



Reality In Action

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Introduction

Reality can be Universal, Individual or General:

There are many types of Reality.

Universal Reality can be:

Human, Spiritual, Physical, Mental, Emotional, Singular,
Dual, Triune, Surreal, Actual, Perpetual or Virtual.

Individual Reality can be:

Personal, Causal, Potential, Ideal, Vital, Sensual, Sexual,
Sentimental, Neutral, Liberal, Eventual or Original.

General Reality can be:

Normal, Formal, National, Moral, Principal, Ethical, Legal,
Regal, Popular, Practical, Equal or Fatal.

Reality is Perception, irrespective of whether it is perceived
from a Universal, an Individual or a General
perspective.

Action is active activity.

There are many types of action:

Real Action can be:

Objective, Motive, Inactive, Overactive, Pro-active,
Expressive, Collective, Productive, Reproductive or
Festive.

Real Activity can be:

Subjective, Reflective, Selective, Resistive, Retentive,
Reactive, Insensitive, Native, Captive, Negative or
Relative.

Being Really Active can be:

Active, Adjective, Exclusive, Connective, Expansive,
Impulsive, Receptive, Perceptive, Sensitive, Passive,
Positive or Creative.

Chapter 1: Universal Reality

Universality is the Reality of the Universe.

It is the Reality of the One Version of Everything as Experienced in a Human Reality.

A Human Reality is a Humanity.

Humanality is the reality of being Human.

1. The reality is that humanity is yet to realise its
humanity.
2. It is yet to realise its human potential.
3. Humans create their own reality.
4. Humanality is a human creation.
5. Without creative humans, humanality cannot be
realised.
6. The question is: Are human beings creating a humane
reality?
7. Are human beings doing unto others as they would
have others do unto them?

8. This is the Golden Rule of all humanity that is not yet
the experience of our human reality.
9. Not all humanity is following the golden rule.
10. Humanity allows individual choice.
11. I can choose which reality to follow.

Spirituality is the reality of spiritual energy.

1. Spirit means 'Energy'.
2. The reality of Spirit is infinite, eternal and continuous change.
3. Physical matter is energy or spirit at relative rest.
4. The reality of physical existence is stability and form.
5. The difference between energy and matter is its rate of vibration.
6. Solids have a lower vibration than liquids, which have a slower vibration than gases, which have a slower vibration than spirit.
7. The rate of vibration is determined by its frequency and wavelength and creates the form of spirit as either energy or matter.
8. Energy and Spirit cannot be destroyed, it just changes form according to its rate of vibration.
9. The only reality that Spirit has is what is formed as matter – or what matters to us in this physical realm.
10. We create our own reality out of Spiritual Energy according to what matters to our Self. My Physicality is my physical reality.

My Physicality is my physical reality.

1. My physical reality is the manifestation of my mentality & my emotionality.
2. My physicality is a mental & emotional experience.
3. I mentally & emotionally create & experience my physical reality.
4. Physical experience is my experience of physicality.
5. It is whatever I experience my reality to be with my five physical senses.
6. I realise my experience of physical life both mentally & emotionally.
7. The ability of my mental capacity & my emotional competence determines my capability to create my experience of reality with conscious awareness.
8. With mental authority & emotional power, I have the ability to create the physical reality of my choice.
9. Whatever I intuitively know & I intuitively feel; I can manifest into physicality.

My Emotionality is my emotional reality.

1. My emotional reality is relative to the competence of my emotional power.
2. The magnitude of my emotional power is my level of competence to create my own reality.
3. Pure emotional energy has a high magnitude of power.
4. It is fully empowered because it is authorised.
5. Impure thinking causes negative emotional experiences.
6. Negative emotional experiences are perceived to be real.
7. They are the reality of an incompetent thinking process.
8. My mentality causes my emotionality and the reality of my emotional experiences.
9. A low level of emotional competence is experienced as a lack of self worth that is without the confidence of a high level of mental capacity.
10. My emotionality determines my perception of life and how good I feel about my experience of life.

My Mentality is my mental reality.

1. My mental reality is relative to the capacity of my authority.
2. My force of authority is my capacity to create my own mental reality.
3. My mentality determines the force of my authority and the capacity of my thought.
4. Pure thought has the highest force of authority.
5. It is fully authorised and therefore empowered.
6. Impure thinking has a low mental capacity.
7. This means it is less attractive & less creative.
8. My thoughts create my reality, therefore my mentality determines the level of my creativity.
9. A low mental capacity has no creative force because it is not authorised.
10. My mentality determines my perspective and how I perceive life to be.

Singularity is a singular reality.

1. A singular reality is unchanging.
2. There is pure energy without matter or motion.
3. It is a reality with neither time nor space.
4. It is a vibration that has no frequency or wavelength.
5. It is a singular vibration of pure energy without variation, range or intensity.
6. It is pure energy in the reality of its simplest form.
7. It is undivided energy in its purest form.
8. It is pure Consciousness with no awareness of its self.
9. It is the all of everything that is nothingness.
10. It is the gap in space where nothing exists.
11. It is the source of all that is from whence the power of Love & the authority of Light enabled the ability of Life.
12. It is the reality of no choice from which all choice derives.

Duality means Dual Reality

1. Dual Realities are created by the paradox of opposing perspectives.
2. Opposing perspectives are an illusion of dual reality. Pure Energy is Love. Pure Love is never in opposition.
4. Opposing realities are a feature of the relative world of duality.
5. When Pure Energy appears to be opposing in reality, it creates the false belief that opposites attract. The attraction of opposites is an illusion of duality.
7. The Law of Attraction clearly states that “Like energy is drawn unto itself”.
8. Duality is created when Pure Energy is divided by its intensity. The intensity of our energy creates the intensity of our Life.
10. The intensity of energy is created by the duality of its gender and polarity.
11. Polarity creates the duality of energy appearing to flow in either a positive or a negative direction depending on our personal perspective.
12. Gender creates the duality of energy appearing to form with either a male or female clarity of personal perception.

13. The intensity of Life that is created by the duality of energy allows choice. With choice, Life becomes either a problem to solve or to fear, or an opportunity to explore, discover and experience.

Triality means triune reality

1. The Christian Religion teaches a Triune Reality of the Father, Son & Holy Spirit.
2. It believes Jesus to be the Son of God the Father and leaves the Holy Ghost to be a matter of Spirit.
3. Like all teachings in the Bible, without the eyes to see I am just listening to the parable or the literal translation.
4. Most people experience our three dimensional physical world as a dual reality rather than a triune reality.
5. In a dual reality world, power & authority are confused or divided and in opposition & conflict.
6. We are all free to choose yet choice requires the emotional power to choose with mental authority.
10. In a Triune Reality Jesus the Son is synonymous with the physical ability of Man.
11. God the Father is the authority of the Soul to guide us each individually on our exclusively chosen path.
12. The Holy Ghost or whole spirit is the pure emotional energy that empowers each of us on our journey through life.

13. Emotional Power plus Mental Authority allows my Physical Ability to live a Life of Love & Light in Heaven on Earth as my Soul intends.
14. Before I can live as my triune reality, I have to overcome the dramas of my sins & virtues created by a dual reality existence.

Surreality is above & beyond actual reality

1. Something is believed to be either an actually real experience or a surreal experience.
2. Those who believe that a surreal experience is not actually real, never experience surreality.
3. I experience surreal experiences when I allow surreal experiences to be real.
4. Miracles are an example of a surreal experience.
5. When I don't believe in miracles, they don't happen.
6. I do not experience surreality with my 5 physical senses.
7. It is my awareness of my 3 intuitive senses that allows surreality to be real.
8. Intuition is a surreal sense.
9. I can only see beyond actual reality intuitively.
10. Without intuition there is no surreality.
11. With no surreal experiences, surreality cannot be actually real.

Actuality is the reality of my actions

1. My actions are an expression of my behaviour.
2. My behaviour is an expression of my beliefs.
3. My beliefs determine my behaviour.
4. In actuality they may be a reaction or a response.
5. What is actually real is believed to be by the majority of people a consensus view of their experience of reality.
6. In actuality most people believe that there is only one actual reality.
7. This is not actually my truth.
8. We each create our own actual reality through our own activity, behaviour & beliefs.
9. The fact that as a species we tend to behave in similar ways leads us to believe that there is only one actual reality called human behaviour.
10. Alas, in actuality, humans act individually and collectively with sub-human and inhumane behaviour as well.

Perpetuality is perpetual reality

1. Perpetuality is continuous reality.
2. Perpetuity is eternal time.
3. Eternal time allows continuous reality.
4. Infinite space allows eternal time to be a continuous reality.
5. In a perpetual reality, reality is perpetual and change is perpetual.
6. Reality is perpetually changing.
7. Continuous change is the reality of the Universe.
8. Perpetuality allows the Universe to continuously evolve.
9. Evolution is expansive growth.
10. Expansive growth thrives in perpetuality.
11. Consciousness creates perpetuality in which to expansively grow and evolve.
12. The evolution of Consciousness is a perpetual reality.

Virtuality is virtual reality

1. Virtual & actual are often seen as a duality.
2. Matter actually exists in material form.
3. Energy actually exists in virtual form.
4. Energy virtually forms into anything & everything.
5. All matter is created from energy.
6. All material form has an energetic origin.
7. Imagination allows virtual creativity.
8. It is also the origin of actual creativity.
9. All of actual creation originated in virtual form.
10. Virtual creativity is created in the mind, by the mind, and is a projection of the mind.
11. It is a reality of the mind that is not yet manifest in physicality.
12. The virtues of spirituality remain virtual until grounded in physical experience.
13. All possibilities virtually exist as a potential waiting to become manifest.

Chapter 2: Individual Reality

Individuality is the Individual Reality of each Individual Human Being.

Personality is a personal reality

1. My personal reality is my perspective of what I believe to be real.
2. My beliefs create my reality and cause my behaviour.
3. How I interact with others is determined by my emotional needs.
4. My personal emotional needs influence my personality and how I relate to other people.
5. How I behave forms my character as a consequence of my beliefs about what is real.
6. I live in my own personal reality even when I believe that other people all share the same reality.
7. The reality is that we all share the same true identity yet all differ in our behaviour, beliefs, character & personality.
8. Choice allow personality to be unique to each individual person.
9. Relative dual reality allows choice.

Causality is the reality of what I cause to happen

1. Cause is the duality of effect.
2. Every effect that is experienced has a cause.
3. I experience the effect of my own cause.
4. I cause the effect that I experience.
5. Whatever I believe, I cause to happen.
6. Whatever I cause to occur, I experience as my reality.
7. When I change a belief, I change a cause and I change the effect.
8. When I change the effect, I change the experience and I change my causality.
9. The reality is that the cause is always my perspective.
10. My perspective aligns with my beliefs.
11. My beliefs cause my reality.
12. What I think is real, is real.

Potentiality is the reality of my potential

1. Potentially, I can experience any reality.
2. My potential is relative to my power.
3. My power is potent and allows my potential to be realised.
4. Being disempowered disallows my potentiality being realised.
5. My limiting beliefs disallow & disempower my potential.
6. Faith allows my potentiality to be empowered.
7. Faith in my potential connects my authority.
8. My authority allows my power to flow.
9. My power allows my potential to be realised.
10. My Soul knows its potential.
11. My Soul is omnipotent.
12. My Self realises my potential when aligned with my Soul.
13. When I realise the reality of my potential, the reality of my potential becomes realised.

Ideality is my ideal reality

1. My ideal reality is the reality that I consciously choose to create.
2. It is the reality that I deal for my Self.
3. My idea of an ideal reality can belong to my ego or become from my Soul.
4. My Soul's idea for my ideality is ideal for my Self.
5. My ego's idea of what I think is ideal for me may not prove to be so.
6. My ideal reality allows my destiny to unfold.
7. My destiny is to fulfil my vision, experience my purpose & complete my mission in life.
8. My Soul's choice of journey is ideal for my Self.
9. Any other journey will be less than ideal for me.
10. The Soul always creates an ideality for its Self.
11. My Soul creates my ideal reality when my Self allows it to do so.

Vitality is the reality of my vital energy

1. The reality of my energy determines my vitality.
2. In reality, vitality is vital.
3. Without vitality, life is less than ideal.
4. Vitality is the ability to live life well.
5. The ability to live life well requires mental & emotional energy.
6. Mental & Emotional energy are both real & vital.
7. Emotional power & mental authority allow vitality.
8. Authority is vital for direction.
9. Power is vital for clarity.
10. With clarity & direction, vitality is evident & apparent.
11. When life really has direction & clarity, vitality is present.
12. Power is vital as vitality is empowered.
13. Authority is vital as vitality is authorised.
14. With power & authority, vitality is enabled.

Sexuality is the reality of my sex.

1. Sex is a characteristic of male & female characters.
2. Male & female characters may not be characteristically masculine & feminine.
3. Male characters often have female energy or feminine characteristics.
4. Female characters often have male energy or masculine characteristics.
5. The reality of a particular sex is specific to the gender of their particular energy rather than their physical characteristics.
6. The gender of a person's energy is not necessarily the same as their character's sexuality.
7. A character's sex may formulate their beliefs about their sexual character & their sexuality, or it may not.
8. A person's emotions are the product of the gender of the energy that they are expressing.
9. The gender of their emotional energy is not relative to the sexuality of their character.
10. Our sexuality is a perception of who we believe our Self to be irrespective of the emotions that we are experiencing.

Sensuality is the reality of my senses.

1. I sense what is real with my senses.
2. I sense the reality of the physical world with my five physical senses.
3. Through my sight, my hearing, my smell, my taste & my touch, I sense the reality of the physical world of matter.
4. I sense the reality of my spiritual world with my three intuitive senses.
5. With my sense of seeing, feeling & knowing, I intuitively sense my spiritual origin & destiny.
6. The reality of my senses is relative to my conscious awareness.
7. My sensuality is an awareness of whatever I am conscious of.
8. Without consciousness there is no sensual awareness.
9. Without awareness there is no conscious sensuality.
10. Without sensuality there is no conscious-awareness.
11. Without conscious-awareness there is no sensual reality.

Sentimentality is the reality of my sentiment

1. My sentiment is the emotional attachment that I have to people, things & experiences.
2. I attach myself emotionally to whatever feels good for me.
3. Emotional attachments have value and I value them.
4. The reality of my emotional attachments is that I need them.
5. The more that I need something emotionally the more attached I am and the more sentimental it becomes.
6. Sentiment is a feeling caused by a perspective that creates a belief that is the effect of a personal experience.
7. A sentiment is a reality when it is a personal experience that is realised and remembered.
8. Sentimentality is inherently neither good nor bad.
9. It is just my perspective that is in judgment or not.

Neutrality is a Neutral Reality.

1. A neutral reality is without a positive or a negative polarity.
2. It has neither a positive nor a negative charge.
3. It has a moderate intensity with an even balance.
4. It is being detached from life's dramas.
5. It has no need to compete with others for emotional energy.
6. It has no limiting beliefs and no strong convictions.
7. It has no prejudice because it has no judgment of what is good or bad & right or wrong.
8. Neutrality is the perspective of the Observer.
9. It allows all others to follow their own path in life.
10. It is sensitive to the dramas to which others are attached without being influenced, affected or involved.
11. It is neither for nor against as there are no pros or cons in a neutral reality.
12. Neutrality causes no resistance, which allows pure potential to flow.

Liberality is the reality of my freedom

1. Liberality is Real Freedom.
2. The reality of freedom is choice.
3. With freedom of choice, I am free to choose my reality.
4. I am free to choose what my reality is free from.
5. I choose to liberate my Self from pain, fear & problems.
6. I choose to be care-free, toleration free, resistance free & unlimited.
7. Liberality spends freely.
8. It spends time freely & money freely, but never extravagantly.
9. It has an abundance mentality, not a scarcity mentality.
10. It knows & experiences the freedom of an unbounded universe.
11. Liberality allows expansive creativity.
12. I am free to create my reality expansively.
13. This is the real freedom of a liberal reality.

Eventuality is my eventual reality

1. Everything happens eventually.
2. Whatever happens is an event.
3. Events occur as they eventually happen.
4. My perspective of what is occurring is relative to how I perceive what is happening.
5. An event is just an event but I have a choice of perspective in how I perceive it to be unfolding.
6. The reality of an event is a personal realisation of what is occurring.
7. The event itself has no reality unless I am there to realise it is happening.
8. Reality is a personal experience of present events that are presently being presented.
9. All realities are possible because all possibilities potentially exist.
10. All eventualities will eventually unfold and be realised as a reality.

Originality is my original reality

1. The reality of my origin is whatever I believe my origin to be.
2. When I believe that I originate from a fertilised egg in my mother's womb then that is my reality.
3. But if all atoms, all cells and all eggs are identical, how am I original.
4. If we all have the same origin, what makes me original.
5. I am original because of what I began my life with and I brought to this life on Earth.
6. My qualities, my attributes, my instinct and my intuitive gifts are all original aspects of my Self.
7. They are an expression of the true essence of my Soul.
8. I originate from my Soul.
9. My Soul is my original entity.
10. My Soul creates for its Self the reality that I am experiencing and is original to me.

Chapter 3: General Reality

Generality is the general reality that is generally created by the majority of people.

Normality is normal reality

1. A normal reality is what is considered to be normal and real.
2. Normality is normally a consensus view of reality.
3. Normally reality changes very slowly.
4. Where reality is a projection of beliefs within a society, what that society believes to be normal becomes their normality.
5. Normality changes as beliefs & perspectives change & evolve.
6. A reality that differs from the norm is not seen as normal.
7. Where people hold different beliefs they experience a different normality.
8. Where people share the same beliefs they normally share the same reality.
9. In reality everyone's normality is different even though it may appear to be similar.
10. Where behaviour follows belief and everyone's behaviour differs, everyone experiences their own reality, which is normal and the true normality.

Formality means formal reality

1. Formality is the reality of form.
2. It is the form that reality takes when reality follows form.
3. Formality is caused by a belief that reality has only one form and that form of reality is formal.
4. It is the belief that reality happens in a formal way as a formality.
5. Informality is frowned upon in a formal reality.
6. A formal reality believes in upholding the status quo.
7. This requires that this form of reality is imposed on all other people.
8. The status quo is what everyone conforms to because they believe that it is their reality.
9. Formality is a common agreement that reality is formed according to a set of rules or guidelines.
10. When we all conform to such an etiquette, life proceeds as a formality and everyone is informed of the rules that allow reality to form in a formal way.
11. It upholds the belief that life is a reality that must be taken seriously.

Nationality is the reality of a nation

1. It is the state of a nation state that expresses the reality or state of that nation.
2. The reality of a nation is an expression of the collective beliefs that the nations holds about itself.
3. The reality is that a nation is not really real.
4. It is the opinions, beliefs & convictions of a nation state that are real because that is what creates nationality.
5. Nationality is a national reality based on the common perspectives of its people.
6. Nationality is a birthright.
7. By right of my birth, I belong to the nation of my birth; irrespective of my colour, my creed, my sex or my culture.
8. This becomes my reality when I believe this to be the reality of my birth.
9. As a nation is a collective of people, nationality is a collection of common laws, cultures & causes, and the reality that they cause to occur.

Morality is the reality of morals

1. Morals are standards of behaviour as agreed by a church or religious body of people.
2. They are the boundaries that are commonly expected of a congregation.
3. Church followers adopt religious boundaries as their own personal standards.
4. Crossing the boundaries of acceptable religious behaviour is seen as being immoral.
5. Immoral behaviour is seen as a sin by the christian church.
6. Moral behaviour is believed to be a virtue.
7. Being virtuous is moral and being sinful is immoral.
8. This is the reality of the christian religion.
9. Based on their perspective of morality, sin is a reality that is wrong because it is righteous to be virtuous.
10. It is the reality of morals that makes immorality real.

Principality is a principal reality & a principle reality

1. A principal reality is the first or highest reality.
2. A principle reality is a reality based on the truth of a belief.
3. In a family a principle is decided by the principal.
4. The father is the principal figure in the family.
5. A father is the head of a principality, whether they are called a prince or not is irrelevant.
6. The beliefs of the head of the household become the law in that family.
7. They are called family principles.
8. The family behaves according to their principal beliefs, which are their principles.
9. A family member acts or reacts on principle when someone crosses the family boundaries.
10. A principality is caused by the principal beliefs that determine the behaviour that is the principle truth of that family.
11. The highest principal beliefs become the principle truths that creates a principality in every family.

Ethicality is the reality of ethics

1. Ethics are the standards of behaviour that are derived from philosophical thinking.
2. Philosophy is the wisdom of love studied by people with a love of wisdom.
3. Ethical behaviour follows wise perspectives that are perceived to be loving.
4. Behaviour that is both wise & loving is seen to be ethical.
5. In today's society, the role of philosophy has been overtaken by science.
6. Scientists now see themselves as the guardians of what is believed to be ethical.
7. Ethics are now seen to be rational & logical.
8. It follows a belief that knowledge must be rational to be wise and love is emotional and therefore irrational.
9. Sophia the goddess of wisdom has forsaken Philos the god of love in today's ethical reality.

Logicality is the reality of logic

1. A logical reality is confused with a rational reality.
2. Logicality can be rational and it can also be emotional.
3. Logia means divine words.
4. Divine words are words of wisdom.
5. Words of wisdom are inspired revelations.
6. Logically, divine thoughts are not the result of a thinking process.
7. Inspired revelations are super-conscious thoughts that become words of logic.
8. Restricting logic to rational thinking disallows emotional intelligence & intuition, which is illogical from a higher perspective.
9. When logic becomes scientific it is no longer intuitive.
10. It has become a thinking process that excludes divine thought.
11. Rational logic creates a purely physical reality that excludes emotional experience and spiritual growth.
12. Intuitive logic allows spirituality to exist.

Legality is the reality of law

1. Laws are real even though they are man made.
2. Man makes laws to control & protect the reality that Man has chosen as legal.
3. Unfortunately, society believes that whereas legality is a personal choice, reality is not.
4. When we all come to realise that we are all creating our own individual reality, there will be no need for legality.
5. A law is a standard of behaviour that the governors of people enforce on their citizens to assure their safety & security and the legality of their actions.
6. A law defines the boundaries of behaviour that are acceptable by the majority of people and is enforced by a statute of our governing law makers.
7. We elect governors to make laws to control & govern the people and protect the people from those who choose to live outside of the law.
8. Legality is a judgment based on a perspective of an interpretation of a law.
9. In an ideal reality, no one is outside of the law.
10. In a law free society, everyone is lawful and no one is lawless.

11. No one is above the law and no one is a victim of the law.

Regality is the reality of Monarchy

1. The Reality of the Monarchy is seen by its Subjects to be regal.
2. Only chosen Subjects are chosen to share the reality of the Monarch.
3. All monarchs are sovereign over their own reality.
4. Their subjects, as Commoners, are subjected to a common reality.
5. The Monarch creates their regality to which others are subjected.
6. In a regality, the monarch is King.
7. All others are humble to the regality of the King.
8. Those who fail to respect the regality of the king are cast out of the kingdom.
9. The Subjects of a Monarchy conform to the regality imposed objectively by its Monarch.

Popularity is a Popular Reality

1. A popular reality is a reality of the people.
2. The people or 'populous' determine what is popular.
3. Whatever is popular is whatever is generally preferred.
4. Trends & fashions are a reflection of a changing popular reality.
5. Popularity is often confused with personality.
6. For a personality to have popularity they need to have a popular personality.
7. Pop stars are personalities who sing popular music.
8. Film stars are actors who star in popular films.
9. Football stars play for popular teams.
10. The need to be popular drives an extrovert personality.
11. Popular people have a life style that is envied by the general public.
12. Their popularity is a reflection of their ability to live a life that is the envy of the general population.

Practicality is a practical reality

1. A practical reality requires practice.
2. The actions that I practice become more useful in my reality.
3. Useful actions form my practicality.
4. A practicality is well drilled & well practiced.
5. The more I practice something the more my skill becomes practical.
6. It practically becomes my reality.
7. A practical reality is devoid of imagination, invention & innovation.
8. It lacks spontaneity.
9. It is without emotional feeling.
10. To be practical requires only my rational logic that sees its usefulness for me.
11. When something feels good, I don't need to practice, I just do it.

Equality is an equal reality

1. It is a reality in which we are all equal.
2. We all have the equal ability to create our own reality.
3. In absolute reality, we are all equal.
4. In relative duality, we are either more equal or less equal than others, relative to the reality that we are creating.
5. An unequal reality is a negative perspective of reality that believes in inequality.
6. Inequality is a perspective of people who believe that others are better off than them.
7. It is my belief in inequality that allows others to be more equal than me.
8. Equality is a measure of potential.
9. It is the potential of everyone to be equally magnificent.
10. However, that is only the perspective of those who know themselves to be the equal of all others.
11. For they have realised that equality is their potential and is potentially theirs.

Fatality is a fatal reality

1. A fatal reality is the reality of fate.
2. The reality of my fate is a perspective of life that survives death.
3. It is my fate to survive a long slow lingering existence towards an eventual death.
4. This excludes any vision of the existence of my destiny.
5. It is my destiny to succeed in life.
6. It is my fate to be the victim of my fears & my limiting beliefs.
7. It is my destiny to follow the messages & direction of my inspired revelations.
8. My fears & beliefs convict my fatality.
9. My faith allows my destiny to unfold.
10. Fatality is the reality of life & death.
11. To live in a duality of life & death is my fate.
12. The reality of Life is my destiny.

Chapter 4: Real Action

Real Action is Objective.

It is actively doing objectives.

Real objectives allow real achievements.

Objective achievements require real action.

“I achieve by doing”

Objectivity is objective action

1. It is acting objectively with a clear objective in mind.
2. My objective is to achieve my intention through action.
3. An objective is an active intention.
4. The object of the exercise is to achieve the objective.
5. My intention is the object of my action.
6. I may object to someone else's actions when they are contrary to my intention.
7. Other people may object to my objectivity.
8. Objectives are what I achieve by doing tasks.
9. Doing a task requires action.
10. A task that is designed to achieve an objective requires objectivity.

Motivity is motive action

1. Motivity is putting action into motion by putting motion into action.
2. It is doing motion.
3. It is the action of doing as distinct from the activity of having or actively being.
4. The motivity of motive action requires a state of matter.
5. The state of matter can be motive & mobile or immobile & motionless.
6. It can be stationary or moving.
7. The motion of energy is called emotion.
8. Energy is in continuous motion.
9. Life is a continuous emotional experience, whether motivity is present or not.
10. Energy is emotive, matter is motive.
11. Emotion allows emotive activity. Motivity allows action to matter.
12. I can be physically active or inactive. I can be emotive or emotionally demotivated.
13. Unauthorised action requires motivation.
14. Authorised intention has motivity.

Inactivity is inactive action

1. Inactivity is too little action.
2. Too little action is caused by low emotional energy.
3. Highly intense negative thinking causes inactivity through fear of taking action.
4. A low magnitude of emotional energy is caused by a disconnection from source energy.
5. No authority equals no emotional power.
6. Low self-worth & low self-confidence cause low self-esteem and inactivity due to low emotional power.
7. Inactivity can be just temporary idleness, the laziness of being demotivated or the sloth of being disempowered.
8. Too little action is never beneficial.
9. The right amount of action is just enough to allow life to effortlessly flow.
10. Just enough action is always enough to ensure my allowance.

Overactivity is overactive action

1. Overactivity is too much action. Too much action drains emotional energy.
2. Action requires emotional power as well as physical activity.
3. Emotional power enables physical action to be active.
4. High intensity power burns out quickly.
5. Balanced emotional power has a greater magnitude of energy.
6. Overactivity is not authorised because it is not emotionally balanced.
7. To be empowered action needs to be authorised.
8. Overactivity & under-activity are never authorised.
9. Action flows when it is effortless.
10. Overactivity causes entropy & resistance and invokes Murphy's Law of what can go wrong will go wrong.
11. A positive intention has potential without intensity.
12. Intense activity is overacting.
13. The need to achieve, accomplish or attain success is the usual cause of overactivity.
14. Too much action is not idle laziness but it is slothful.

Pro-activity is pro-active action

1. Pro-active action is planned activity.
2. It is deciding in advance what action to take.
3. Pro-activity plans future action.
4. An action plan is pro-active.
5. It plans for pro-activity.
6. Planned activity is designed to be beneficial.
7. No-one plans for detrimental action.
8. Pro-activity follows a belief that without planning, things can go wrong.
9. It avoids reactive action, which is sub-conscious & instinctive.
10. Pro-active action is consciously planned.
11. Pro-activity excludes an intuitive response & unconscious competence.

Expressivity is expressive action

1. Expressive action presents who I am being.
2. The action of doing anything allows the expression of who I am being.
3. Expressing who I am requires expressivity.
4. The quality of my actions expresses the quality of my beingness.
5. Without expressive action there is no way of expressing my feelings.
6. Expressing my feelings allows my emotional experience of life.
7. It allows me to know who I am being.
8. Life is an emotional experience when I express my feelings through whatever I am doing.
9. Expressivity allows me to see who I am in relationship to what I am doing.
10. It allows me to be an expression of my Self through whatever action I am taking.

Collectivity is collective action

1. Collective action is called teamwork.
2. I can act alone or I can act collectively.
3. Collectivity requires co-operation & collaboration.
4. It requires all participants to be working with the same intention or objective.
5. It is all pulling in the same direction & singing from the same song sheet.
6. It is following a team objective rather than a personal agenda.
7. Having a unique vision doesn't stop me sharing a team objective.
8. Collectivity combines the unique strengths of each individual into a unified force for achievement.
9. Collective action is not necessarily similar action.
10. It is the collective action of many different tasks that achieves a common objective.

Productivity is productive action

1. It is the action of producing produce.
2. Productivity produces a material outcome.
3. Performing tasks efficiently & effectively is productive.
4. Inefficiency is ineffective & counter productive.
5. Skills & accomplishments allow tasks to be carried out well and production to be productive.
6. I cannot produce the goods unless I first proceed with action.
7. Productivity is the action required to produce goods.
8. Good productivity produces good products.
9. It is the process of taking action that makes productivity productive.
10. By taking appropriate action, I produce a product by means of my productivity.

Reproductivity is reproductive action

1. Reproductivity is being actively reproductive.
2. Actively reproducing reproduces continuity and a continuously active reality.
3. Reproducing offspring ensures the continuity of a species.
4. Continuity of beliefs causes & reproduces a continuous reality.
5. I reproduce my reality according to my beliefs about my reality.
6. Gratitude is my power to reproduce my present reality as my future reality.
7. Appreciation is my power to reproduce more of my ideal experience in my future.
8. My limiting beliefs & fears continue to reproduce limitation & danger as my reality.
9. I reproduce my reality in alignment with the power of my emotional state of being.
10. My negative beliefs reproduce negative experiences.
11. My positive beliefs reproduce positive experiences.
12. Pure thoughts reproduce balanced experiences.

13. I reproduce my physical experiences in alignment with my mental beliefs and my emotional power.

Festivity is festive action

1. Festivity is festive action.
2. The festive season is a time of gratitude & joy.
3. Every season is an opportunity for festivity.
4. With festivity, life is a feast of experiences waiting to be experienced with joy.
5. Festive action celebrates life.
6. It feasts upon the experiences of life.
7. Every action is a celebration of life.
8. It presents life as a present in each present moment of festivity.
9. At festive times, we give thanks and we give presents.
10. We are in gratitude for the allowance & the providence that is received in each festive moment.
11. Festivity requires presence.
12. Presence allows festivity to be festive action.

Chapter 5: Real Activity

Real Activity is Subjective

It is subjectively having activity

I am the subject of my activity

Subjective activity allows accomplishment

Accomplishments allow real activity

I accomplish by having.

Subjectivity is subjective activity

1. It is activity that I subject my Self to.
2. My activity is my subjective behaviour.
3. It is my personal choice of activity.
4. Personal behaviour always follows personal belief.
5. My beliefs drive my behaviour and influence my choice of activity.
6. I am the subject of the activity that I subject my Self to.
7. Subjectivity is the state of having things to do.
8. Having things to do is not the same as having to do things.
9. Having to do things is a toleration.
10. Having things to do allows me to express who I am being.
11. I express my Beingness through my subjective activity.
12. Subjectivity allows me to be me.

Reflectivity is reflective activity

1. It is actively reflecting on what I have subjected my Self to.
2. Being a reflection to others is not reflectivity.
3. With reflectivity, I am the subject of the reflection, the one who is reflecting and not the object of someone else's reflection.
4. Other people may be mirroring my reflection to allow my Self more beneficial reflectivity.
5. On reflection, I am usually reflecting on what other people have done to influence my Self.
6. Reflective activity is bringing my perspective into alignment with my highest vision for my Self.
7. By seeing a reflection in my Self or others of my misalignment, I am able to perceive my Self from a better perspective & in a new light.
8. From a new perspective, I am able to express a better reflection of who I really am.

Selectivity is a selective activity

1. It is an activity that I have selected or chosen.
2. It is also the activity of choosing as well as the activity of choice.
3. Relative duality allows selectivity & choice.
4. My Soul's choice is always available for selection by my Self.
5. It allows me to either choose or select the activity of my choice.
6. Not selecting an activity is also a choice.
7. Non-selectivity is refusing all available options for activity.
8. I actively choose to be selective.
9. Selecting a choice for my Self is an activity.
10. When I actively choose my choice for my Self, I am having a selective experience.
11. My active ability to choose is my selectivity.
12. My Soul has choice, my Self has selectivity.

Resistivity is resistive activity

1. What I actively resist disempowers me.
2. False beliefs & fears cause my resistive activity and disempower me.
3. They disallow the natural flow of life and cause resistance.
4. My resistivity is relative to my fears and limiting beliefs.
5. Resistivity is being busy finding reasons not to do things.
6. It is getting people to do it my way by trying to stop them doing it their way.
7. My personal development allows me to desist from my resistivity.
8. With the presence of a clear vision for the direction of my life there is no need for resistivity.
9. It is being lost, confused & frustrated that is the cause of my resistivity.
10. My resistivity is a sub-conscious choice that is relative to the quality of my mental programming and my emotional power.

Retentivity is retentive activity

1. I act retentively when I hold on to my limiting beliefs.
2. Firmly held beliefs are convictions.
3. I am convicted by my retentive beliefs.
4. Retentive beliefs cause retentive behaviour.
5. Retentive behaviour is habitual & routine.
6. Habit & routine can feel safe & comfortable.
7. A retentive comfort zone offers security but no expansivity.
8. Letting go is expansive; retaining is constrictive, contracting & retentive.
9. I hold on tight to survive the chaos of an impending disaster.
10. I let go of my retentivity to effortlessly flow with life.
11. Effortless flow allows expansive activity, never retentivity.

Reactivity is reactive activity

1. Reactive behaviour is sub-conscious & instinctive.
2. My reactivity is relative to my emotional energy level.
3. With enough emotional energy, I can respond with full awareness of what is happening.
4. Challenged by not enough emotional awareness, I will react relative to my emotional competence.
5. My emotional competence is determined by my mental capacity.
6. My mental capacity determines my reaction or my response.
7. A reaction is a sub-conscious choice.
8. A response is a conscious choice.
9. A choice is a super-conscious ability.
10. My super-conscious choice enables empowered activity and is never reactive.

Insensitivity is insensitive activity

1. It is rational activity that lacks awareness.
2. It is emotionally unintelligent.
3. It is unaware of other people's emotional state of being as well as being unaware of one's own.
4. It appears to others as being apathetic & uncaring.
5. Insensitivity is the effect of a rational analysis of what is occurring with a disconnected sense of feelings.
6. It is without the sympathy of sharing another's negative thoughts & emotions.
7. It is without the compassion of sharing another's positive feelings & experiences.
8. It is without the empathy of sharing another's intuitive path.
9. It is the effect of sub-conscious reactivity that is disconnected from my empowered higher awareness.
10. It is the consequence of a belief system that sees emotion as irrational and therefore inconsequential.

Nativity is native activity

1. Native activity is the daily activity that I am born into.
2. I become a native of other people's activities.
3. My nativity is relative to my native beliefs.
4. My native beliefs are common to my nation of native people.
5. I behave in character with the nationality of my nativity.
6. How I am raised and where I am brought up determine the behaviour that becomes native to my Self.
7. My tribal mentality determines my nativity as it is native to my Self.
8. I associate with the characteristics of my tribe, society or nation.
9. Native activity meets my need to belong.
10. I belong to the nation of my nativity.
11. I act in life according to the nativity of my birth.
12. I am a born native of my environment.

Captivity is a captive activity

1. Captivity is capped or captive activity.
2. My activity is capped when I am trapped within my comfort zone or held captive within an uncomfortable zone.
3. I am not captivated by the comfort & safety of my environment.
4. Nor am I captivated by the discomfort & security of my detention.
5. I can be imprisoned by the boundaries of society and I can become a captive of my own need for comfort & security.
6. Captivity stops me crossing other people's boundaries.
7. It also disallows other people crossing my boundaries.
8. It encourages retentivity & endorses my limiting beliefs.
9. I am free to explore the limits of my captivity.
10. I am only ever a prisoner of my own self-imposed boundaries that form my comfort zone.
11. My need for security causes my captivity and caps my spiritual growth.

Negativity is a negative activity

1. Negative activity is behaviour that I don't like or I don't want.
2. Choice allows negativity as opposed to positivity.
3. Negativity is subject to my perspective.
4. A negative perspective is caused by negative beliefs.
5. It is caused by the belief that I do not want what I do not like.
6. I don't like what I believe is not of my liking or of my likeness because it has an opposing negative vibration to mine.
7. Negativity always opposes positivity.
8. They are opposing directions of perspective.
9. Perspective is a choice that is relative to perception & experience.
10. How I feel determines my perception of an experience that determines my perspective of what is occurring.
11. What I think about an experience determines how I react to an experience.
12. Negativity is a reaction that is not a positive response.

Relativity is relative activity

1. Relative activity is subjective behaviour.
2. Subjective behaviour is relative to personal beliefs.
3. The beliefs that I have, determine the behaviour that I am be-having.
4. I am having subjective behaviour relative to my personal beliefs.
5. Experience is relative to behaviour that is relative to beliefs.
6. Experience is emotional.
7. Emotional experience is relative to mental thought.
8. Mental thinking is relative to mental beliefs.
9. How I think is relative to how I feel.
10. How I feel is relative to my perspective of life.
11. My perception of life, the experience that I feel, is relative to my perspective.
12. My activity is relative to my perspective.
13. Relativity is a matter of perspective.
14. That's the way I see it.

Chapter 6: Being Really Active

Being Really Active is being adjective.

Adjectivity describes my state of being. It describes the reality of my beingness

I attain an adjective state of being

Adjectivity is an active attainment

I attain by being.

Being Active is a state of being

1. It requires neither activity nor action.
2. I can be actively aware without having to do anything.
3. Actively being is emotional.
4. I feel emotionally active when my vitality is activated.
5. I am actively aware of who I am being.
6. When I am actively aware of my beingness, I am being adjective.
7. Adjectivity requires neither mental activity nor physical action.
8. Being emotionally active requires an awareness of my life force energy.
9. It is actively feeling the love of my life force flowing through me.
10. Being active is the feeling of being alive.

Adjectivity is being actively adjective

1. Adjectivity is the state of being actively aware.
2. It is actively describing the emotional state of being that I am aware of being.
3. It is feeling my emotional state of being and knowing exactly what that feeling is.
4. When I can describe my emotional feeling, I can choose it as my state of being.
5. Adjectivity allows me to be emotionally at cause.
6. Being at the effect of my emotions is either irrational or unemotional and is not adjective.
7. Being adjective allows me to consciously create my own emotional experience.
8. I can tune in my emotional instrument and play with my emotional feelings.
9. I have an adjective choice of who I choose to be, relative to what I have and whatever I am doing.

Exclusivity is being exclusively active

1. It is actively following my exclusive path.
2. It is knowing that I am a unique & individual exclusive Human Being.
3. I am actively doing what has true value for me.
4. I am being truly selfish by actively being my True Self.
5. I am fulfilling my vision, my mission and my purpose in life.
6. I know my true identity is being actively expressed.
7. I know that my choice is exclusively mine and that my choice creates my exclusive reality.
8. My reality is exclusively my own creation.
9. Exclusivity may or may not include or exclude others, yet it is always inclusive of my Soul.
10. My exclusivity requires my Soul's inclusivity.
11. My Soul exclusively includes its Self.

Connectivity is being actively connected

1. It is being actively connected to life.
2. I actively connect to life through my Soul.
3. My Soul causes my life to flow through my Self, as long as I am connected.
4. Connectivity actively connects my Self to my life force energy through who I am being.
5. The authority of my enlightened Self empowers & enables my activity.
6. Being actively authorised, empowered & enabled requires my connectivity.
7. Being disconnected disallows my authority and disempowers my ability.
8. Disconnected activity requires a great amount of will power.
9. Connectivity though is totally allowing.
10. It totally allows activity to flow.
11. Even passive activity flows effortlessly to me.

Expansivity is being actively expansive

1. Being expansively active allows expansive growth.
2. Expansive growth is exclusively mine when I have a Soul connection.
3. Exclusivity & Connectivity allow Expansivity.
4. My Soul seeks to be expansively growing.
5. I seek to experience, explore & discover the expansiveness of my universe.
6. My Soul is expansive and my Self is contracted.
7. My contract with my Self is to be actively expansive.
8. My contract is my covenant with my Soul.
9. My covenant is my blue-print for expansive growth in this life-time.
10. My vision, mission & purpose is my blue-print for expansivity.
11. Being actively expansive has true value for me.

Impulsivity is being actively impulsive

1. Being actively impulsive is being energised to act.
2. My Soul energises my actions impulsively.
3. The impulse is the emotional power that my soul gives to its Self in order to act.
4. I am never authorised to act without being impulsed with the power to act.
5. An impulse starts with an inspired thought.
6. An inspired thought is empowered.
7. Thinking blocks impulsive action.
8. In alignment with my Soul's path, my authority is always empowered and my thoughts are always inspired.
9. My impulses are always potentially expansive.
10. I cannot plan to be impulsive.
11. I can allow my impulses to guide my path intuitively.

Receptivity is being actively receptive

1. Receptivity is the state of being actively receptive.
2. Being actively receptive to life is being accepting.
3. Being actively accepting of all opportunities in life requires receptivity.
4. With receptivity, I am in gratitude & appreciation of whatever I am receiving.
5. I am receiving life with open arms and an open mind.
6. My mind is open to every opportunity that is potentially being presented.
7. I am receptive to my messages and the signs that direct me along my path.
8. I am receiving my inspired revelations that allow my daily activity to effortlessly flow.
9. I am being receptive to my exclusive path of inner guidance.
10. I am receiving & hearing my Soul's transmission.
11. My reception is loud and my direction is clear.

Perceptivity is being actively perceptive

1. It is my perception of being in alignment with my emotional power.
2. My perception is my emotional feeling.
3. My emotional feeling is relative to my mental perspective.
4. My conscious perspective is accompanied by my perceptive awareness.
5. Perceptivity allows emotional intelligence.
6. My emotional intelligence allows my experience of life with an awareness of who I really am.
7. Perceptivity is my intuitive feeling connection to my life path.
8. I intuitively feel my choices perceptively.
9. Perceptivity is my intuitive inner guidance system.

Sensitivity is being actively sensitive

1. Being actively sensitive is being aware of other people's emotional states of being.
2. Being aware of other people's emotional states of being allows my detachment from their dramas.
3. Detachment from the dramas of others allows my connection to my exclusive path.
4. When I allow other people to follow their own path they do not interfere with my ability to follow my own path.
5. Without sensitivity, my detachment becomes my disconnected insensitivity.
6. Insensitivity is acting in ignorance of another's emotional state of being.
7. Being too sensitive is the effect of my attachment to other people's dramas.
8. My emotional needs, my dependency on others & my attachment to others sub-consciously pull me into other people's dramas, to which I become either over sensitive or I become insensitive.
9. Positively balanced sensitivity allows compassion.
10. Detachment without disconnection allows positive empathy.

11. Negative sensitivity is called sympathy.

12. Insensitivity is experienced as negative apathy.

Passivity is being passively active

1. It is also being actively passive.
2. It overcomes the duality of being either passive or active.
3. It is doing nothing very well indeed.
4. Passivity allows my awareness of the essence of my Beingness.
5. It allows my adjective awareness with clarity.
6. Passivity allows me to focus on who I am being rather than the activity that I am doing.
7. A river can flow actively and it can also flow passively.
8. Passivity expresses qualities of stillness, depth, calm & flow in a very active way.
9. I cannot do passivity but I can be actively passive in a very positive way.

Positivity is being actively positive

1. It is also being positively active.
2. Acting in a positive way requires emotional energy.
3. I connect to my emotional energy when my actions are authorised.
4. When authority is positively charged it is empowered.
5. Unauthorised choices of the ego will require will power.
6. Will power is required to overcome negative resistance.
7. Negativity is being negatively active.
8. Will power is not a positive force.
9. Positive activity & action always feels good & right.
10. Activity & action that is negative feels wrong & bad.
11. Limiting beliefs cause fears that can override negative feelings and allow negative actions to predominate.
12. Positivity always feels good & flows effortlessly because it is empowered & authorised.
13. .entry-content
14. Positivity always feels good & flows effortlessly because it is empowered & authorised.

Creativity is being actively creative

1. Creativity is being actively creative.
2. Being actively creative is creating my reality with conscious-awareness.
3. Consciously creating my reality is being creatively active.
4. I can be at the effect of my reality and see other people as the cause.
5. I can be a victim of my circumstances or the creator of the cause of the experience.
6. When I take responsibility for causing the effect of my reality, I can responsibly start to create or recreate my reality.
7. When I recreate my reality with awareness, life becomes an enjoyable recreation.
8. Recreation is a creative joy.
9. Playing at life can be fun or it can be dramatic & serious.
10. My Soul creates my reality.
11. When my Self co-creates my reality, I discover my creativity.

Reality In Action
Is A Matter
Of Choice

Choose With Wisdom!