



# **WISE WORDS FROM THE INNER COACH**

**Book One**

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"A Quota of Light is encapsulated within every revelatory quote"

"The belief that 'time is money' creates a reality that when I believe I am short of money, I will also be short of time"

"I am challenged to confront my fears, not experience them".

"Fear is just excitement in disguise"

"Space is the Reality of my Time"

"Time is the Reality of my Space"

"I cannot be physically content unless I am first grounded in physical reality"

"If at first you don't succeed, reappraise your best intention"

"Pretending to be myself is just as false as pretending to be someone else"

"I cannot control a mature body with an immature mind"

"If I am waiting for my boat to come in, I've just missed it - again".

"Life is a wise choice. Choose it wisely"

"A Master knows that the plan is to follow the plan, not to create the plan"

"Being meek, I may inherit the earth. Being fulfilled, I will inherit my version of heaven on earth"

"There is no fulfilment in being patient"

"The best perspective that I can offer is a new one"

"No-one is demonic by nature,  
though what I believe may cause  
me to act in a less than angelic  
way"

"I will stop struggling financially  
when I allow both ends of my  
duality to meet"

"I tolerate my fate and I accept my  
destiny".

"The more conscious I become  
the less aware I become"

"I Choose who I choose my Self to be, myself"

"I once thought that being wrong and being mistaken was the same thing. I was mistaken but I was not wrong"

"A Truth is a belief that I share with my Soul".

"Static electricity is my life- force energy losing its power"

"God does not act and God does not play God".

"When my energy has a distinct gender, I will have a definite agenda"

"We all have equal opportunities, unless of course we concede them"

"My power will always be a greater influence on others than my authority"

"When my ego seeks to influence another, it is just a subtle form of control"

"When I follow the influence of my Soul, I connect to my power. I become inspired and empowered"

"I am only inspired by other people's power, not their authority"

"I am inspired by the influence of my Soul's Authority"

"I will never be happy with a partner until I have first learned to be happy without them"



"I am only ever the victim of my own thoughts".

"A citizen of the world has no boundaries"

"Imagination requires a sense of feeling and knowing for it to materialise and become real"

"If I do not put at risk the freedom that I value most, I will lose it anyway"

"Isolation defines my individuality"

"Without detachment, I am sensitive to everyone else's pain and suffering"

"Inspiration enables empowered action"

"Need is the ego's lack of power"

"True freedom is attained when I am truly free to do what I truly value"

"I am humiliated by criticism, ridiculed by cynicism, and embarrassed by sarcasm".

"Criticism disables me, cynicism unauthorises me, and embarrassment disempowers me"

"My incapability attracts criticism, my incapacity attracts cynicism, and my incompetence attracts sarcasm"

"One cannot overcome the ego with will power. Will power is the ego's power"

"One can only overcome the ego with Love. With the power of Love the ego will be overcome"

"Love is the Power of the Soul"

"Intuition is my Master, once I master my intuition"

"Gravity is the power of the Galaxy; Magnetism is the power of the Planet; & Electricity is the power of the Atom"

"Every sentence is a picture, and every word is an aspect of that picture"

"What I project onto other people is not my problem, it is theirs"

"The more emotional baggage that I have, the more physical baggage that I need"

"The reality that I inhabit need not be the habit that I am really in"

"Reality flows tangentially across the passage of Time within the volume of Space"

"What other people project onto me can either be my problem or my opportunity for growth"



"When I am in the gap, the flow & the now, I am in the zone"

"Boundaries, containment and patience create denial not growth"

"To 'get on' with someone, I first have to 'get off' with someone and then face the possibility of 'going off' that someone"

"An 'on-off' relationship is the effect of the expanding & contracting intensity of the attractive & repulsive polarity of the male & female gender of each partner's emotional energy"

"My Life is a continuous sequence of events or 'consequences' that are the effects that are caused by my continuous sequence of choices"

"Programmes of Reality travel through Channels of Time within the Media of Space"

"Each moment of time is an incident that is co-incident with every other moment of time"

"A faction is neither fiction nor fact, just one individual perspective of reality"

"Time 'flows' from the 'gap' of Space into the 'now' of Reality"

"Space is not empty"

"Time only exists here & now"

"Reality is my Creation, not God's"

"Infinite Space has no distance,  
Eternal Time has no speed, &  
Continuous Reality has no time"

"My Soul never says No!"

"It is my attainments,  
my opportunities that fulfil me,  
that will fulfil my vision for my life"

"Trying to control life stops it  
flowing effortlessly"

"To be in control of my Destiny, is  
my fate"

"To be in control of my fate, is my  
Destiny"

"People who know that they are  
successful know that they do not  
need money to be successful"

"People who need to make money to be successful will appear to make money in order to appear to be successful"

"A prayer (the object of one who prays) and a prayer (the subject who prays) are the same word"

"When I am a victim of life, I am a victim of my own choices for my life"

"When I can clearly see the victim in another, I can no longer be their victim"



"Oneness just is, because to 'Be' and to 'Be One' are the same state of Being"

"Being Idle is a state of mind, not a state of Being"

"The problem with selling myself is that I need faith in the product - my Self"

"When I have faith in my Self, I do not have to sell myself"

"Happiness is being, doing and having what I truly value"

"Therapy is for people who have become a victim of their own belief system"

"Gravity has a weak force but a strong magnitude"

"The potential for Attraction requires both force and magnitude"

"Electrical potential requires both its force of volts and its magnitude of amperes"

"Magnetism has a strong force and a weak magnitude"

"Emotion is Pure Feeling that is tainted by a belief"

"A Fulfilled life is filled full of opportunities to live life to the full"

"Spiritual Physics is the study of how to live energetically in a physical world"

"My power is limited only by my authority to choose"

"In my ideal world, everything that turns up is a gift that is acceptable. Therefore being accepting is a prerequisite in my ideal world"

"Ultimate Truth is revealed through understanding the paradox of a dual reality existence"

"My Father's Provision requires my Allowance"

"When I see the problem, I have missed the opportunity"

"My Space to think is my power to choose, my Time to think is my authority to choose, and with Time & Space, I can create my own Reality"

"A Peaceful Space has no boundaries, no tolerations and no fears"

"A state of non-acceptance is a refusal. Three refusals equals a disqualification"

"The only proviso, on which providence provides my provision, is my acceptance"



"The Kingdom of Heaven will arrive like a fox in the night"

"Being Expansive has no duality of positive or negative"

"We are never off-track. 'Off' track and 'on' track are a duality and therefore part of the illusion"

"Not enough love and too much need are opposing perspectives of the same energy"

"I can't have too much Love, but I can have too much need"

"When my faith is based on hope,  
I will depend on charity"

"I use a spirit-level to measure  
balance and I use balance to  
measure my Spirit level"

"The love of a good woman and  
the need for a good woman are  
often confused".

"God has never created two of  
anything exactly the same"

"I cannot be Truly Selfish until I  
come to know my True Self"

"When I can see the beauty in the imperfection, it becomes perfectly beautiful"

"Physical matter is inherently ugly because, by definition, it has a low vibration"

"True Beauty is a feeling from the Heart of the Beholder"

"Old people have the ability to sleep like a baby"

"Inspiration is common knowledge to a spiritual person"

"Seeing, feeling & knowing are common sense to a spiritual person"

"With nothing to tolerate, life will never become intolerable"

"A Spiritual person knows that they are Spiritual. A religious person thinks that they are spiritual by virtue of their theology. A non-spiritual person thinks that they are just normal"

"The purpose of the mind is to play: So play with it"

"I value what I think I need, until I have it. Once I have it, its value depreciates unless I consistently appreciate it"

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"I am frightened of my 'shadow' because it is my shadow self that creates my fears"

"Religious people have no distinction between religion and spirituality because their religion has declared being spiritual and not religious to be a sin punishable by death".

"It is better to give a positive forecast that is wrong than a negative forecast that is right"

"Did I create my Soul in my imagination, or did my Soul create me in the image of my Soul?"

"Intense Love is an oxymoron!  
Intense need is a reality called  
Passion"

"I do not always earn what I  
deserve and I do not always  
deserve what I earn"

"What I do in life is not as important as who I am being whilst I am doing it"

"When my intention for my Life is to fulfil my Vision, goal-setting is no longer necessary"

"A Truly Selfish person asks: What would Love do now?"

"Until I wake up and smell the coffee, I will need the caffeine to keep me awake"

"Money is not an energy, it is a Provision"

"It is not money that attracts money but my positive thoughts about money that attracts money"

"Believing that my ego can have whatever it wants is Arrogance"

"I am only human, means: I am driven by my emotional needs"

"It is not my freedom that allows my choice but my choice that allows my freedom"



"The greatest threat to my security is my lack of contentment"

"Contents Insurance will never ensure my Contentment"

"If I want my life to change, I have to change my life"

"When I leave winning the lottery to chance, the chances are that I will lose"

"Freedom of Speech is essential for those who need to be heard"

"The truth is, a Myth is just a story but it reveals a great Truth"

"Before my Life can come to fruition, I am required to blossom and flower"

"The 'Grapes of Wrath' are the 'Fruits of our Destiny' that contain the 'Seeds' of my Change"

"Being a great Speaker requires personality & character. Being a great Listener requires an understanding of my True Nature"

"Absolute Authority requires  
Sovereignty of my own Choices"

"I cannot be a fatalist without  
becoming the victim of my fate"

"People who believe that this  
world was created by accident  
don't believe that accidents are of  
their own making"

"If power and authority was the  
same thing, I wouldn't need two  
words"

"What do you call a man who chases money? A Pauper. What do you call a rich man who chases money? A Pauper. A Pauper is a man who believes that he does not have enough money and therefore continues to chase it"

"Whatever I am tolerating in life will stop me moving to Acceptance"

"Once we find our version of the 'Truth', we know that it is just one version of the truth"

"A Universal Truth is a truth that is true for everyone"

"I can only be stabbed in the back when I am not confronting my demons"

"It is the belief that compassion relieves the suffering of others that allows mercy killing to exist"

"When mercy means life, mercy killing becomes an oxymoron"

"Until I learn to listen to my Self, I will not hear other people"

"Before I can realise my dreams, I have to realise that I am dreaming"

"When I get that reality is imaginary, I will be able to imagine my True Reality"

"When I think that reality is real, then imagination becomes a waste of time"

"My critics think that I am making it up as I go along. I know that I am"

"What I can imagine will one day become real. One day, what is real will become an image of my past"

"It takes a great deal of strength to attain Gentleness"

"My Spiritual search for Oneness requires me first to overcome my attachment to my emotional need to be included"

"Spiritual Reality (Spirituality) requires an understanding of both Spiritual Time & Spiritual Space"

"I will is the ego seeking to move out of the present moment"

"I will never make myself right by making someone else wrong"

"When I live in someone else's shadow, I cannot shine light on my own"

"In a 2 dimensional world, spirituality is in opposition and confrontation with physical reality. In an ideal 3 dimensional world our physical, mental and emotional realities come into spiritual harmony".



"When I ask the right question, I already have the right answer"

"It is easier to make a beautiful woman feel ugly than to make an ugly woman feel beautiful"

"I cannot be truly in control of my Life until I have learned to surrender"

"Chances are opportunities that do not appear by chance"

"When I empower an idiot I get an Emotionally Intelligent Man"

"The most thoughtful people have the least thoughts and the quietest minds"

"It is a belief in a judgmental god that creates a world of hell and damnation"

"I am empowered by Inspiration; I am motivated by whatever I need emotionally"

"I may search for many life- times and fail to find Oneness"

"In the relative physical world both sides of the equation have to balance"

"In the Spiritual World one and one usually equals three"

"Evolution is the reality of a Species changing over time"

"An irrational number creates an infinite number of possibilities"

"The Earth has a North-South Polarity and an East-West Gender"

"Silence is golden, listening is platinum"

"Balance and Equilibrium do not lie on a forward positive path"

"Justice requires Acceptance.  
Acceptance requires Forgiveness.  
Forgiveness therefore precedes  
Justice"

"The ability of my ego to Attract is equal to my power to choose, which is relative to my authority to choose, which is determined by my Soul's Choice"

"The power to manifest belongs to my Soul, the will to manifest belongs to my Ego Self"

"Choice allows the reappearing cycles of time to alter course"

"The procession of Time allows the past to reappear in the future"

"We are all Prisoners of our Conscience"

"I will attain Perfection once I realise that Life itself is Perfect"

"It is the petulant child within that believes its toys can be taken away"

"Happiness and Well-being cannot be attained by an unforgiving mind"

"I am required to 'Be the Reality' that I choose to experience in this world"

"When I appreciate money, my money appreciates"

"The greatest challenge in Life is to have no problems"

"The only guilt in Life is to lose my Innocence"

"The only debt I have is one of Gratitude, for my daily bread"

"When I confuse God with Religion, I will never find God"

"I Trust other people to do what they believe is right for them"

"My Soul will not settle the debts incurred by my Ego"

"Comfort food will only ever make me feel uncomfortable"

"Division is how the subjective 'I' becomes the objective 'me'"

"It's the emotion that conveys the thought that counts"

"Objectivity is the way into duality. Adjectivity is the way out"

"The only Deadline is Death"



"Simplicity has only one reality.  
Multiplicity has many"

"My degree of clarity is equal to  
the direction of my polarity and  
the attitude of my perspective"

"Non-dualism may be  
experienced as Oneness or as  
Threeness"

"Absolute Oneness has no  
Reality"

"Equanimity is the ability to 'Rest  
in Peace' before I die"

"Having a frugal lifestyle is the pathway to extravagance"

"Having an expensive lifestyle is the pathway to scarcity"

"Having an abundant lifestyle is the pathway to contentment"

"Trying not to hurt someone's feelings always results in them feeling hurt"

"Martyrdom is being convicted of someone else's beliefs"

"A puzzle is only a puzzle until it is solved"

"My greatest opportunity in life is to be who I really am"

"Angels come in all shapes and sizes and different disguises"

"When I give away my choice, I give away my power"

"Quality of Life is a measure of how much I value it"

"Life has no value without experience"

"Life is an evaluation experience. I am here to experience the value of life"

"My ability to create my own reality is relative to the amount of personal time and space that I have freely available"

"When my space is free and my time is free, freedom becomes my reality"

"Life Coaching is the Art of turning a 'Can of Worms' into a 'Tin of Peaches'"

"Striving for perfection always results in strife, not perfection"

"I try to solve a problem, endeavour to meet a challenge, and succeed in taking an opportunity"

"The mightiest warrior gently fights the system, not other people trapped in the system"

"Fearful people fight evil. Fearless people do not give evil a thought"

"The Route of my Happiness is along my Life-Path"

"A toleration is created by an unacceptable belief"

"Intuition is a spiritually intelligent guess"

"Self-confidence is my ability to make my reality real"

"Joy is the gateway to Freedom"

"There is as much power in the silence as there is in the word"

"If I want my children to be free, I must first liberate my Self from my children"

"Every cloud contains a golden opportunity"

"Without the fog in my life, I would never see my vision clearly"

"The only Prayer required is one of Appreciation"

"What I have today, whether I like it or not, I will have tomorrow, unless I change my mind"

"I have come here to have what I already have, by being who I already am"

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"Without Joy, I am withdrawing from Life instead of seizing the opportunities of Life"

"Lust is the desire of a disconnected ego"



"Need is the passion of an ungrounded spirit"

"Will-power is the fuel of lust and desire"

"A Pacifist is a seeker of Peace, not one who has found it"

"One Man's sin is another Man's virtue"

"Abundance cannot survive within my comfort zone"

"I cannot have too much of a good thing. Too much is by definition not a good thing"

"There is no wisdom in the prudence that expounds poverty as a virtue"

"Innocence is the essence of all that we judge to be Good"

"A pessimist sees problems, an optimist sees challenges, and an opportunist sees opportunities"

"I cannot have more than enough Abundance"

"Uncertainty is the gateway to opportunity"

"An oxymoron understands the paradox of Life. A moron understands neither paradox nor life"

"A master accepts whatever turns up because he knows that at some level he has created it. A True Master knows at what level he created it"

"A problem is a trial, a challenge is a quest, and an opportunity is our destiny"

"When I show someone the way, I am no longer lost"

"There is not just One Way. There is my Way and there is your Way"

"I have one probable Way. You have many possible Ways"

"Faith is the assurance of an uncertain future"

"We are all 'ugly ducklings' until we become Swans"

"A Loving Father never says Thou Shall Not"

"A Loving Father says Explore, Experience, Discover, for you cannot fail"

"Once I embrace uncertainty, nothing is certain, not even death"

"An effortless life cannot flow within the boundaries of my comfort zone"

"Spiritual growth requires the ability to see life from a new perspective"

"Am I different and trying to be like others, or am I the same trying to be different?"

"Reality only exists in the present moment"

"The reality of the past is just an experience; the reality of the future is just a possibility"

"My path of Destiny travels from a negative to a positive polarity, in my present moment of reality"

"The path of fate travels from the past to the future in time"

"Our material world is thought made manifest"

"The best way to get my emotional needs met is to change the beliefs that created them"

"Thoughts that become spoken words, soon become actions"

"When I cannot see the opportunity that is being presented to me, it presents itself as either a challenge or a problem"

"The realm of 'no-time' has no moments in time, not one moment of time, this is eternity"

"Hope is the belief that all possibilities exist"

"Ambition is for people who do not have a Vision"



"Without Divinity Man is only human"

"To follow another Man's path will eventually result in certain death"

"Duty is a payment I make to another for the privilege of living under their authority"

"We cannot share with another that which we have not attained for our Self"

"Slavery is my inability to Master my Freedom of Choice"

"I cannot create a new future by studying an old past"

"When the present (moment), presents itself as a present (gift), I have presence"

"My Heart is my core essence, the centre of my balance and equanimity, my singularity"

"Compassion is sharing Passion"

"Aspiration without Inspiration will result in perspiration"

"In the stillness of the gap is found the flow of each moment of now"

"Being awkward is inherited, being unique is inherent"

"Motivation is the power needed to move other people along my path".

"Luck is a happy accident"

"Embarrassment is too much power and not enough confidence"

"Humiliation is too much confidence and not enough self-worth"

"Solve your problems, meet your challenges, and create your opportunities"

"When strong is in opposition to weak, it has no real power"

"We cannot share an odd number equally"

"Rest in peace is for those who failed to live in Peace"

"Death is the end of a life-time not the end of Life"

"Every ending is also a beginning and every beginning is also an ending"

"When the system loses, we all become winners"

"Love is the sum total of all our emotional states of Being"

"I feel Love, I experience emotion"

"We need beliefs to make us feel secure"

"There are 360 degrees of polarity"

"Unless I take responsibility for creating my past, I cannot consciously create my future"

"Beyond the habit of a life-time, lies the opportunity of a life-time"

"Before I can share my life with someone, I am required to have a life worth sharing"

"Have-to's deny me choice"

"Acts of God are unnatural,  
natural acts"

"God's wrath is really Man's  
anger"

"Unless I allow miracles to  
happen, they can't"

"Inspiration will elevate me to the  
height of my aspirations"

"Emotion is Man's interpretation  
of Love"

"Love is the feeling given to Man by the Creator"

"I have to lose my freedom before I can find my freedom"

"Freedom lies beyond the boundaries of my comfort zone"

"God's creations are self-perpetuating. Man's creations require energy to maintain them"

"With the authority of my Soul, I am empowered".



"When everything is black & white, there is no colour in my life"

"Self-worth is how much I value my Self"

"Circumstances are what keep coming around when I stand still"

"The wisest Man in the world does not choose to be the richest Man in the world"

"A miser has the ability to be miserable in abundance"

"When I share my poverty, we both get poorer"

"When I judge another as guilty, justice becomes an act of revenge"

"A two dimensional reality looks the same to everyone"

"A three dimensional reality is holographic and looks different from every perspective"

"Spirituality without logic is useless to a rational Man"

"Living without enough is a crisis; living with too much is an extravagance; and living with enough is an adventure"

"A negative charge is a cost"

"Wasting time is based on a belief that time is limited and not eternal"

"Pleasing God, does not please God"

"Being humble to God makes God greedy and arrogant"

"Before I can live in a new world, I have to create a new world in which to live"

"I cannot ask a Goddess to live with me in Hell"

"Spirit is free, it is not wild, it cannot be tamed"

"Without comparison there is no meaning"

"Dreaming is my Destiny"

"Nature is the nature of God"

"The secret of happiness is knowing how to be happy"

"Arrogance is pride without humility; greed without humbleness; and wrath without meekness"

"I can't have too much Self-Confidence"

"The Scales of Justice balance at the fulcrum not at either end of a judgement of guilt or innocence"

"Love is the power of positive emotion on which our thought is transmitted and received"

"Science understands the world from Man's perspective. Art is seeing the world from God's perspective"

"Seeing the world from God's perspective is an Art"

"My Soul is truly selfish; it is only interested in the growth and development of its Self"

"One choice is no choice, two choices is a dilemma, three choices is divine"

"My greatest fear is not of dying, but of not living"

"The only difference between an entrepreneur and a racketeer is perspective"

"The only difference between a terrorist and a freedom fighter is perspective"

"My Destiny is my Journey"

"My ability to consciously create my reality is relative to the power of my attributes and the authority of my attainments"

"There is always a reason for my actions, although the reason is not always rational"

"The attainment of mastery requires the mastery of attainments"

"We marry for emotional reasons, yet we need a rational reason to divorce"



"I never get bored with Life,  
only the lack of it"

"Turning matter into energy is a  
human activity. Turning energy  
into matter is a Godlike activity"

"The only failure in life is to be  
driven by success"

"When I attempt to solve a  
problem that doesn't yet exist, I  
actually create that problem"

"Imagination is the gift of the  
Magi"