. We are told to be careful because accidents happen and they can be an intolerable pain. Throughout our life, we adopt other people's beliefs based on their experience of how they cope, tolerate & endure a less than perfect life and we consider this to be normal.

Dementia occurs when we are no longer able to endure the problems that we face in what is considered to be a normal life. The fear of facing life alone or facing death alone can become an intolerable burden as we get older. When the sub-conscious mind is unable to solve the problems of living a disconnected life in separation or isolation, it cannot cope with the chaos of everything that can possibly go wrong in life. When the sub-conscious mind

believes that it can no longer cope, it needs a coping mechanism that ensures its continued survival.

Survival is a sub-conscious instinct. When I believe that I cannot cope with life by making my own choices, there appears no alternative but to express a preference for other people to make my choices and cope for me.

Dementia then becomes a test of endurance for the carer. When the carer is a long term partner, they have to endure all the changes that their partner's dementia causes in their lives. At the point when they have learned to cope adequately with all the problems in their life, an impossible problem of dementia afflicts their partner. For the rational problem solver, who manages the partnership, this irrational problem will be their greatest test of endurance.

My sensitive attachment to my partner means that I share their problems and I share their pain. It is a great test of endurance because there is no way of solving their problem. The problem is dementia and as there is no cure, there is no solution to the problem. There appears to be no alternative but to endure an intolerable situation and learn to grin and bear it, like we have been taught.

The biggest test that faces a non-professional carer is how long they can continue to care for

a person with dementia, who they care about and care for, before they are no longer able to take care of them.

The sensitive attachment that a carer has for the one who they care for, eventually becomes mentally, emotionally and physically draining. The positive sensitivity turns to negative insensitivity as the carer's patience & endurance is tested to their limit. There comes a point when they have no option but to disconnect emotionally and become insensitive to the needs of their patient. When the carer's patience runs out, they also become a patient. Professional carers can truly care when they have learned to become sensitively detached. Detached means that there is no emotional attachment to the patient and there is no attachment to the dramas that the patient is facing in their relationship to other people. A good & beneficial standard of care requires that the carer cares with detachment, which requires sensitivity. Sensitivity allows the carer to always know where the patient is emotionally. Caring without detachment is emotional disconnection, which is insensitive to the emotional needs of the patient. In an inclusive, unemotional and generally insensitive society, many carer's, professional or otherwise, are unable to sensitively detach

and become emotionally disconnected, as the only way to cope.

Sensitive detachment allows one to care for another emotionally, care about them mentally and take care of them physically. A carer who is emotionally disconnected is capable of taking care of another's physical needs but lacks the competence to care for them emotionally because they do not have the capacity to care about them mentally.

When we are relating to someone with a mental deficiency, it is easier to cope when we ourselves switch off our own mental efficiency in the belief that if we cannot solve their problem, there is no use trying. When I mentally disconnect, by not caring about another's mental incapacity, it no longer bothers me, so I don't care about it and I no longer have to tolerate or endure it. This is a common, often sub-conscious, coping mechanism of a carer who has not attained any level of sensitive detachment.

When I am bothered to care, caring will bother me and as a carer I need to learn to care without caring and I need to learn to bother without being bothered. When I need to care or I need to be bothered, I have an emotional attachment to the one who I care for and it will bother me. When I am sensitive, I care and when I am detached, nothing bothers me; so

with sensitive detachment, I can care without being bothered.

The fate of all people with dementia is to eventually end up in an institution, which caters for their physical needs and allows them to endure a painless end to their life. Usually with the assistance of tranquillisers to suppress any emotional problems, anti-depressants to alleviate any emotional problems and painkillers to relieve any physical or mental pain. Institutions are there to take care of a patient's physical needs by dealing in the best way that they know how with the mental & emotional problems that have committed the patient to their care.

It is not my destiny to experience my fate and it is not my destiny to allow others to experience their fate. It is my destiny to allow others to fulfil their destiny with or without dementia.

Dementia Is Allowed

Dementia is allowed because it cannot be disallowed. When I cannot disallow something, I have to accept it; but a have to is a toleration and whatever I am tolerating, I am neither accepting it nor allowing myself to accept it. Dementia is difficult to accept and in the absence of accepting it, I will have to tolerate it; whether I suffer with it or suffer from someone else having it. I suffer when whatever I am tolerating becomes intolerable. Moving to acceptance overcomes the toleration and overcomes the suffering.

A toleration is a problem and the problem is that I eventually suffer the effects of whatever I am tolerating. I cannot solve the problem of dementia but I can overcome the problem, in the same way that I can overcome any problem in life. I overcome any problem in my life by not seeing it as a problem.

Any problem is a matter of perspective. I cannot change what is happening but I can change how I look at what is occurring. How I perceive what is happening in my life is a matter of my own perspective. When I own my perspective, I can change it at will.

When I see life as happening to me, it is often proved to be a problem. When I see life as

happening by me, it is a challenge to ensure that only good things occur. When I allow life to happen through me, I allow opportunities to flow into my life. When I see life as a continuous flow of opportunities, there is no problem and I am not challenged to find any solutions.

When I believe that life is full of problems, it is. When I believe that life is very challenging, it is. When I believe that life is full of opportunities, a life full of opportunities presents itself.

I always have a choice of perspective and that choice of perspective determines my experience of reality. My experience of reality is therefore a matter of my personal choice; which I choose either consciously or sub-consciously, relative to my perspective of life. If I believe that life is full of problems that are always happening to me, then that will be my experience of reality. Although we may believe that our experience causes the way we think, it is really the effect of our deeply held beliefs.

Dementia is the effect of someone who believes that life happens to you and so dementia is something that happens to you. It may initially be seen as a challenge of forgetfulness but with dementia, the challenge is never met and the situation soon becomes

an increasing problem with no apparent solution.

Very few people, if any, see dementia as an opportunity. Those who believe that life happens to them, usually believe that they are not allowed to believe otherwise. Being allowed is a matter of authority. When I am allowed, I have authority and when I am not allowed, someone is taking my authority away. The only way that someone can take my authority away is when I allow them to because of my beliefs about authority. When I believe that authority is something that others have over me, I deny my own authority of my choice and defer to the authority of another's choice.

When I tell myself that I am not allowed, I am just remembering what someone else in my life has told me. Each and every one of us has the total authority of our own choice. It is the choices that I make that determine under whose authority I am running my life.

When I lead an authentic life of my own choice, I choose a life of opportunity and the problem of dementia never arises. When I get dementia, my time has run out for me to make my own authentic choices about what I really want for myself in life.

Whereas nobody in their right mind ever sees dementia as an opportunity, many people are challenged by the onset of dementia but

nobody would ever choose dementia to be a challenge, on purpose. There is no purpose to be served by suffering with dementia.

Dementia is an apparent lack of purpose, which is one's doom, not one's destiny.

In a world of relative choice, suffering with dementia is a choice that is chosen by default.

The fault lies in the belief that there are many things that I am not allowed to do. The fault

lies in my loss of authority, which causes my loss of emotional power. In my loss of

emotional power, I experience a reality of not being empowered to make authorised choices.

As I descend into old age and the belief in my eventual demise, my emotional power declines, my authority decreases and my ability to make conscious choices becomes harder and harder.

I can see this as the inevitable consequence of old age or I can see this as something that unluckily, is happening to me.

Either way, it is a consequence of my own experience of life based on my own beliefs about reality and my own inability to create a life of my own choosing. Nobody in their right mind would ever choose to experience dementia but in a world of relative duality, it is allowed.

Dementia Is An Opportunity For Gratitude

I doubt that anyone has ever been grateful for getting dementia. We are grateful for something that we are given, unless we do not like it, in which case, we are ungrateful.

Being in gratitude is different to being grateful. It is an emotional state of being that I feel, whereas being grateful is something that I learn to do.

As gratitude is a feeling, it can only be experienced in the present moment. It can be felt in any moment of time in which I experience having what I truly want. Whenever I feel that I have what I truly want, I feel the emotion of gratitude.

Gratitude is a pure emotion and a prime attribute. An attribute is a state of being that I attribute to myself and a prime attribute is one that is most beneficial.

Gratitude is very beneficial because it is an expression of having what I want and endorses my contentment. That feeling is very powerful and it has the power to put into my future whatever I am presently feeling gratitude for. The Law of Attraction states that like energy unto itself is drawn. This means that whatever I feel in gratitude of, I attract unto myself. This

is the secret known to the Sages of Antiquity. When I offer gratitude for whatever I have, I ensure that it remains in my future experience. My statement of wanting is a statement of not having, which puts the experience of not having it into my future. Wanting something, or anything, pushes it away and being in gratitude attracts it into each and every future moment. The feeling of gratitude maintains what I have as my present experience.

Dementia, by default, allows presence in the moment because of the absence of memory. With the mental incapacity of memory loss, it is not possible to meander back into the past or project one's thinking into the future.

Being present, whether by design or by default, allows us to observe what we actually have.

When we are happy, we are content with what we currently have in our life. When I am happy and focused on what I presently have, I have the opportunity to feel in gratitude for whatever is making me happy.

Dementia causes an enforced presence that allows a person to sit for hours in the contentment of their own company. When being present is no longer a challenge, not being present is no longer an issue. When not being present is no longer a problem, presence allows gratitude to be an opportunity.

Presence & gratitude are both connections to our authentic power. Any negative emotional distraction or disconnection will block the feeling of presence and disallow the feeling of gratitude. In every present moment, I have a choice of seeing my circumstances as either a blessing or a curse. Being happy in that present moment allows happiness to remain present in my experience.

Quality dementia care allows the patient to be happy in their present moment and remain in that present state of being. This is the gift or present that the carer offers the patient.

Caring is not something that you do to make a patient happy. Happiness flows from within a patient when it is allowed to. Allowing a patient to be happy is a duty of care.

When the carer appreciates a patient's presence & contentment, the patient's contentment and presence appreciates. When the carer is content with the present state of the patient, the patient is allowed to be present & happy.

Being physically content is the best that any carer will achieve for their patient. Fulfilment & joy are emotions that the patient will have to discover for themselves. The joy of a truly fulfilling life is the best antidote for dementia. Fulfilment & joy are far too emotionally

powerful to allow dementia to ever be a problem.

With fulfilment & joy beyond the reach of someone with dementia, their gratitude & appreciation are worthy substitutes to compliment their state of being physically content. Being in gratitude for whatever allows me to experience contentment is the way to maintain the feeling of contentment.

There is nothing a carer appreciates more than the gratitude that they receive for ensuring or facilitating their patient's contentment. A sensitive carer will feel their contentment of their patient's contentment and the gratitude the patient has for the care they are receiving. Gratitude is a great opportunity for any patient to show how happy they are with the care that they are receiving. The Golden Rule is to always give what we choose to receive. When the carer is content and in gratitude for their patient, the patient will be content and in gratitude for their patience.

Dementia Is Not Curable

Dementia is not curable because old age is not curable. Ageing is a natural process that affects all material things in this physical world. Old age happens to everyone and it is unavoidable. Once I accept that my body naturally ages, it becomes a matter of quality of life during my last years in existence.

Quality of life is relative to the quality of the attributes that I have attained. The greater the quality of my personal attributes, the better is my connection to my emotional power and the happier I am. Old age is not about doing, achieving or accomplishing but about enjoying what has been achieved, accomplished and attained. We all have a choice of how we experience life and we all succeed in different ways.

The secret to growing old gracefully is having the grace to grow with age. Growing with age is not the same as growing old. It is my ego sense of Self that grows old and it is my true Self that grows with age. I grow with age as I attain better and better emotional states of being to attribute to my Self. Grace is the emotional power that connects me to my true Self.

Old age doesn't have to be an illness. When old age is not seen as an illness, it doesn't need a cure. It is quite normal in life to need help to come into life and to need help to pass on from life. It is totally acceptable to look after babies, toddlers & infants in their first years of life, so why is it not as acceptable to look after the elderly in their last years of life?

In inclusive societies where extended families all live together, it is accepted that the older generation will be looked after by their own family. In this society, dementia is rarely seen as a problem, just a symptom of old age. When dementia is not seen as a problem, it is not seen as an illness and it doesn't need a cure. The paradox of curing illness is that curing means both healing and preserving. When I preserve my health, I do not need a cure because preserving my health is the cure. When I do not see myself as ill, I do not need a cure but when I preserve my illness, I will never find a cure.

The Law of Attraction ensures that I bring into my experience the focus of my attention. When the focus of my attention is on curing my illness, my attention is on my illness, which maintains that as my experience. The way to overcome any illness is to not give it a negative thought. In the absence of negative thinking, there can be no illness.

When dementia is seen as the natural consequence of a person's lifestyle as they approach old age, it is called senile dementia and everyone learns to live with it. It is accepted that as we get older, our physical faculties diminish and so does our mental capacity. When senile dementia is perceived to be a consequence of natural ageing, it is not viewed as an illness that needs a cure.

Today we have an epidemic of people suffering from Alzheimer's Disease because modern medicine needs a diagnosable label before it can prescribe a treatment; even when it doesn't have a treatment to prescribe. We all become the victim of any disease that our doctor determines that we are suffering from. When I believe that any disease can happen to me, especially one's that appear to be genetic & run in families, then that becomes my experience.

The more I worry about getting cancer, the more I increase my chances of contracting the disease and the more I fear that I will suffer with dementia when I get old, the greater the probability of that becoming my experience.

When I consciously choose to live a natural, healthy life and die a natural, healthy death, chance never enters into the equation.

The way to live healthily and to die healthily is to have faith in the process of an ideal life.

When I allow an ideal life to proceed through me, I experience the proceeds of a truly healthy life. Unfortunately, the concept of a healthy death is not compatible with modern day values.

Unless I believe that I will die healthily, I will have to be ill and suffer with an illness before I die. Everyone wants to die peacefully in bed but nobody knows how to achieve this in a happy & healthy way. Dying happily & healthily in bed is not seen by the medical profession as a natural cause but as an unknown cause.

Some people have a long suffering death and others die after a short illness but very few people ever choose how their life will end naturally. When I believe that life happens to me, I also believe that death happens to me. When I believe in life happening by me, death happening by me is called suicide. When I allow life to happen through me, I accept with total approval that death will eventually also happen through me.

I do not choose to cure my physical life and preserve it for eternity. Death is not an illness but the inevitable end to a perfect journey called life. When I allow it to be so, old age and the effects of old age, including dementia, are just part of that divine journey. Whether I perceive my life to be beneficial or detrimental to my journey is just a matter of perspective.

Dementia Suspends Linear Time

Linear Time is the Reality of every planet that is travelling in Space. As our planet Earth travels in space, it allows reality to be continually changing over time. If the Earth did not orbit the Sun, the Sun did not orbit the Milky Way Galaxy and the Galaxy did not orbit the Cosmic Universe, space could not change. Reality is both continuous and sequential. It is consequential, relative to choice. Time is eternally sequential because space is infinitely continuous. It is space-time-reality that allows change to occur relative to choice. It is time that allows moments of reality to be contiguous. No two moments of time ever occur in the same place; even though from our stationary perspective, we have no perception of our movement through space, only our movement on Earth.

It is memory that allows reality to apparently change over time. When I have no memory of how things were, I have no perception of how they have changed to what they are now. I only perceive a change over time by comparison of how things are now with how things use to be before.

Reality moves through space over time irrespective of our personal perception. Without

a clear memory of past events, I have no experience of any change in reality over time. It is memory that allows me to put individual moments of my reality together as a time-line in space. Every contiguous moment of now becomes a memorised order of personal events.

When dementia has a prolonged affect on memory, time becomes a non-linear experience. It is not unusual for someone with dementia to slowly lose track of time.

Forgetting the year, then the month or the day is followed by the inability to relate to the time of day or night. Bed-time can become an unfathomable experience and there may be no apparent reason to get out of bed in the morning.

We measure time by the motion of the Earth, the Moon & the Sun. We take it for granted that the Earth spins once on its axis each day and takes exactly one year to orbit the sun. With dementia, this no longer has any relevance.

When my only experience is of each present moment, time becomes suspended and no longer has any relevance. With no clue about the past there is no awareness of the future, just an experience of each present moment. When time is suspended, I am just here; with

no memory of the past and no thought about the future.

It is the connection of my conscious mind to my super-conscious mind that allows the attainment of presence. The absolute universality of the super-conscious mind ensures its state of Presence because it is always present. From the absolute perspective of the Universal Soul, there is only Now. There is no now & then and there is no here & there. There is only now-here in time and nowhere in space. Physical reality is made possible by the creation of and the separation of space & time. Whereas my super-conscious mind is always present, my sub-conscious mind is only ever aware of my past experiences. It is my sub-conscious mind that holds my recent memory and allows time to apparently flow. It is my sub-conscious awareness of my linear past experiences that allows my choice of conscious projection into my future.

Past, present & future are a reality of my conscious thinking, relative to my sub-conscious memory. My super-conscious inspired thoughts are only available in the present moment. Whereas my connection to my sub-conscious memory can become faulty, my connection to my super-conscious awareness is always potentially available.

With dementia, it is my sub-conscious thinking that is impaired. The processing ability of the brain may or may not be available but the access to its store of data is missing. Without access to experiential data, linear time has no meaning. From a higher perspective, the only meaning that linear experience has is the meaning that I give to it.

With dementia, it is as though life continues but the life-time, the time-line and the life-line are all slowly coming to an end. From this perspective, it can be seen as a process of passing on or passing over in a gradual way, rather than experiencing an instantaneous death. It may be seen as preferable to the shock, trauma & surprise of a quick & fatal heart attack or the uncertain suffering of terminal cancer.

When I have no capacity of memory, there can be no mental trauma from the past. When I have no physical ailments, there is no pain that is apparent. There is no reason to believe that dementia inhibits the ability to experience positive emotions. There is no clinical reason why people with dementia cannot be innately happy.

When we lose our past memory due to our time-line being suspended, there is no recollection of past fear or trauma to restrict or block our happiness. Every night when I go to

sleep, my time-line is suspended. When I awake the next day, my time-line appears to be continuous; unless that is, I have dementia and I have no recollection of yesterday and no concept of tomorrow.

In this situation, there is nothing left to do but just enjoy the presence of each present moment. We are free to experience the pure magical beauty of life, unless we are subject to the vagaries of someone else's time-line because we are living in someone else's space and subject to someone else's reality.

When I am happy to allow someone with dementia to be happy, I allow them to be happy and I allow us to share our happiness together.

Dementia Is A Sensitive Issue

When we say someone is sensitive to an issue, we usually mean that they are too sensitive or over sensitive to an issue. In our dual reality experience, we are either too sensitive or insensitive to whatever is occurring.

Being sensitive is the positive awareness of where other people are emotionally. The benefit of being sensitively aware of where other people are emotionally is that we can respond to them in a beneficial way.

When others are being emotionally positive, my sensitivity allows me to share their blessings. When others are being emotionally negative, it allows me to avoid being pulled into their negative emotional dramas. Being sensitive is a prime personal attribute that allows the positive benefit of being detached. It is detachment that allows me to be sensitive to an issue, without being emotionally involved or unemotionally disconnected & aloof.

Being sensitive to another person's emotional condition requires energetic awareness as well as physical consciousness. I am conscious of what someone is physically doing and I am aware of their emotional state of being whilst doing whatever they are doing. With both consciousness & awareness, I am able to be

sensitive & detached with any dramas that they may be causing due to their emotional state of being.

Both sensitivity & detachment are positive attributes of empathy, which means that their polar opposites of apathy, insensitivity or attachment, are not.

My sensitive attachment to another will include me in their current drama because I am in sympathy with their negative energy vibration.

The apathy of my insensitivity is how I disconnect from someone else's drama when I remain attached to their issues. Insensitive disconnection is called apathy, which disallows empathy with another's issues.

Insensitive attachment is a dilemma when I need to be involved physically without being drawn in emotionally. With attachment, there is always an emotional need and where there is an emotional need, I am involved emotionally; whether I am aware of it or not.

A sensitive attachment appears to be the kind & caring way. An attachment, whether sensitive or insensitive, is still an attachment and an attachment is always a need. A need is an absence of emotional energy, which is a need for emotional energy or an emotional deficit.

When two people form an attachment, there is an emotional need on both sides; so emotional energy is limited and will eventually run out. All

co-dependent relationships work well when the energy is reciprocal but become volatile when the emotional energy is depleted.

There is no evidence to suggest that dementia impairs emotional awareness, although it probably doesn't promote it either. It is most likely that someone with dementia will have the same level of emotional intelligence as they had before their rational intelligence was affected by dementia. As emotional intelligence is neither measured academically nor medically, there is no accurate way of knowing. With dementia, I can be just as nice or just as nasty as anyone else. I can be just as empathetic or apathetic and I can be just as sensitive or insensitive as other people.

Dementia is a sensitive issue because sensitivity is an important attribute for people who care for other people. Being insensitive or apathetic and emotionally disconnected is not seen as being a caring person. I can take care of someone's physical needs but I cannot care for someone's emotional needs unless I am aware of what they are. It requires sensitivity to be aware of what someone needs emotionally and when they need it, irrespective of whether they have dementia or not.

Dementia may cause a whole host of physical needs but it doesn't change someone's emotional needs. My emotional energy

determines the quality of my present experience. The purer the emotional attribute that is attained, the greater the quality of the experience; irrespective of how active or passive the experience is.

It is my potential to appreciate & enjoy an experience that is more important than the intensity of the activity. People with dementia do not need intense dramas in their life, so they can easily become over-sensitive to other people's apparently normal activity.

With the reduced memory capacity of dementia, there is increased confusion in the presence of drama. When there is nothing happening, there is no drama, there is no confusion and there is no stress or distress. Dementia patients may be sensitive to sudden movements, loud noises or anything that disturbs their peace & quiet. When our emotional energy is at its lowest, we all become over-sensitive to any disturbance or interruption that is affecting our emotional well-being.

It is our sub-conscious mind that monitors all incoming information and processes it as a benefit or a threat. In the absence of being able to process information effectively, I can become hyper-sensitive to situations that would not normally be experienced as a problem.

With dementia, it is most important that the sensitivity of the care compensates for either the insensitivity or the over-sensitivity of the patient, whenever & wherever possible.

Dementia Changes Lives

Many people fear change. They fear that their life will change for the worst. This belief renders change abhorrent and to be avoided at all costs. The cost of trying to keep life normal can be very high.

Normal life is orderly & controlled. It is driven by the belief that when I keep my affairs in order and under control, everything will be alright. A normal life is living the way other people do, in a chaotic world that is out of control.

It is becoming normal to get dementia in old age. The reality of people who resist change is changing. The one constant in life is change. Life is constantly changing. Nothing in life remains the same forever. Change is unavoidable and the more that I resist it, the more that I resist life. When I resist change, I block the flow of life into my experience. When life stops flowing, it becomes problematic, chaotic and detrimental. When I stop flowing with life, life stops flowing through me. Life is beneficial when I flow with it but it is negative, coarse and detrimental when I go against the flow.

Going with the flow is effortless. Resisting the flow can be either easy or difficult as life can be

hard or soft. A soft, easy life is rarely fulfilling and before long becomes hard and difficult to maintain. Life is not easy but it can flow effortlessly, when I allow it to.

A normal perspective is to see dementia as a difficult problem and that is what it is experienced as, a difficult problem. Dealing with dementia is never easy. Difficult problems are hard because there is no evident solution. With no solution to a problem, life is difficult and a continuous toleration, which is a major energy drain.

The prospect of becoming demented is a huge toleration and a major energy drain, especially once it is professionally diagnosed by an expert in mental illness. There are no experts in mental health in our health service. The Health Service serves the sick, not the healthy and its expert practitioners treat mental illness, with little experience of mental health; other than their own. Experts in mental illness treat the symptoms of mental illness. The symptoms of mental health are primarily Happiness & Well-being.

Happiness and Well-being are not exactly symptoms of mental health but are emotional states of being that are attributable to mental health. You cannot go to a mental health service practitioner for a dose of happiness & well-being. Happiness & Well-being promote

good health and preserve good health but they are not a cure for illness. Focusing on curing illness is how we preserve illness, not heal it. The remedy for all illness is to be well. When I am ill, it is very difficult to get better and very easy to get worse. I have to be ill to get worse and I have to be well to get better. The more healthy & well that I believe myself to be, the happier I am.

The more that I focus my attention on how happy & well I am, the better I become and the more that I focus my attention on my illness, the worse I get. Happiness & well-being is simple, but it is not easy; though it is effortless. Trying hard to become well always results in failure.

Happiness & well-being flow effortlessly to me in abundance, when I allow them to. It is the nature of happiness & well-being to flow in abundance. When I am happy & well, I am allowing life to flow with abundant health. It is because I allow my health and happiness to flow through me that other people are allowed to share it with me. When I block my happiness & well-being, other people notice that it is not flowing freely through me and see only my sadness and my misery.

Happiness and well-being flow together because they are two perceptions of the same energy vibration. Being frequently well is the

mental frequency or my energy vibration and waves of happiness are the length or magnitude of my positive emotion. I have a force of well-being and a magnitude of happiness, which allows my potentially beneficial experience of life.

When my well-being is negative or unwell, it is difficult for me to be happy and when I am miserable and sad it is impossible for me to feel well. It is my mental beliefs that determine my un-wellness and it is my un-wellness that determines my unhappiness.

With dementia, it is possible to forget that one is unwell. In my belief that I am well, there is nothing to block my happiness. Happiness flows with the perspective of wellness; so when I am happy, there is no reason to be ill.

Reminding someone that they are ill, blocks their experience of happiness and depresses them with sadness & misery.

Reminding someone of their well-being allows them to connect within, to their own sense of happiness. I cannot make another happy but I can allow them to share my happiness for their emotional state of being well. I may be mentally ill but I can still be emotionally well. You may be mentally ill but I don't have to resonate in sympathy with you, as that will only make me sad.

The perspective that I have dementia will undoubtedly change my life. My positive perspective of dementia will undoubtedly change someone else's experience of life. Nobody can imagine being well with dementia but they can imagine themselves being well without it. The experience of life is just a matter of perspective.

Dementia Is A Relative Illness

Any illness is relative to the negative symptoms that are being experienced. Illness is not a quality but a perspective of a perceived experience. I am as ill as I perceive myself to be, based on the perspective that I currently believe myself to be experiencing.

Well-being is an emotional state of being based on a relative mental perspective of how well or how ill I feel. When I do not feel well, I look for the cause of my un-wellness, which I determine to be a particular illness. Naming a particular illness manifests it into my experience as real.

Unless I am diagnosed with a particular illness, other people may not believe that I am actually ill. There is an ironic sense of relief when an illness is professionally diagnosed. For some reason, when other people accept my illness, it becomes easier for me to tolerate and live with it.

When I operate my life in alignment with other people's authority, I need them to allow me to be ill. The real irony is that it is another person's authority that allows me to be ill. Authority is choice and when other people choose to believe that I am ill, they authorise

my illness. They give me the negative power to be ill.

In a dual reality world, everything is relative to choice. Duality allows choice and choice allows experience to be discerned as positive or negative, judged to be good or bad and diagnosed to be well or unwell.

I experience my life as the reality of whatever I believe it to be, based on my personal experience of whatever is occurring. When I have no reason to think that I am ill, I experience only well-being. When I feel unwell, I look for the cause of my illness outside of myself and I usually find only the symptoms. The cause of all illness is a mental experience based on a mental belief that manifests as a physical symptom. Without the mental capacity of my higher mind, it is impossible to know the mental incapacity that is causing my physical illness. It is equally impossible for my mental incapacity to determine my mental incapacity. There is no rational or reasonable intellectual connection between the higher mind and the conscious Self. Rational intellectual intelligent reasoning is a function of the lower sub-conscious mind. It is my conscious mind that believes that I am ill, based on the reasoning of my sub-conscious mind.

The super-conscious higher mind knows only a wise, wealthy and healthy sense of well-being

and happiness. As illness is relative to well-being and happiness, it is also a measure of the relative disconnection from the higher mind.

In a world of relative experiences, the deeper my attachment to my detrimental sub-conscious programming, the greater is my disconnection from my benevolent super-conscious mind. I am attached to my sub-conscious mind via my intellectual reasoning and I connect to my higher consciousness via my instinct & intuition.

My experience of life is relative to the depth of mis-alignment between my sub-conscious and my super-conscious perspectives of my life.

When the opinions, beliefs and convictions that I sub-consciously hold are out of integrity with my authentic Self, I am relatively out of balance and experiencing a chaotic and detrimental perception of reality. When the natural balance & harmony in my life descends into a disastrous chaos it may be diagnosed eventually as dementia.

When the problems in my life become chaotically intense, there is a disaster waiting to happen. When a lot of little disasters keep occurring due to a breakdown of normal behaviour, the suspect is often diagnosed as dementia. When I am unable to solve my own problems in life and they are becoming more

and more chaotic, other people sense that there is an imminent risk of disaster that needs to be avoided at all costs.

A diagnosis of dementia allows other people to officially take authority over and control of my life, in order to solve my perceived chaos and avert a disaster. These well meaning people in their efforts to solve an imminent problem are blind to the fact that a diagnosis of dementia is in itself a complete disaster.

For a sane, rationally intelligent person, the greatest disaster that could ever befall them is called dementia. Dementia is something that happens to you when other people believe that it is happening to you. Even a rational person, when they fear that their mental capacity is declining, requires the diagnosis of a qualified professional before they can acknowledge that they are indeed suffering from dementia.

Whereas the relief of the diagnosis may soon be forgotten, the beliefs that cause the symptoms sub-consciously remain.

The greater the sub-conscious belief in its own mental incapacity, the greater the mental incapacity that is being experienced. The experience of dementia is relative to the sub-conscious beliefs that are the cause of the dementia. If I intuitively know that I cannot get dementia, I cannot but when I believe I can, I probably will and when I know I will, I

definitely will. Such is the authority of the mind's choice.

Dementia Is A Pain Free Passing

It is more beneficial to see dementia as an effect of life, rather than a cause of death. With the perspective that life happens to me, it follows that death also happens to me. When I believe that death happens to me, I fear that it may not be either pain-free or natural. When the nature of death is unknown, it is a cause for fear. Whatever we fear in life, we face before death. When I fear that death is not natural, I am suspicious and need to know the cause.

A certified cause of death ensures that there are no suspicious circumstances that may have caused it. We expect to die naturally and are suspicious of any unnatural death. When I believe that life happens by me, then suicide or taking my own life is a possible cause of death. Suicide is seen as neither natural nor suspicious, whereas accidental death may be seen as normal but not suspicious.

Dementia is neither suicide nor an accident and it is not seen as natural although it is becoming more normal or common. Dementia is quickly becoming a common illness in old age and a common cause of death. Whereas dying of old age is seen as a natural cause of death, dying of dementia is not.

Generally speaking, people do not die of mental illness, so why would dementia be seen as a cause of death?

Dementia is a mental incapacity, which affects memory & choice but nobody ever died because they forgot to live and choosing to die is suicide not dementia. Nobody ever chooses to die from dementia, even though many are dying with dementia, and nobody consciously chooses to live with dementia, unless that is you are a carer.

The belief that the physical body is an organic mechanical device, driven by a brain that causes consciousness, allows the belief that someone can forget to breathe. This is based on the belief that breathing & heart rate are a function of the brain when in fact there is no scientific evidence for this to be true. People who are considered brain dead can be indefinitely kept alive in intensive care, which makes it difficult to believe that it is the deterioration of the brain that causes death. When life appears to happen by accident, then death appears to happen by accident and when life appears to happen naturally, so does death. When I see dementia as a natural decline towards a natural death, it becomes an effect of death and not a cause. Life & death are relative states of being. I can see myself experiencing a long slow lingering death from

an early age or I can see myself experiencing a relatively fulfilling life growing with age.

How we all individually choose to live our own life is a personal choice, unless we abdicate that choice to someone else by not making our own choice. When I believe that others will have to look after me when I get older, then that is my choice and it will surely become my experience. When I believe that old age is something that I will suffer from, then I surely will suffer in old age from what I believe are the symptoms of old age. Just because old age has symptoms doesn't mean that I have to suffer it being a disease.

Pain is not an inherent part of life but an inherent part of my fear of dying. When I believe that death is a negative perspective of life, I can die a thousand deaths in just one life-time. It is my negative perspective of life that makes my life painful. When I perceive life in a positively beneficial way, there is no pain present.

When I see dementia as a positive and beneficial end to life, there is no pain.

Dementia is not an emotional illness, therefore there is no inherent pain. Painkillers are designed to mentally numb the brain's awareness of negative emotional signals that are being transmitted through the nervous system. Dementia may heighten an awareness

of pain but it is never the cause of pain. Dementia is not inherently painful although it may create side effects that are. Once all the side-effects of dementia are isolated and successfully treated, it is pain free; which means that it offers a pain free death. When my perspective is that life happens through me, then I allow death to be an experience that also happens through me, when I allow it to. I allow death to happen through me when I choose for it to happen through me, when I choose it. When life happens through me, death happens through me and I live through the death of an old and no longer wanted physical body. Dementia is a very slow process of forgetting that I am just a physical being having a physical experience called life.

The Golden Rule Of Dementia

The Golden Rule is to do unto others as you would have others do unto you. This raises some interesting questions with regard to dementia as it is too late to consider how you would like to be treated, once you have the illness.

With dementia, our fate is in the hands of our nearest and dearest relatives. The question of treatment is a relative one: Will your relatives treat you the way that you would like to be treated or the way that they believe to be right for them? Will they do unto you, in old age, as they would like others to do unto them when they get old?

In our western society, we see death and dying as a problem that cannot be solved, so we do not talk about it with people who are dying. When someone gets dementia and we believe it to be a fatal illness, we tend to take control of the problem without discussing it with the patient. Once someone has dementia, it may simply be too late to discuss it with them anyway.

Many people spend their lives trying to solve other people's problems, so when they suffer the symptoms of dementia, they may find it very difficult to discuss their own problems

with others. They may believe that they do not have the right to tell other people how they would like other people to do unto them.

There is a legal procedure called a Lasting Power Of Attorney, which enables me to give responsibility for my health and my finances to someone whom I trust, when I become too mentally incapacitated to make my own decisions. However, nowhere in this document does it say how I would like others to do unto me. It allows the person that I appoint to do unto me what they believe to be best for me, which is usually what they believe is also best for them.

With or without dementia, we all want other people to help us decide what is best for us, but nobody ever wants to be told what is best for them because we all inherently know what is not good or right for ourself. With dementia, whatever someone else decides for me is going to happen, whether I like it or not.

Rebellion is recognised as a normal side effect of dementia and treated accordingly by professional carers. Under General Practitioner advice, depression is treated with stimulants and irrational behaviour is treated with sedatives. Is that a Golden Rule or just medical practice? When other people do unto you in a way that you feel is not right, it is normal & natural to rebel. Can we really trust our

nearest and dearest to do unto us as they would have others do unto them?

The Golden Rule is the 2nd Commandment Of Jesus and it appears in every major religion in the world, although it is rarely preached in the Christian Church. Modern society tends to preach the Old Testament teaching of 'an eye for an eye & a tooth for a tooth', which translates as do unto others as others have done unto you.

Historically, what others do unto you when you get dementia is put you in a Nursing Home, even though it may be the last thing that they would ever want for themselves. In modern society, we are generally too busy working hard to have the time to look after our elderly relatives ourself. We all want what is best for our parents in old age but we all want someone else to deliver it for us. We look for the best solution to the current problems that other people are causing us, without first looking at whether this would be what we would choose in their situation.

With lasting power of attorney, you give someone else the legal right to put you in an institution, spend your money and decide when you should be allowed to die. This is a massive responsibility to give to someone to decide whose best interests they really have in their

heart, especially in a society that generally makes rational decisions with their head.

Can I really know what is best for someone else? As we can never really know what is best for someone else, only what is best for ourself, the Golden Rule is a perfect way of deciding for other people. When I decide to do for someone else what I would choose someone else to do for me, there is never any question of guilt or shame, just integrity.

When I decide to do unto another what others have done unto others, I am open to experiencing the guilt and shame of other people's experiences. What feels right in my mind does not always feel good in my heart.

We may believe that old people should be treated with dignity but is it not better to make their decisions for them with integrity?

When a relationship is based on trust, I only have faith in someone with integrity. I always trust other people to do exactly what they believe is best for them, and I am rarely disappointed. We always choose what is best for ourselves in the belief that it therefore must be best for other people, which is an assumption that what is good for me must be good for other people.

Western society generally believes that what is good for people with dementia is to put them in a care home. We take care of our loved ones

by getting someone else to take care of them. We put our loved ones into a low paid, local authority run system with basic standards of training and then complain bitterly when they are not cared for in a way that we would choose others to care for us.

The greatest hypocrisy is not following the Golden Rule when deciding someone else's fate and then complaining when others do not follow the same rule as part of their professional practice.

Life is about choice, and making responsible choices for other people is a great responsibility. Everybody wants to give their advice without being held responsible for the advice that they give. The thing about choice is that it allows different ways of looking at everything in life:

- I can choose to do unto other people what is recognised by other people as the right thing to do.

- I can choose to do unto other people what I believe that other people would do unto me.

- I can choose to do unto others what I choose for others to do unto me.

Only one of these choices as a rule, is Golden. Following the Golden Rule means that I do not have to consider what is best for someone else, I only have to consider whether what I am

doing would be best for me in their given situation. To apply the Golden Rule, I have to have the ability to look at life from another person's perspective. If I do not have the mental capacity to imagine what life is like from someone else's perspective, I do not have the mental capacity to take responsible actions and make responsible decisions for other people.

In the absence of being able to see someone else's point of view, I will always default to a choice that is best from my point of view. We spend our life trying to convince other people that what we believe is best for ourself must also be good for them. Similarly, when confronted with someone with dementia, am I convincing myself that what is best for them is also what is best for me or am I actually doing unto them what I would have them do unto me, in their given circumstances?

Dementia Is A Loss of Authority

Authority is a choice and my choice is my authority. When I choose someone else's choice, I defer to their authority. I can make my own choices or I can defer to a higher authority.

I choose to defer to the higher authority of my higher Self and follow my Soul's path for its Self through life. Following the wise path of my Soul, I intuitively know that I will never get mad, angry, insane or demented. Unawakened to the destiny of my personal vision for my life, I am subjected to my fate.

It is my fate to follow other people's authority. Traditionally, it has been a woman's fate to follow the authority & choice of her husband. It is the fate of all religious followers to follow the doctrine & dogma of their chosen religion's moral code of ethics. From birth, we are raised to follow the principle standards of our families creed & culture.

It may be wrong to say that we lose our authority when we get dementia because very few normal people actually stand in their own authority and choose an authentic life for their Self. We are all free to make every life choice our own choice in life but most defer their

choice to the higher external authority of their church or their government.

To an unawakened mind, higher authority means a higher status in society. Traditionally, the church & the crown fought for the divine authority to make people's choices for them. Today, we defer authority by giving leadership status to an elected elite group of authoritarian politicians & governors.

Allowing other people the authority to make our choices for us, whilst believing that this is our choice, is the status quo of modern society. As a society, we have never had free choice, only a choice of options that we are legally & morally allowed to opt for. Free choice has been substituted with an inexhaustible range of options, which makes choice in life more & more difficult to make.

What really makes choice difficult is the belief that being selfish and choosing for one's Self is not good and being unselfish and deferring to what other people want is good. We are taught to be unselfish and defer to what people in authority tell us is best for ourself and we are told to not be selfish by always choosing what we think is best for ourself.

It is more accurate to say that we get demented when we lose our authority. Being given a range of options by those in authority is not freedom of choice It is deferring to the

authority of people in society, on whom we have conferred status. The role of politicians is to govern people with authority, although whose authority is unclear, whilst allowing them to believe that they live in a free and democratic society.

Dementia is a loss of authority that becomes evident. In modern society, it is not evident that only a very few ever had authority because we appear to be exercising our choice by right in a free & democratically un-authoritarian society.

The irony is that when we believe that we all have a choice, we are quite happy to let other people choose for us. It is only when we are deprived of our choice, and other people make our choices by default, that we offer any actual rebellion.

Dementia is a case in point. It is not unusual for a very mild, pleasant & humble person to become insanely angry & rebellious when diagnosed with dementia and put into care.

Whereas, we may condescend to give our authority away to others for most of our life, when someone actually decides to take our authority away from us, it can become a very traumatic issue indeed.

The problem that dementia causes is that it is no longer possible to live without supervision. Supervision means that there is always

someone there to control you, manage you and make choices for you. Independence is the ability to exercise one's own authority through choice. When I lose my independence, I am dependent on someone else and subject to their authority. Independent people resent being told what to do. There is a big difference between being offered help or assistance and being supervised.

A Supervisor oversees everything to ensure that everything is under control. The control that I am under is the authority to which I conform. Accepting supervision is conforming to a supervisor's way of seeing things. Without a higher vision for my life, supervision is an external form of control that overrides my own authority. With dementia, this may be deemed as necessary but it is never deemed to be preferable.

The last thing that a caring person prefers to do is to take away someone else's independent authority. The question is: How do you make choices for someone who has lost the ability to make choices for themselves and how can you not take authority when you are responsible for someone else's welfare?

Dementia is a loss of authority because someone in authority has decided that you are no longer capable of making sane decisions for yourself. Someone in authority, with a

professional status, has chosen for someone else to take responsibility for making your choices for you.

In the absence of my ability to give away my authority to someone who I believe cares for me, I am forced to allow my authority to be taken away by someone who is authorised to take care of me.

The real irony of dementia is that nobody really has the authority to diagnose dementia.

Dementia is only accurately diagnosed through autopsy, which is not an authorised practice on living people.

The General Practitioner's test for dementia is only a guide for referral to a specialist practitioner to do further tests. Tests for dementia involve brain scans, which as yet have no proven relevance to an incapacity of the mind. This means that any diagnosis of dementia is just an educated guess based on circumstantial evidence and the perspective of people in authority.

Nobody truly has the authority to diagnose someone as demented. Like choice itself, any diagnosis is based on a matter of the personal opinion of an authorised individual who may or may not have your authority to act in your best interests.

Dementia may be viewed as the loss of authority of someone who never really

exercised their authority in their life anyway.
The old adage that what we do not use, we
tend to lose may turn out to be very true in the
case of dementia.

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 CARER

Caring Requires Kindness

When caring is an act of kindness, I am pretending to be kind by taking care of someone's physical needs. Caring about someone else is a mental exercise that determines what is best for them, from my point of view.

Kindness is the attainment of being kind, which is an emotional state of being and not an act of doing. Taking care of someone is an action, caring for someone is a kindness.

Kindness is an emotional attainment. I attain kindness when being kind is an emotional state of being that I attribute to my Self with awareness. Being kind is resonating in harmony with someone else's energy vibration. The more generous the generation of my positive emotional energy, the kinder I am assumed to be.

Kindness is being like someone else on an energetic level. My kindness is like, or akin to their perception of a positive energy vibration. Kindness is an expression of empathy & compassion towards another conscious Being. Empathy requires an awareness of another's

situation in life. Compassion is the energy required to share another's situation, in a positive way.

Compassion & sympathy are often confused as they are the same energy perceived from opposing perspectives. Compassion is resonating in a positive way with another, whereas sympathy is an attachment to someone else's negative state of being.

We are all naturally, positive, energetic Souls who do not flourish when resonating with negative energy; no matter how many others are in sympathy with our condition.

Unkindness is the polar opposite of kindness. Apathy is a mild form of unkindness as it is a statement of not caring. When I do not care, I cannot be bothered because my negative state of being in sympathy is bothering me emotionally.

In my negative perspective of what is occurring, the only way that I can take care of someone's physical needs is by being unemotionally apathetic, which is akin to, or a kind of, disconnected insensitivity.

True caring is expressed with compassion, which requires a Soul connection that is not akin to personality or character. A true Soul connection transcends any nationality, culture, creed, religion, ethnicity, personality or character. Many human Beings find it easier to

make a Soul connection with animals than they do with other human Beings.

As humans, we each have a personal choice of positive or negative emotional attributes, although we are not always aware of who we are choosing to be. I can choose to be caring or uncaring, kind or unkind, sympathetic or unsympathetic in the polarity of my energy vibration. I also have a choice of personality & character, being the effect of the gender of the emotion that I am expressing.

I can choose to relate with my female, emotional, feeling energy that is either compassionate or sympathetic and I can choose to relate with my male, rational, mental energy that is either empathetic or apathetic. Sometimes my energy is confused by a belief like: You have to be cruel to be kind. Cruelty is an extremely intense expression of unkindness. There is nothing more confusing than stating that one has to be extremely unkind to be kind. When kindness is an expression of kith & kin, I do not have to be kind to care; and trying to care can lead to some very cruel & unkind actions.

Greed & pleasing are opposing genders of the same energy vibration. Greedy people attract other people to please their arrogance. Their arrogance expects others to humble to their superiority. Greedy people have many needs,

so they need other people to please them, by meeting their emotional needs.

When greed causes meanness, it opposes generosity and makes it impossible to be kind to people who are not like us. We do not like people who are not like us because we believe that we are not like people who are not like us. If they are not our kith & kin, they are not our kind of people and generosity is not readily forthcoming.

Caring is not a humble profession. Humble people adopt a lower stance to assertive superior arrogance. The belief that carers are humble people is what makes the caring profession a low paid job with poor esteem. When being humble is confused with modest humility, the sense of pride in caring for others is not outstanding and poor patients attract poor carers.

Kindness has humility when it is akin to gentleness. Gentleness is neither hard, wrathful, male, energy nor soft, meek, female energy but a divine attribute, which allows a beneficial relationship to all others because it allows a natural flow of generosity to be generated between people.

It is with gentleness that I allow my female compassion and my male empathy to flow with kindness & generosity. Caring requires kindness to be gentle, empathic &

compassionate; not cruel, sympathetic & assertive.

Caring Is An Undertaking

A Carer undertakes to care for, care about and take care of a person who is in need of care.

An undertaking is a choice.

Caring for someone with dementia is a full time undertaking until the undertaker takes over. It is an open-ended undertaking that lasts for the life-time of the one in need of care. With dementia, there is no remission as no-one has ever recovered to live a normal, independent life without care.

Caring for a dementia patient is an undertaking to see that person through to the end of their natural life. It is not about curing or healing but about offering a quality of life to another person that they are unable to maintain for their self.

The Undertaker takes care of the mortal remains after death. The Carer takes care of the mortal Soul during life. A mortal Soul is a three part spiritual Entity that is physical, mental & emotional in nature. All three aspects of a dementia patient's nature come under the carer's undertaking.

The carer takes care of the patient's physical needs, cares about their mental welfare and cares for them emotionally. Caring for someone emotionally requires an awareness of what

they need emotionally. Everyone has their own personal agenda and a unique set of emotional needs that enables them the power to achieve their objectives. Allowing another to meet their own emotional needs is how they become empowered to enjoy a fulfilling life.

Caring about someone's mental welfare is about understanding their mental perspective and what they believe is occurring in their life. Dementia often blocks the patient's ability to see the carer's perspective, which makes it essential for the carer to understand the patient's perspective and their apparent loss of perspective.

Caring about another person requires an understanding of where they are coming from and where they are trying to get to. Unless I know what someone wants to do and where they are coming from, I cannot help them to fulfil an objective.

Caring about someone is knowing their mental state of mind, which means knowing the beliefs that are causing their perspective. Unless I understand their perspective and can see their reality from their point of view, I cannot care about them effectively. Caring about another person is a mental ability that is learned but is rarely taught.

It is worth remembering that beliefs are held in the sub-conscious mind and are never lost,

which means that they can surface and become apparent to the patient at the most inappropriate moment. Dementia is not a loss of memory but a loss of the conscious ability to recall memories, which does not stop them coming up from the sub-conscious mind of their own volition.

We are all in the situation that we are in, seeing life from the perspective that we see it from because of what we believe to be occurring. What I believe to be happening in my life is my personal perspective of reality. When my personal version of reality consistently contradicts other people's collective version of reality, life can become a very difficult experience.

The most difficult thing for someone with dementia is to accept someone else's perspective of what is occurring and what someone else needs to happen for life to be acceptable. When someone else is unable to see your point of view, there is no way that they will co-operate. Co-operation requires a mutually beneficial point of view. What works for the patient has to work for the carer and what works for the carer has to work for the patient, otherwise there is no-one caring about anyone.

The reality is that we generally do not care what other people are doing as long as it is not

detrimental to ourself. As a carer is responsible for taking care of someone else, they have no option but to enforce boundaries. Boundaries are the standards of behaviour that we find to be acceptable from other people. Setting boundaries is a process of two people accepting by agreement mutual standards of behaviour. When standards of behaviour are concordant, boundaries are not crossed and both parties are seen to act responsibly.

Caring about someone is taking great care about the standards of behaviour that are mutually agreeable, to ensure that personal boundaries are never crossed. When someone crosses your boundaries, it can make you very cross and them to seem most disagreeable.

When I enforce a boundary it can make another very cross when they see me as being very disagreeable.

Caring is an undertaking that can be very emotionally draining. I cannot care for another when I am emotionally drained. Caring for someone emotionally takes a lot of emotional power and nothing drains emotional energy quicker than someone crossing the boundaries of what you consider to be acceptable.

For a carer to successfully undertake a programme of care, the patient is required to undertake to gracefully receive it. When care is not given in good grace, it cannot be received

in good grace. Caring is an undertaking to act in good grace and to act in good faith because the power of good grace only flows with the authority of good faith.

Caring Is A Thankless Task

Caring is a thankless task when the patient forgets to say thank you, which is common with dementia. Dementia patients regularly forget that they need someone to care for them. They may say thank you when someone does as they ask but they very rarely ask, so they rarely say thank you.

There appears to be no logical reason to say thank you for something that you have not asked for. It is not uncommon to receive resentment as opposed to gratitude. It is common for someone with dementia to resent the care that they are being given, when they do not see a reason for it. What is patently obvious to the carer is often beyond reason to the patient.

Explaining the reason for doing anything is an intellectual exercise. Sadly, the intellect and rational reasoning are not available to someone with memory loss. When I lose the ability to recall memory, I lose the ability of intellectual reasoning. When I cannot understand the purpose of other people's action, why would I thank them for it?

Gratitude is a powerful emotional energy that has the potential to maintain a current situation. What I am in gratitude for in my life,

remains in focus in my reality. The Law of Attraction brings the focus of my attention into my reality, for my personal experience.

Gratitude has the emotional power to fix that personal experience as my reality. Whatever I express my energy of gratitude towards, remains as my real life experience.

Nobody wants to fix dementia in anyone's reality, although some may wish to find a fix that removes it from reality. When dementia is fixed in my reality, I am a hopeless case with no apparent cure or fix. There is a real paradox here of a medical profession that is trying to preserve health by curing illness and trying to fix an illness without it remaining as a real experience. You fix health in your reality by being in gratitude for it.

The last thing I want to do is be in gratitude for my loss of memory, my loss of independence or my loss of personal identity. Resentment is the negative opposing polarity of gratitude, which means that my resentment fixes my loss of memory, independence & personal identity as my ongoing reality, at the expense of my health.

What a carer can do is to help the patient see all the beneficial things that are currently in their life and assist them to be in gratitude for them. We may have been brought up to be thankful for small mercies but it may not be

until the onset of dementia that we are able to be thankful for some very small mercies. Mercies are life experiences of a beneficial nature. A merciful death is based on a belief that in certain circumstances death is more beneficial than continuing to live. A merciful life is full of beneficial experiences although, at the time, many beneficial experiences may appear to be detrimental & unwelcome. As life experiences become more & more beneficial, the experience of life appreciates. I appreciate the beneficial experiences of life and the beneficial experiences of life appreciate. When I resent a life experience, because it appears to be detrimental, it gets re-sent in a future time & place. Gratitude & resentment are opposing polarities of the same energy vibration. Whether I am thankful for or resentful, of whatever is occurring in my life, is a matter of my own perspective. When I appreciate my life, it appreciates & expands but when I resent my life it depreciates & contracts. Resentment never goes away until I accept, with gratitude, the beneficial reason for whatever is occurring. When I take an opportunity for the expansive growth of my perspective, there is no longer any reason for that particular life lesson to be present.

Saying thank you and appreciating what other people do are great motivators. If a carer needs motivation, they will be bothered when they are not appreciated. The need for gratitude or appreciation is a statement of low energy that needs gratitude or appreciation to fill that emotional energy void.

When the thought that someone needs me is sufficient to meet my need to be needed, then I realise that I no longer need gratitude or appreciation from a patient. I just need to know that I am needed.

Emotional needs cause attachments & dependencies. When the carer depends on the patient to meet their need to be needed, an attachment forms and a co-dependency develops. The carer needs the patient to be dependent and when the patient becomes totally dependent, they need the carer to take care of them, care about them and care for them.

It is not wise to expect the patient to be grateful to someone on whom they depend, if they value their independence greatly. Neither is it wise for a carer to need a patient to meet their own personal emotional need to be needed.

Caring Is A Service

Caring is a service of guidance & support. It is not an emotional state of being. The question for every carer is: Who am I being whilst I am giving a service of care?

I care for & support another with compassion.

I care about & guide another with empathy.

I take care of another with humility.

Humility is the state of being grounded in physical reality. I am grounded in physical reality when I am taking responsibility for causing what I am personally experiencing as my physical reality. Unless I am responsible for causing my reality, I cannot respond to whatever is occurring, in a beneficial way. The most beneficial response in life is to accept whatever is occurring with good grace as this allows what is occurring to be viewed more beneficially & favourably.

I can only accept in my life what I feel really good about. What I feel really good about is most acceptable. Whatever doesn't feel good, I will have to tolerate until it either becomes intolerable or I change it for a better choice of experience.

No matter how hard I try, I can never change other people, unless I first change myself.

Feeling really bad about what is occurring in

my life is an indication that I need to change something in my Self. The only thing that I ever need to change in myself is my perspective of what is occurring. When I see whatever is occurring as good & beneficial, there is no reason to change it and every reason to be in gratitude & appreciation of it. When what I am experiencing in my life appears to be bad or detrimental for me, I am looking at life from a wrong or false perspective. It is my wrong or false perspective that is causing my bad experience in life. The better I perceive life to be, the more beneficial is my experience of life and the worse I perceive life to be, the more detrimental my experience of life becomes.

I always experience the effect of my own belief system, which is the cause of my experience. I always experience life as I believe life to be. My beliefs determine my perspective and my perspective determines my experience. In my experience, some very unreal beliefs can cause a very real experience of life.

Dementia is a prime example of an unfavourable experience caused by a faulty or malfunctioning sub-conscious belief system. Dementia is not necessarily a disease that happens to people. The most common cause of dementia is the belief that my memory fades as I get older. The belief that my eye sight

fails, my hearing suffers and my muscle mass declines are all fears and false limiting beliefs about old age that are self fulfilling.

Although we may believe that our experiences cause our beliefs about reality, it is in fact our beliefs that cause our experience of reality.

Nobody consciously causes their own detrimental experience in life. It is not the conscious mind that is impaired by dementia. With dementia, I still have full use of my five physical senses, even though their ability to function well may have declined with age. It is through my physical senses that I determine my experience of physical reality. What I perceive to be real with my physical senses forms the basis of my perspective and my belief in what is real.

The beliefs that determine my behaviour are my personal perspective of how to live life in physicality to the best of my ability. We are all trying our best to do what we believe is beneficial for our Self as a real experience of life, from our own personal perspective.

Dementia is an extreme expression of our worst inability to live a beneficial & fulfilling life, caused by a host of detrimental beliefs forming a false perspective of what is actually real & true. There is no benefit to be experienced with a false perspective of life.

Caring is a service that offers guidance on a better perspective of life. A guide is there to show a better way and offer the support required to live life in a better way.

Guiding & supporting another on a beneficial path is simple, but it is not easy. A beneficial path always feels good, and when something feels good, I feel supported. In essence, nobody needs support when they are feeling good. Guiding someone to simply do whatever feels good is the best way to offer them support.

I cannot offer someone with dementia mental support or emotional guidance, as they do not have the mental capacity to understand either. I can however support someone with dementia with mental guidance, when I know that mental guidance is in alignment with what feels good for them.

Dementia impairs mental choice but it does not inhibit emotional feelings. Guiding another on a beneficial mental path is a simple matter of allowing them to do whatever emotionally feels good for them. When I allow someone to do what feels good for them, I am supporting them with their own empowered feelings.

I care for someone emotionally by supporting them to do what feels good for them.

I care about someone mentally when I guide them to make choices that feel good for them.

When I share an experience of what feels good for another with another, I experience true compassion.

When I allow another to follow their beneficial choices, they are on a beneficial path and I have empathy with their path because it is always my intention to follow a beneficial path.

When I allow another to follow a path that is beneficial for them, there is no resistance on my beneficial path, so I am in empathy with their good feeling path.

There simply is only one way to guide someone on a beneficial path and that is to choose the path that feels good for them; in the certain knowledge that this is the only path that is truly supported because it is empowered with the person's own positive energy.

The ability to feel good is not a service that can be given or received. Feeling good is an emotional experience of well-being and happiness that is innate, which cannot be given to others or received by others. In the same way that compassion & empathy is not an emotional state of being that is given or received but a personal attribute that is attained and shared.

Caring Feels Good

If it doesn't feel good, it is not caring and it is not a beneficial service.

The reason carer's care is because it allows them to feel good. Even the most emotionally unaware and insensitive people know what feels good and what feels bad. The reason that we suppress our emotions and deny our sensitivity is because of our experience of feeling bad. Bad experiences cause us to become unemotional and insensitive in relationship to other people.

The paradox of the caring profession is that it teaches the best way to take care of other people is to not be bothered by the bad experiences that occur every day. So when we can't be bothered we don't care and when we care, we mustn't be bothered. From a rational perspective, the way to care without being bothered is to become unemotional and insensitive. Unfortunately, this rational perspective is devoid of emotional intelligence. This results in professional carers losing the ability to feel either good or bad about their caring experiences, so the service given by carers is neither good nor bad but rationally efficient.

Every carer's heart is in the right place. The issue is whether they have an open connection to it, or not. My heart connection allows my good feeling experiences to flow. My attachment to my mental fears and limiting beliefs blocks my good feeling experiences, which is when I can't be bothered and I just don't care.

In this relative dual reality world, there is always a choice of perspective that is either good or bad, which determines whether I care or not. When I care about something, it is because it serves me and when something doesn't serve me, I don't care for it. Caring for someone is a service that serves the carer as well as the patient. It is not a selfish ideal for caring to serve the carer. It is only selfish when caring serves the carer to the detriment of the patient. When caring serves the carer and the patient in equal measure, the relationship between the carer and the patient is balanced and in harmony. When the carer-patient relationship is emotionally out of balance, there is always discord and ill feeling on one side or the other.

An ideal caring relationship is when the relationship is serving both parties in the relationship and both partners in the partnership are feeling good in relationship to each other. When caring is a service of

supplying just physical needs, it is not in balance because the patient is just receiving what the carer is physically giving.

Caring is mentally in balance when the patient appreciates the service that is provided and the provider appreciates the appreciation that is provided in return.

Caring is emotionally in harmony when the patient's need to be cared for is aligned with the carer's emotional need to be needed.

When our personal emotional needs are met, we are empowered to do what we truly value in life and it feels good. There is true value in every relationship when both parties are doing what they believe makes them feel good. The reality is that we do what we truly value when we are inspired and empowered to do so. In the absence of empowered inspiration, we spend our lives chasing what we believe that we need to make us feel good. We look to the external world to provide what is hidden within us, our good feelings. We hide our good feelings by choosing to act in an insensitive and unemotional way. They become experiences that happen to us rather than emotions that flow through us. When I feel good about what I am doing, I am empowered and inspired to do it. I am always empowered and inspired to do what has true value for me.

The true value in any experience is the power of the inspiration that I emotionally experience. The only thing that I ever need emotionally is my empowered connection to my inspired action. The only thing I ever need in life is to feel good about whatever I am experiencing. When I feel good about whatever I am doing, I have everything that I need, then & there, in life.

It is very easy to get trapped in a perspective of chasing what I need to make me feel good, instead of only doing what I perceive to be beneficial because it allows my good feelings to flow. Good feelings only ever flow with good thoughts. Good thoughts allow a positive perspective, which allows a positive flow of emotional energy. If I don't feel good about what I am doing, it is neither a good action nor a thoughtful intention.

With dementia especially, a good thoughtful caring intention allows a positive flow of emotional energy and a positive perspective of life, which allows the patient to feel good and the carer to feel good as well.

Caring Has No Agenda

An Agenda is a list of action points that are designed to meet an objective. When caring for dementia, there is always a to-do-list, but not an agenda. The to-do-list is designed to maintain the status quo, not to change it.

Nursing has an agenda because the objective is to facilitate the patient getting better. As dementia patients do not get better, the carer has to accept the situation as it is, without an agenda. Being accepting requires that there is no planned objective. I cannot accept whatever occurs when I have an expectation of what should turn up. Expectation always leads to disappointment. An appointment with dementia will always turn up the unexpected. When I expect the unexpected, I am never disappointed as I am able to accept whatever turns up. When I am totally accepting of whatever occurs, there is no expectation and therefore, there is no disappointment.

An agenda is a list of the conditions under which I expect an objective to be achieved. It is a detailed plan of how I choose for things to turn out. With an agenda, caring is conditional. It is conditional on the patient adhering to the care plan. The agenda lists the conditions under which the care will achieve its objectives.

When caring fails to meet its objective, or the expected standard of care is not achieved, then the carer will be disappointed and so will the patient. The carer will disappoint the patient and the patient will disappoint the carer.

With dementia, an agenda is a detailed plan to achieve a disappointing result. Dementia patients do not conform to preset conditions. They do not do anything to plan. Carers may plan to introduce a system of routine care but dementia patients have no way of remembering what is planned for them. The carer may need a routine to maintain order in their life but the patient may have no such requirement.

With dementia, I want to eat when I am hungry as I have no concept of meal times. I go to sleep when I am tired, as I have no concept of bedtime. I get up when I wake up, as I have no concept of daytime & night-time.

An agenda requires a carer to enforce boundaries. Boundaries are the standards of behaviour that the carer deems acceptable from the patient. When the carer's agenda requires them to enforce acceptable behaviour onto the patient, it is often unacceptable by the patient and will encounter resistance and cause mutual disappointment.

The main reason for a diagnosis of dementia is because of an inability to conform to

acceptable standards of behaviour. There is no sense in certifying someone as incapable of conforming to acceptable normal behaviour and then insisting that they conform to a common standard of behaviour that is determined by their carer.

An agenda is a list of agreed points that conform to a plan to achieve an agreed objective. Dementia patients have no clear way of knowing whether an agenda, an objective or a standard is agreeable or not. To assume that someone is in agreement because they do not complain is an assumption that is often based on a false premise.

With dementia, I lose the ability to form my own perspective and create my own agenda. I also lose the ability to see someone else's perspective and adhere to their agenda. This doesn't mean that I need someone to create an agenda for me. Without an agenda, I am free to allow life to flow effortlessly through me, without any undue resistance. Allowing life to flow in a beneficial way is never detrimental. I do not need to plan for life to flow effortlessly through me, I just need to allow it.

As a carer, I do not need to plan for the patient to be happy, I just have to allow it. I do not have to plan for a dementia patient to be healthy, I just have to allow it. I don't have to

plan for someone to be well, I just have to allow them to be well.

Whether I am the patient or the carer, being happy, healthy & well are not things that I can make happen with an agenda of things that I need to do; I just allow them to occur naturally, without resistance. The only thing that stops me being healthy, happy & well is my own resistance to the natural & beneficial flow of life.

As a carer, when I am resisting my own well-being, happiness and healthy lifestyle; I am also resisting the well-being, happiness and health of the patient. Dementia does not inhibit the ability to be emotionally happy, healthy or well. It affects the ability to look after oneself in a good, happy & healthy way.

The carer is there to assist their patient to maintain their own happiness & good health by accepting their physical & mental limitations, whilst allowing their best emotional qualities to have full reign and full expression.

Caring Approves Of Every Situation

Approving is seeing everything in a positive light. When I see everything in a positive light, I am empowered and it allows others to be empowered. Approving of others allows them to also see a positive perspective of their life. Whatever I see in a positive light is a beneficial perspective, which is always empowered. A positive light is an authorised thought that has its own inherently positive emotional power. Authorised thoughts are emotionally empowered. I am emotionally empowered when I am inspired with an authorised thought. An authorised thought is a mental expression of my true authority because it is aligned with my authentic Self.

Approving of every situation is unconditional approval, which means that there is never any disapproval. I show my disapproval, my lack of authentic choice, with my negative perspective of whatever I see occurring. A negative perspective of what is seen to be apparently occurring can be expressed in a cynical, sarcastic or critical way, relative to my current perception. My current perception is how I feel about whatever is happening.

Criticism is based on a personal belief that someone is doing something wrong or they could do something better. We see criticism as being positive when we believe that it is enabling someone to do something better. When improvement is believed to be necessary, I am being less than positive in my perspective, which is criticism. Criticism is always negative, when praise is always positive. I cannot positively praise someone with any form of criticism. Criticism is always disempowering and is therefore never authorised. I can only ever empower someone with praise for their apparently beneficial actions. Praise always feels good and is therefore acceptable. Criticism never feels good, although it is often tolerated. It is never acceptable because it is a statement that someone is not as good as someone believes that they should be.

Sarcasm is a statement of someone being inferior to oneself. It is mocking, humiliating or condemning someone as unworthy of praise & encouragement. It is an often sub-conscious attempt to be superior to another through contempt for their actions.

Cynicism is a statement of one's own negative perspective of reality. It is perceiving reality to be a negative experience and projecting that belief onto another person. A cynic is one who

believes the worst of other people and therefore experiences the worst in other people because of what they believe to be true about life.

A critic tells a dementia patient what they are doing wrong, thinking it will help them to do it right.

A cynical carer tells a dementia patient all the things that can go wrong due to the nature of their disability.

A sarcastic carer reminds the patient how stupid they are and how important it is to have an intelligent and capable carer.

When a carer approves of every situation, they never criticise, condemn or complain. When there is no disapproval, there is no criticism, there is no sarcasm, there is no cynicism, there is no contempt, there is no judgment so there is no condemnation or complaint.

Being approving is a quality personal attribute that is attained by never being disapproving. I approve of someone when I confidently see the value of their personal worth & esteem. In our modern culture, we tend to judge people for what they do, rather than who they really are. Dementia inhibits the ability to act normally but has no apparently detrimental effect on the ability to naturally be the essence of who we really are. I may criticise, condemn or complain about another's personality or character but I

am never critical, cynical or sarcastic about the essence of their true identity. When I express the essence of my true nature as a carer, there is never anything to criticise, condemn or complain about. When I care about expressing my true nature as a carer, the patient is never critical, sarcastic or cynical as they approve of the care that they are receiving.

Criticism, sarcasm, cynicism, condemnation, complaint & contempt are all expressions of disapproval that inhibit the ability to be truly caring. No patient will ever care for my disapproval of them as I will never care for their disapproval of me. Approving of every situation as a carer, proves that I do truly care because true care has no disapproval.

A Carer Is A Best Friend

By definition, a friend is a person who meets our emotional needs. Our emotional needs attach us to other people in a friendly way. I am always friendly with someone who meets an emotional need of mine. When I stop relating in a friendly way, they stop meeting my needs. When a friend stops meeting my emotional needs, the friendship breaks up as there is no longer any emotional attachment. A dog is a Man's best friend, when they meet their owner's emotional needs. We love our dogs when they appear to care, pay us their attention and they are friendly. The more our pet shows their caring nature, the more friendly they are. Dogs & cats intuitively know that what they give out emotionally they receive back from their owners, who care about their pets. I pet an animal for the emotional energy that I receive from it. A best friend is the friend who best meets our need for emotional energy, whether animal or human.

With dementia, the carer is the one who best meets the emotional needs of the patient. The more emotional needs they meet, the more they appear to care and the better carer they are. Caring for someone's emotional needs is

often more important to the patient than caring about their mental state or taking care of their physical needs.

The problem with having a best friend is that there is a duality of a worst enemy. In our formative teenage years, when we are exploring our relationships with other people, we tend to fall in and out of love with our friends; depending on how needy we are and how needy our friends are.

The paradox is that nobody needs needy friends but everyone needs friends to meet their own extrovert needs. When we fall out with our best friend, they can become our worst enemy and we hate them because they are no longer giving us the emotional energy that we need. Whether I love or hate someone is just my personal perspective of whether I believe that they are meeting my emotional needs for me. It is not the actual person that I love or hate but the positive or negative energy that is flowing between us. The negative energy that I hate is really the absence of positive energy that I need. I love it when I get it from a friend and I hate it when I don't because I need it.

Whenever there are limiting beliefs about what a friend should or shouldn't do in order to meet my specific personal emotional needs, there will be dramas.

Dramas similarly appear in dementia care when a patient's emotional needs remain unmet.

When a dementia patient appears to be causing a scene or a drama, it is a good indication that their emotional energy is low and they are subconsciously trying to get an emotional need met.

When a carer sees their role as a best friend, they see their role as caring for the emotional needs of their patient. The difficulty in this relationship is that it is one sided. The carer is expected to be a best friend without having a best friend in return. In return, they often experience their worst enemy. When the carer needs something emotionally from the patient, they will often be disappointed.

To be a best friend as a carer requires the detachment of being able to meet the patient's emotional needs without needing the patient to meet your own emotional needs. This means that it is a one sided dependency, in a society that sees friendship as a co-dependency based on a balance of equal give & take. I am friends with you because you meet my emotional needs and you are friends with me because I meet your emotional needs. When the co-dependency is balanced, the friendship is in harmony but when one person is more needy than the other, the relationship gets out of balance.

Dementia is a dependent relationship when the patient is totally dependent on the carer for their physical needs and becomes equally dependent on the carer for their emotional needs. A carer who meets a patient's emotional needs, whether consciously or not, becomes their friend. The best carer is the one who becomes the patient's best friend.

In a married relationship, where the partners have always been best friends, the spouse is always the best carer for their married partner. We all sub-consciously value our emotional needs before our physical needs, so the person who meets our emotional needs is more important than the person who meets our physical needs.

A carer who is only trained to provide physical care may often be seen to be professional, yet unfriendly because they are not fulfilling the emotional needs that we need our friends to meet. Professional carers may not see the need to be friends with their patient because of the emotional dramas that are caused by any emotional attachment.

Unfortunately, when the carer is not perceived to be a good friend, they are often seen by the patient to be the evil enemy.

Caring Is Not A Duty

A Duty is a task that I perform for other people. It is a requirement of the job that I do, which serves others. I do my duty when I believe that my job demands that I serve other people. When I do my job in service to others, I do my duty.

A duty of care is not a task but a standard of performance. It demands that I perform my duty with care. It is my duty to take care of the tasks required, to a given standard. I have a duty of care to perform my duties & tasks to an agreed standard, whether I care about my job or not.

The problem with a duty of care is that the carer often cares more about how they do their job than they do about the person for whom they are caring. A duty of care that performs to one given standard does not always conform to the individual needs of a dementia patient. A duty of care may work well in a hospital, or other medical institution, for doctors & nurses who need to operate to a common standard of performance. In an institution that offers 24 hour medical attention, staff have a duty of care, whilst working their shift. Their duty of care is limited to the length of their work shift

because at the end of their shift, their duty of care ends.

Dementia patients, who are physically well, do not need nursing but they do need caring.

Looking after or caring for a dementia patient in their home has no rota, no shifts and no duties. When a task is carried out with care, it is performed with love and it is not a duty.

A duty is a task that I have to do. I have to do a task when it is a duty. When it is my duty to perform a task, I have no choice because I believe that I must, I ought to or I should carry it out.

Whatever I have to do, I ought to do, I should do or I must do is a toleration that drains my emotional energy. The definition of a toleration is anything that drains my emotional energy because I am not totally accepting of it.

Whatever I do with love, because I care, raises my emotional energy. When I truly care, my caring is a true value and the true value of whatever I am doing empowers me, it never drains me.

When my emotional energy is drained at the end of my working shift, I have done my duty.

When my emotional energy is full of caring, I am empowered to care and it is never a duty.

When I am empowered by being caring, I do not see caring as a task or a job that requires a standard.

The standard for all carers is to be caring. I attain that standard when I see being caring as a beneficial & empowering way of being. A beneficial way of being is beneficial for both the carer & the patient.

When caring is an empowering state of being, it is a privilege to care, not a duty. I am never inspired to act out of duty. I am only ever inspired to act because I care. Caring is not something that I switch on when I go to work and switch off when I go home. It is a state of being that I have the privilege of expressing as a matter of personal choice. When I personally choose to be caring, I attain the attribute of being caring.

Expressing care starts with Self care. Unless I consciously choose to care for, care about and take care of my Self, I cannot share this attribute with another person. It is only when I express the care that I have for my Self that others can feel that I am a caring person.

When I express my emotional feeling of being caring, I allow others to share that feeling with my Self.

When I think carefully about whatever I am doing, I care about what I am doing and others know that I care.

When I take care of others in a caring way, they can see how well I am taking care of them.

When I care for others by being caring, they feel the care that I feel for them.

When caring is a duty, the patient intuitively knows, feels & sees that I am just doing my job out of duty, because I do not really care.

Will power, discipline, courage, bravery & persistence all allow me to carry out my duties when my emotional energy is depleted.

Persistently running on low emotional energy is an expression of lack of self care. It is what I do when I have no real regard for myself and is therefore not beneficial for anyone that I am looking after.

My only duty of care is to my Self. The only duty that I need to perform is the physical, mental & emotional care of my own Self.

Caring Is Neither Selfish Nor Unselfish

Being Selfish is being like the Self. It is seeing life only from the perspective of one's own ego Self. We are all selfish individuals, unless we are considering someone else's situation by looking at it from their perspective.

Looking at someone else's situation, by looking at their life from their perspective, is a good definition for being caring. However, it is also why caring is associated with having an unselfish attitude to life. When I believe that being unselfish is the way to care, I believe that being uncaring is being selfish and being selfish is not caring about others.

Being unselfish is detrimental to the growth and development of the Self, because when I am only ever considering the perspective of other people, I neglect to follow my own choice of path in life. Being unselfish becomes an emotional state of pleasing other people.

Whereas pleasing other people may have some short term benefits, it has some very detrimental long term effects for your Self.

I am empowered to follow my own path, not someone else's path. When I unselfishly please another, I am following their path, which is

often detrimental for their health & development and always detrimental to mine. I am being unselfish because I believe that I should, I ought to, I must or I have to do what pleases other people. Pleasing is therefore a toleration, which is an energy drain. This means that being unselfish will eventually drain my energy and become intolerable because it is working in opposition to my own self care. When I believe that caring for others is unselfish, then self care becomes a selfish act and my ability to care for myself is compromised.

In the caring profession, self care always has to come first, but how do we put our self first without putting our patient second? How can I put the patient first without putting my Self second? A caring relationship is healthy when it is balanced and mutually beneficial.

Selfish & unselfish is a duality based on an opposing choice of perspective. Do I put myself first or do I consider someone else before me? Every duality causes a dilemma. A dilemma is a choice of perspective where both ways feel less than beneficial.

When confronted with a dilemma, neither perspective is beneficial, so a third way of perceiving the situation is necessary and essential. When being selfish doesn't feel right

and being unselfish doesn't feel right either, I need to look for a third way.

Self care requires the ego sense of self to be Truly Selfish.

Being Truly Selfish is being like one's true Self. My true Self is healthy, wealthy & wise, always happy and ever well. When I am being truly selfish, I am making a choice for myself in relationship to other people, which always feels good. I cannot feel good about a choice and be unhappy with it. A choice that I am happy with will never make me feel bad, sad or unwell.

When I make a choice that feels good in relationship to another, that person will feel that I am happy making a good choice for me and accept that it is also a good choice for them. I only ever feel good when I am following the path of my true Self, by being true to my Self. Being true to my Self always feels good. Being true to someone else is being true to their chosen path, which doesn't always feel good.

When I feel good about following someone else's choice, it is because our paths are temporarily in alignment and therefore our feelings are in balance & harmony, which means our actions are mutually beneficial. It is neither selfish nor unselfish to follow another's choice which is aligned with one's own good sense and feels right. Pleasing someone by

following their choice of path when it is contrary to my good sense of feeling is not good sense.

Being truly selfish is never about what I am doing and always about who I am being whilst doing whatever I am doing.

Being caring whilst I am doing caring is truly selfish.

Being uncaring whilst I am doing caring is being either selfish or unselfish depending on my perspective of the situation.

Caring Is A Challenge

Whether caring for myself or caring for another, it is a challenge. When I see caring as a problem, I have failed the challenge. When I see the opportunity for caring, I meet the challenge. The challenge is to see whatever is occurring in my life as an opportunity and not as a problem.

There are always three choices of perspective as to how I see that my life is presently occurring:

When I see life as happening to me, it will often be a problem and I will see myself as the victim of all the problems that are happening to me in my life.

When I consciously choose for my life to happen by me, life becomes a challenge that I either meet or I fail to meet. When I meet the challenge, opportunities open up in my life but when I fail the challenge, life becomes a problem again.

When I see my life as happening through me, opportunities miraculously appear and every opportunity is a minor miracle manifesting in my life. Miracles become everyday events when I allow my life to flow effortlessly through me. Life is a miracle when I see the miracle that life actually is. When I offer no resistance to the

opportunities that are on offer in my life, they flow miraculously through me. Miracles cannot flow into my life when I see life as a continuous flow of problems that are happening to me or I am causing.

A challenge is a perspective that I make by choice. I can choose to accept the challenge or I can choose to refuse the challenge, when I see it as a problem or I see all the problems that will challenge me. When I believe that there are too many problems to meet or solve, I fail the challenge.

Problems are a toleration and an energy drain. I fail every challenge when I run out of energy because running out of energy is a problem. My only problem in life is having insufficient energy to meet my challenges and to see them as an opportunity.

Opportunities are there for the taking when I am willing to accept them. Taking an opportunity requires me first to see the opportunity that is being presented. When I do not see the gift that is presented by an opportunity, I will be challenged to accept it. The first few years of life offer the greatest opportunity for development and growth. They are also the time when we need the care of others, the most. Surviving the first few years of life requires the care of a loving parent, or two. Being born is a great opportunity for

every baby and a great challenge for every parent. It is the role of a baby to challenge every parent to become a great parent. Great parents care about their children, care for their children and take care of their children. They see that being a caring parent is a great opportunity, which offers a great opportunity in life for their children.

When parents fail to meet the challenges of parenthood, bringing up their children is just one problem after another and the child's opportunities in life are greatly diminished. The first few years of life are a great challenge for any child and every parent.

With dementia, the last few years of life are a great challenge for any parent and every child. One of the most challenging opportunities in life is to care for an elderly parent with dementia.

The sins of the parents are passed down the family line. The seeds that we sow in our children will come to fruition when our children become our carer. As we sow, so do we reap. The care that we gave to our children in their infancy will be returned to us in our later life, in due measure. Due measure means equal quality and equal quantity.

Of course our children always have a choice as to whether they care or not and will doubtless find more reasons not to care than they can

find reasons to care. Caring for a parent with dementia has many parallels to caring for one's own children. The only difference is that a child is growing up and an elderly person is winding down.

Life is a process of ongoing growth until it becomes a process of ongoing decline.

Dementia is a process of ongoing decline.

Instead of gaining intelligence it is a state of losing intelligence, instead of gaining independence, it is losing one's independence and instead of growing up, the only thing that is growing is their mental decline.

The biggest challenge to caring for anyone is their sub-conscious mind. Children and dementia patients tell you what is on their mind, whether it makes sense or not. The reason that our sub-conscious mind goes into decline is because it can no longer make any sense of its conscious reality. The sub-conscious mind, by definition, is below conscious-awareness and is where our emotional energy is monitored and maintained. With enough emotional energy, I see everything in life as an opportunity. When my emotional energy is low, I see everything that is happening to me as a problem. The problem is, I don't have enough emotional energy to meet my challenges in life. The biggest problem that dementia presents is low

emotional energy. Low emotional energy is the absence of love and the absence of caring.

When the patient doesn't care, it is a great challenge to care for them.

The challenge for every carer is to ensure that their patient has enough emotional energy for their life not to be a problem. The opportunity is to ensure that they have enough emotional energy to care and their patient has enough emotional energy to care about the care that they are receiving.

Caring Is Not Being Bothered

It is a common belief that when you are not bothered, you do not care.

When I am not bothered, my emotional energy is positive because I am not tolerating whatever I am caring to do. Tolerating anything is a problem, a toleration and a bother.

When caring for another, I am bothered when they are a problem that I am tolerating.

Eventually, all tolerations become intolerable, usually when I lose my patience.

Patience allows me to tolerate a Patient, patiently, without being too bothered. When I am too bothered, I become impatient & intolerant. When I lose my patience, I also lose my Patient.

When I am bothered, my patient is patiently tolerating my care. When I lose my patience, I bother my patient and we are both bothered.

When we both err, we are both in bother.

Dementia patients especially, do not like to be bothered. When a dementia patient doesn't know that they are ill, they do not know what all the fuss and bother is about. Bothering to care for someone who is peaceful & content in their own mind, causes a problem for them; which bothers them.

Caring is never a problem, a toleration or a bother when delivered with sensitivity, gentleness & kindness. Giving care is only acceptable when given carefully. For the client to be accepting of the care, the Carer is required to be accepting of the Patient.

Accepting a Patient without conditions is an expression of unconditional love. When care is administered without conditions, there is no problem to tolerate and no bother is experienced.

When the Carer stops bothering the patient, the patient is no longer bothered.

Caring Is An Act Of Love

Caring is an act of love. The question is: What aspect of love am I expressing when I am doing the act of caring? Caring has a duality of uncaring, which is not acting with love.

Pure Love is a divine and perfect attribute that has no duality. The polarity of pure love is always positively beneficial, it is never detrimental, so it has no negative polarity. The way that I direct my choice, relative to my perspective, is what gives it polarity and determines whether it is expressed with pure or impure love.

Caring is an act of love, which can have an intense range of purity or impurity. The quality of care is relative to the quality of the love with which it is delivered. The physical act of caring can be carried out with a range of caring or uncaring emotions. The quality of care is therefore relative to the quality of the emotion with which it is given or received.

Both the carer and the patient have their own perspective of the quality of the care that is given or received and their relative perspectives may differ considerably.

When caring has a duality of uncaring and love has a duality of being unloving, perfect care is

the act of administering care with pure love.

The question is: When is love pure?

Does perfect caring with pure love actually exist in a dual reality world?

If the act of perfect care is administered with pure love, then the understanding of pure love is essential to the administration of quality care. Quality of care becomes relative to the quality of the love with which it is administered. To administer to a patient with care is an act of divine love, unless it is an act of impure love.

An impure aspect of love is any negative emotional state of being that is founded on impure thinking and a limited belief system. It is generally accepted that love has three opposing aspects when seen from a negatively physical, mental & emotional perspective.

Physical love or the love of physical things is called lust or desire as opposed to what I love emotionally with a passion. My emotional passion is either a true value or a need. I truly love what has true value for me or it is an emotional need because I emotionally need it. What I do not mentally love, I fear.

Three dimensional spiritual love has a physical, a mental and an emotional aspect. Each aspect has a duality of its negative perspective.

Love & lust is emotional passion in opposition to physical desire. It is pure love divided by

male & female gender and referred to as Eros or sexual love.

Love or hate is determined by my perspective of whether I like something or I dislike something. I love what I need and I hate what I don't need because whether I like it or not is relative to whether I believe that I need it or not. This divides pure love by positive or negative polarity and is called Philos or platonic love.

Love & fear is a mental perception of whether something is beneficial or detrimental for me personally. When something is beneficial, I love it and when it is detrimental, I fear it, whether it is caused by either sexual or platonic love is irrelevant.

Only perfect or pure love is undivided by either gender or polarity and is called Agape. The real irony is that anything less than true agape is not something that I will truly care for.

Lust, hate & fear are the three aspects of negative love that disable the act of caring. Nobody ever cares for an expression of love based on lust, hate or fear. However we do love someone that we need because they appear to care. When I need physical, mental or emotional care, I like or love the person who administers it beneficially with love & care. The paradox is that need is the absence of love. I only ever love what I need when I get

what I need and when I get what I need, I no longer need it, because I have it. Care is a prime example of an aspect of love that I need but when I have it, I no longer need it or want it.

Nobody ever consciously chooses to need care, yet everyone chooses to have someone they care for, and who cares for them. It is as though we all sub-consciously choose to have someone who cares for us, cares about us and takes care of us, so that we no longer need care and no longer need to care.

This paradox is caused by defining care as having our needs met in a beneficial way. All emotional needs are negative when I need them, yet positive when I meet them. Care is seen as beneficial and positive when it meets my needs, which are negative and detrimental when they remain uncared for. I only need something when I believe that I do not have it. The belief that I do not have something causes a belief that the experience of not having it is detrimental and negative, which is anything that I do not care for.

With dementia, I end up needing care for everything that I have not taken care of or are now unable to take care of for myself.

Caring is an act that can be either beneficial or detrimental because it is only required through my experiencing life with an aspect of

impure love. It is an act that is performed by someone else that I will love or hate, love or fear, need or not relative to their perspective and my perception of love.

Ironically, an act of caring is only ever required in the absence of true agape and a true love for one's Self. When I truly love my Self, I am care free.