



Wise Words From The Inner Coach

Book Two

Keith Collins

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"Being outside of the 'box'
requires a 4 dimensional
reality created by 3
dimensional thinking"

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"The 'box' is a three
dimensional reality created by
2 dimensional thinking"

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"Three dimensional thinking
always finds the 3rd Way"

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"Male energy seeks to
dominate the world"

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"Imagination can be a great
asset or a huge liability"

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"Super-conscious logic is
emotionally-rational"

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"Resistance inhibits flow"

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"Being Rational and
Unemotional is not Logical"

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"Emotional needs override
logic"

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"Miracles are logical"

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"Logically, intelligence is both
rational and emotional"

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"When Energy has energetic form, it is logical"

"An instant is a point of reality"

"Success in life does not come from what I do, but from who I am being whilst I am doing it"

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"Inspiration comes from
within. Encouragement
comes from without"

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"When I see the problem
instead of the opportunity, I
feel the fear instead of the
inspiration"

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"Energy = Mass of
Consciousness²"

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"Coughs & sneezes release
dis-eases"

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"No Chief, no mischief"

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"No Devil, no shame"

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"There is no potential that is
not realisable"

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"Thought is essential for the
realisation of potential"

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"Planet Earth is an ideal place
to experience cold, rational,
analytical thinking"

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"True Thoughts have
an emotional rationale"

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"Thinking is rational, irrational
or unemotional"

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"Static electricity is stagnant
life-force energy, called low
spirits"

"There is no evil in a world of
forgiveness"

"It is my belief in an external
god that disconnects me from
my emotional energy"

"Self-esteem is a measure of the degree to which I like my Self"

"A self-centred person puts their self at the centre of their life, which is exactly where I choose to be"

"When I put a lot of effort in, I succeed only in putting a lot of effort in"

"People who are well off don't need to be better off because they are already well off"

"Self-belief requires intuitive knowing, not a belief"

"Just because something is not practical doesn't mean that it is impractical"

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"I will always be in two minds
as long as I have two minds
to be in"

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"I can only fight for someone
else's freedom because I
already have my own"

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"My fight is always against my
victimhood"

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"Coaching is therapeutic"

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"Therapy isn't always
therapeutic"

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"An emotional need is a belief
that I need something
emotionally"

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"The door of opportunity
doesn't open automatically"

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"Heat is a measure of how
fast something is moving"

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"Being serious can result in
serious illness"

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"Money is only important to
people who believe that they
do not have enough"

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"The quality of a relationship
is determined by who we are
being, not what we do"

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"When I see my Soul as an individual aspect of God, I separate and disconnect my Soul from God"

"Gravity is not a force, it is a magnitude of energy"

"Electricity is not a force, it is a potential of energy"

"People who need more knowledge choose a Teacher. People who want to use their knowledge in a better way, choose a Coach"

"People who need more skills choose a Trainer. People who want to use their skills in a better way, choose a Coach"

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"You cannot develop
teamwork with a strategy of
divide and conquer"

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"Mindfulness requires an
empty mind"

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"I am motivated to persevere,
persist and prevail"

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"I am convicted of being
committed, determined and
dedicated"

"I tolerate my compulsions,
my obsessions and my
possessions"

"I only need to continually
affirm what I want when I
believe that I need to do so.
My Soul is always listening"

"My visualisation requires the authority of my ideals in order for it to be realised"

"Personal development is overcoming my fate, whereas spiritual growth is fulfilling my destiny"

"A physical life is material, a non-physical life is immaterial, and a spiritual life matters"

"Money is not an energy. The emotion with which money is exchanged is an energy, and an energy exchange"

"Experiencing a better world using my 5 physical senses is not realistic. Exploring and discovering a new world with my 3 intuitive senses is not only realistic but also creative"

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"When I know that my choice
is the cause of my reality,
then I know that I can choose
a new reality"

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"Knowing that I always have
choice allows me to make a
choice"

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"The 'half-life' of a thought is
eternity"

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"The desire to have choice
can stop me choosing"

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"I cannot have negative
beliefs and be a positive
thinker"

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"Positive thinking is about
overcoming negative thinking,
it's not about choosing a
positive thought instead"

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"When my abundance is in
opposition to my scarcity, I
will never have enough"

"I am only uncertain in
someone else's reality"

"Rational thought requires
emotional power in order to
be creative"

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"Thought is an electro-magnetic wave that exists on the spectrum beyond gamma rays"

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"It is not possible for a thinking machine to invent a thinking machine"

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"The idealisation of ideal ideas requires imagination"

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"Before I can guide someone
in their new reality, I am
required to support them in
their old reality"

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"Kindness is an action.
Kindliness is a state of Being"

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"We can choose to be kind or
a miser and we can choose to
be kindly or a misery"

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"A Teacher is a person who is deemed to have knowledge that they give to someone else who believes that they are without that knowledge"

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"A field is a two dimensional space. A contextual field is a 3 dimensional space"

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"I realise the illusion when I make the illusion my reality"

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"An option is a choice,
but one choice is not an
option"

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"Photons don't have mass,
they are mass. They make
matter more massive"

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"Physical energy is an
oxymoron. Energy is not
physical"

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"All beliefs are toxic. Only
Truths are Pure"

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"There is nothing you can do
to overcome boredom, except
change your state of being"

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"Matter is not attractive.
Energy is"

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"Gravity is not the attraction of matter to matter, but the attraction of energy to energy"

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"Specific gravity is not relative to density but to mass"

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"The magnitude of mass creates the force of gravity"

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"An electron defines the boundary of its atomic mass"

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"Separation creates polarity"

"It is not clever to make things up, but it is creative"

"Thinking is ponderous and heavy. Thought is light and creative"

"In the absence of problems, I am in the presence of opportunity".

"It requires power to be of service to others".

"Everyone has a heart of gold, yet few are connected to it".

"It is the system that needs to be well oiled, not the operator".

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"We slow down the motion of energy to manifest matter".

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"We speed up matter with the energy of motion".

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"Balance is a matter of energy in motion (emotion)"

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"Being disempowered and disconnected serves no-one".

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"A disconnected ego will
choose in vain".

"Vanity is a disconnected ego
choosing for itself".

"Once awakened, work and
play are the same thing".

"Physics studies the energy,
mass & momentum of
Matter. Metaphysics studies

the Energy, Matter & Motion
of Consciousness"

"Left alone, everything
becomes Lighter"

"When I search continually for
a partner to make me happy, I
search in vain and in vanity"

"Change is a force for good,
yet forcing change is never
good"

"Thought is the result of a
static mind becoming
dynamic"

"Dynamic Mind in Motion
expresses Light"

"The strength of my
connection to my Light
determines how powerful a
Being I am, and how powerful
I am Being"

"Seeing others as healed and
whole is the surest way to be
healed and whole oneself"

"Once I am healed, others no longer need to reflect my pain, my misery or my sin"

"I did not choose to forget when I came into this physical world. I forgot because I disconnected from my Light. I remembered this when I reconnected to my Light"

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"Physicality exists in a relative world that has a very narrow vibration of Light"

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"What I can physically see as a reflection of physical Light, is such a minute spectrum of my True Light"

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"Kindness & Kindliness are not the same thing"

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"Being in Service is a state of
Being not an act of doing"

"An expensive life-style is
lived at someone else's
expense"

"Chaos is the natural order of
things"

"Thought is empowering, yet thinking depletes emotional energy"

"Toxicity is created mentally, stored emotionally and released physically"

"Viruses maintain healthy cells. Bacteria maintain a healthy lymph (drainage) system"

"The issue is not whether
someone else is being selfish,
but whether someone else
being selfish is an issue for
me"

"I can only share my
perspective of life with
someone who has the same
perspective of life to share
with me"

"Offering my perspective of life to another is not sharing my perspective of life with another"

"A Trainer, a Teacher and an Instructor work to their own agenda. A Coach always works with the clients agenda"

"Before I can count my
blessings, I have to
remember what they are"

"I can only be disillusioned if
what I believe in the first
place is an illusion"

"Unless I am content with
what I already have, why
would I choose to share it
with another"?

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"Being content and in debt
cannot happen"

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"Without contentment, giving
and receiving are not in
balance"

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"Without equanimity, give and
take is not in balance"

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"In adversity lies opportunity"

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"A balanced relationship
between two
unbalanced individuals
cannot happen"

"A balanced relationship
allows one to experience
one's own inner harmony"

"Silence is powerful"

"A cellular cleansing, a mental deliverance, and an emotional release are all essential to experiencing Health"

"It is not possible to be unemotional and to be emotionally intelligent"

"The purpose of a committee is to allow an autocracy to appear democratic"

"An option is a choice, but
one option is not a choice"

"Compassion requires
positive energy from both
parties"

"Very little spiritual
consciousness survives
parental programming"

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"Destiny gets lost and
replaced by fate at a very
early age"

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"My Soul is neither prejudiced
in favour of nor against my
Self"

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"My Soul has no agenda"

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"Help for Heroes is a victims
charity"

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"Charities that support
victims, support victimhood"

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"What divides inner and outer
space is my perspective of
life"

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"All Souls are Inter-
developmental"

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"Creatures without choice do not need a large brain or a complex processor".

"I am truly content in life when the content that I have is aligned with the contentment that I am being".

"When the system is perfect, I cannot change it to my own advantage"

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"Choosing intuitively is a no-brainer"

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"At the fulcrum of the see-saw there is no duality of up & down".

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"When the see-saw is balanced both directions appear to be the same".

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"Blood is only thicker than
water when it stops flowing".

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"Religion is often on the path
between Atheism and
Personal Spirituality".

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"To find one's faith in religion
requires one to trust in the
teachings of that religion".

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"A tall story can be deep or shallow".

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"Perfection lies on a path between not good enough and too good".

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"Excellence requires me to be better than good".

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"Abundance is having enough, perfection is being

good enough, and an abundance of enough is perfection".

"We are all prisoners of our own fears".

"I am fit to live life when I fit into my reality".

"Spontaneity has a chaotic order".

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"The most important policy decision is deciding which policy needs a decision".

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"Rationalising negativity doesn't make it rational".

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"All negativity is irrational".

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"Mastery of Life can be experienced at the Source of all Paradox".

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"The only antidote to
tiredness is fulfilment".

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"I cannot be separate from my
Divinity and connected to it".

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"If I want to give up tiredness,
I have to give up the antidotes
as well".

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"God is not a Scientist. God is
Scient-ist . God is
Omniscient-ist".

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"Jesus is not a Christian.
Jesus is Christ. Jesus is
Christ-ian".

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"My Provision is in Abeyance
awaiting my Obeyance".

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"Losing is an option until I
choose Win-Win".

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"I am made in the Image of
God, but not in the image of
your God"

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"Time allows reality to be
subjective"

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"Objects allow reality to be
realised"

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"Space allows objects to be real"

"Reverence is a posh name for pleasing"

"Posh is a kind word for greed"

"There is no room for humbleness in sport"

"There is no fun in losing"

"Absolute Power has no
corruption"

"Reaction is relative to our
need for emotional power
from other people"

"I respect people who
understand what respect is"

"Wealthy people don't need to gamble, they have enough. It is people who believe that they don't have enough that gamble"

"A job is something that I do to earn money. A position is something I earn that gives me status"

"A wise man knows that
general knowledge can be put
to better use than winning a
quiz".

"An emergency is the
emergence of my Soul in my
Life".

"Pleasing me is greedy,
pleasing others is pleasing".

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"The essence of what I want
is always the emotion with
which what I want is
received".

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"A counter-intuitive
perspective is counter-
intuitive".

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"Authentic leadership will
never lead me into conflict".

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"The creative ability of a thought is relative to the emotional intensity on which it is transmitted or received".

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"I am knowledgeable, my soul is wise".

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"Open heart surgery is a drastic solution to a closed heart".

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"Life or death is a choice that I make every day".

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"I cannot overcome lust with scarcity. Abstinence doesn't work".

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"The answer to all fundamental questions is Yes".

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"The best deal for me is the deal that my Soul negotiates for me".

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"Following my path is a process of negotiation".

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"Spontaneity has Divine Order".

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"We have all been brainwashed into thinking that

we are all normal members of society".

"Contraction creates spin".

"A wise man is an oxymoron"

"Consciousness is not something that I have. I am an expression of Consciousness"

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"I experience the effect of
whatever I cause to happen"

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"The only force of nature is
attraction, although attraction
is perceived in many ways"

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"Attraction is the force of my
nature"

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"Accidents are not natural,
they are unnatural acts"

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"Nature is not an accident and nothing happens in nature by accident"

"Duality allows waves and photons to exist simultaneously"

"Reality is just a perspective and duality is similarly just a perspective"

"Physical scientists naturally prefer photons to waves"

"Spiritual naturalists prefer waves to photons"

"Matter has limited (finite) mass. Energy has infinite (unlimited) mass"

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"Reality is neither local nor general. It is individual and relative to perspective"

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"Time is both linear and tangential"

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"Time allows reality to be subjective"

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"Space allows objects to be real"

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"I can choose to be the
subject of life or subjected to
life"

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"Thought creates reality.
Reality allows thinking"

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"Negative thought is an
oxymoron"

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"Negative thinking recreates a
negative reality"

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"Opposites in tension allow
the contrast of opposite
intentions"

"The sense of Space allows
objects to materialise"

"It is not possible to
understand absolutes from
the perspective of a relative
world"

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"Weight is vertical resistance.
Mass is horizontal resistance"

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"Weight is relative. Mass is
absolute"

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"Vision is the interaction of a
divided consciousness"

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"A Vision is the Mission of a
Consciousness with Purpose"

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"A wave exists in time. A
Photon exists in space"

"Natural Philosophy is the
Science of Nature"

"The nature of science is to
substitute wisdom with
knowledge and love with
proof".

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"When I am planning to be happy or successful, I am focusing on my unhappiness and my failure".

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"Planning is a management skill, not a life skill".

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"Planning ensures managers use employees effectively".

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"Plan A is to do, plan B is to Be".

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"Plan A is to have a clear intention, plan B is to allow it to occur".

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"Employment is slavery without ownership".

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"When I work at play it becomes serious fun".

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"Illness is just my body telling me it cannot keep up with my mind".

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"Decreasing vibration creates gravity".

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"Increasing vibration promotes Ascension".

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"Managing people is using people".

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"Workers are employed by
managers not by companies".

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"A worker manages tasks, a
manager employs people to
manage tasks".

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"The death of my ego allows
my spirit to live, whether
I remain in my physical body
or not"

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"Thought is creative, thinking is often destructive".

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"Nonsense is time specific".

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"My Heart is where my home is".

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"A Business Coach improves standards of performance. A Life Coach improves standards of behaviour".

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"A belief is what I have, a
behaviour is what I do and an
emotion is who I am being".

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"Belief + Emotion = Behaviour
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"Intuitive response is my ego
acting in co-operation with my
Soul".

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"Instinctive reaction is my
Soul acting without the
conscious-awareness of my
ego Self".

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"The ability that Man has over
other animals is Personal
Choice".

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"I expect my fate, I anticipate
my Destiny".

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"When I overcome duality, I
will be overcome with
gratitude".

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"My Messiah is the One who
reveals my Path in Life".

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"Inspiration is my Soul
breathing life into my Self".

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"When the quality of mercy is
not strained, life is effortless".

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"Reality is circumstantial, time is occurring, and space is situational".

"We are all naturally prejudiced in favour of people who are like us and people who like us"

"Presence is Timeless"

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"My standard of behaviour is determined by my beliefs, which also determines my emotional state of being".

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"An open mind allows new possibilities to exist".

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"When the Human Race realises that there is only One Human Race, racism will end"

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"There are many versions of
God, but only one aspect of
Oneness".

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"Morality is created by a
belief that there is only One
Truth, One Reality, One
Standard, One Way, and One
God".

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"God has no Behaviour and
therefore has no Standard".

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"Morality is Man's version of what is right & good, not God's".

"Curing illness is not an option. Deciding to be well is".

"Ageing is just a reminder that everything is continuously changing".

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"I am never confused by
someone else's reasoning,
only ever by my own".

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"I worship the ground that I
walk on".

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"Labour are 'earners', Liberal
are 'spenders' and
Conservative are 'savers'.

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"Rational thinking inhibits
instinctive behaviour".

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"I act instinctively, I sense
intuitively".

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"Life is an opportunity to
push my boundaries and
expand my frontiers".

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"My Soul never says I am not
allowed".

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"Gnosticism is not a religion.
A Gnostic is one who
knows their own unique path
in Life".

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"Reality is as True as Time".

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"The really difficult lessons in
life are the ones that we
believe can kill us, because
they can".

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"When my emotional energy depreciates, I need to be appreciated".

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"The dichotomy of paradox is that when I have a dichotomy, I haven't got the paradox".

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"War will only end once both sides see the futility of conflict".

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"Gravity decreases Vibration".

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"I never forget what I am
doing when I am focused in
the present moment of now".

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"In the presence of my Soul,
Time does not exist".

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"Being engrossed is gross
misconduct".

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"It is the act of not thinking
that allows clarity of Thought".

"Play with your Mind because
your Mind chooses to play
with you".

"Reproducing old experiences
in a new way is neither
creative nor expansive. It is
just doing the same thing
differently".

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"To connect to the higher aspect of who I am requires me first to disconnect from the lower aspect of myself".

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"Faith is an effortless journey".

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"It is mistrust and misplaced trust that creates conflict".

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"An honest thief has no attachment to the material possessions that they are taking".

"Allowing requires effortlessness, Accepting requires gratitude".

"My deductions, based on past events, decide what adds up for me in the future".

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"Thought is consciousness
experiencing itself".

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"Thoughts and memories are
not the same thing".

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"Beauty and age are not in
conflict. They are not a
duality. Age has no reason to
compete with beauty".

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"In a dual reality world,
distinctions are essential to
understanding the duality".

"Gratitude puts more of the
same into my future.
Appreciation puts even more
of the same into my future".

"Getting old is my fate.
Growing with age is my
Destiny".

"Becoming graceful with age
is not the same as growing
old gracefully".

"I always take advice but I
don't always choose to follow
it".

"Abundance is an attainment
not an achievement".

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"My only entitlement is to
choose my entitlement".

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"It is not making a new choice
that changes my mind. It is
changing my belief that allows
me to make a new choice".

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"I cannot change my mind, I
can only change the beliefs
that I have about my mind".

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"I only make up my mind
when my mind is made up.
When my mind is made up it
is a pretence, I have made it
up".

"In Absolute Reality there is
cause (1st Cause) but no
effect. Therefore reality has
no effect and the effect is no
reality".

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"Reality requires both Time &
Space"

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"The True Leaders of
a society are its Elders".

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"It is not age that qualifies me
to be an Elder but wisdom".

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"Re-creation is Play"

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"The intensity of my emotional
'shadow' is determined by
the gender and polarity of my
thoughts".

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"A negative thought is aligned
with my ego's fears".

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"A positive thought is aligned
with my Soul's desire".

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"The war will be over when I
stop fighting the battle".

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"Winning and losing battles
both perpetuate the war".

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"A Gentleman confidently
asserts his authority to
choose with a 'gentle' and
non-aggressive demeanour".

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"I have chosen to live in this world in separation from and in harmony with all others and to be in Oneness with my Soul, not all others".

"Forcing my authority onto another never gives me power. It is an abuse of my will-power".

"The force of my authority is determined by the magnitude of the power of my Love".

"The Golden Rule" is: "Treat all others equally well, equal to how well you would treat yourself and wish to be treated yourself".

"My Soul is the Prime Cause of Love"

"I am here to serve others by assisting them on their path not by guiding them on my path".

"We are all doing God's work".

"The secret to success is not to fail".

"True Excellence has no standard because it is not standard".

"The only intention that will keep me on track is my intention to stay on track".

"Life is an emotional experience"

"Emotional Intelligence is my ability to understand my emotional experiences intelligently and my ability to intelligently experience my emotions".

"I cannot make a difference in this world by being like other people".

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"The cause of irrational behaviour is the lack of emotional intelligence, whereas the symptoms of irrational behaviour are caused by a lack of rational intelligence".

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"Other peoples' standards are my boundaries".

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"The ultimate test of my emotional intelligence is whether I can be Happy & Well as the direct result of my consciously choosing to be so".

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"My comfort zone defines the limit of my power".

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"Being different has distinction".

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"My Soul's Mate is me".

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"Emotional abuse is needing
love from someone who is not
prepared to give it to me".

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"Physical abuse
is exerting my superior
ability over someone who is
not prepared to submit to it".

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"Mental abuse is enforcing my beliefs on someone who is not prepared to accept them".

"Authority is about 'Being Allowing' not about being allowed".

"I tempt fate by not making a choice".

"I am consciousness
therefore I think, is not the
same as, I am conscious
therefore I think".

"God is Pure Consciousness".

"God is the 'Originator of
Thought', the 'Source of
Thought', the Creator of
Thought', & the 'Sum of all
Thought'."

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"Charity is the actions of those who believe that they have more than enough, to those whom they believe do not have enough".

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"Charity is the consequence of a scarcity mentality".

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"The Holy Trinity is the Oneness of Threeness".

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"Needing something is an expression of my being without my power".

"Wanting something is an affirmation of my being without my authority".

"When there is nothing that I need to do, then I can choose to do what is of greatest value for me".

"When I know that everything is provided for my Self, I know that I want for nothing, and I know that there is nothing I need to do, except allow it to be provided".

"A positive problem is called a puzzle".

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"Life is a puzzle to be
resolved not a problem to be
solved".

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"I cannot tempt providence; I
either allow it or disallow it".

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"I am thought, therefore I
think".

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"Inner conflict occurs when
my boundaries and my
standards do not match".
