

The background of the image is a vast, flat landscape covered in numerous light-colored, porous rocks of various sizes. The rocks have a pitted or honeycomb-like texture. In the foreground, a single, smooth, white, egg-shaped rock sits prominently on a larger, textured rock. The horizon is visible in the distance under a clear blue sky.

"Wise Words"

Book Five

Keith Collins

"Spiritual Intelligence is a synergy of rational consciousness with emotional awareness"

"Intuition has its own logic when viewed with emotional intelligence"

"There are none as blind as they who cannot see intuitively"

"If I want to be a wizard at coaching, I have to learn the magic"

"A conscious perspective without a perceptive awareness has no clarity in its direction"

"The clearer that the coach hears the questions, the quicker the coachee will find their own answers"

"A Teacher provides the answers to a student's questions. A Coach provides the questions that allow the student to find their own answers"

"I cannot be too emotional but my emotions can feel too negative and can be too intense for me to manage in a rational way"

"I cannot be over aware of my own emotional state of being but I can be too sensitive to the emotional state of being of someone else"

"Emotions are the result of my true feelings being filtered through my belief system"

"Our consideration for other people is usually based on what we consider best for our Self"

"There is no providence without allowance"

"There is no forgiveness without acceptance"

"That which is a lien to my Soul is often alien to my Self"

"Son of God has no literal translation. Metaphorically it means Divine Ability"

"The purpose of life is to give life meaning"

"If Jesus were alive today, how would he celebrate his birthday?"

"The only hearsay that is empowered is our own inspired revelations"

"Unfortunately, the good news expressed in the Gospels is 2nd hand and therefore hearsay"

"Competing with an illness allows it to defeat me"

"Creativity is not a mental process. It requires emotional power"

"Exploring the deep keeps my head above water"

"Divine Absolution is absolutely divine"

"Extroverts would rather be hated than ignored. Introverts would rather be ignored than hated. I hate ignorance & I ignore hatred"

"I experience surreal experiences when I allow surreal experiences to be real - it's really magical"

"Feeling a physical sense of touch is not the same as being touched by an intuitive sense of feeling"

"A Survival mentality is conscious of what it fears will kill it"

"Surreality is a reality that can be seen to be beyond the generally accepted reality"

"Most people think they know what they need to know. Some people know they know what they need to know"

"Extroverts need people. Introverts need space. 'Overts' have space even in a crowd of people"

"There is no love in effort"

"In a stable relationship both partners can access their sexual & their sensual energy at will"

"When a man provides the sexual energy & a woman the sensual energy, the relationship is balanced but unstable"

"Just because I am deceived by an illusion, it doesn't mean that I am deluded"

"We are all students of the 'dark arts' until we see the Light"

"A Comfort Mentality is conscious of what is causing its pain & discomfort"

"An Awareness Mentality is mentally aware of its three intuitive senses"

"A Creative Wizard values unconscious competence above conscious capability"

"Earth is the ideal environment to practice the art of creative wizardry"

"Redemption means taking a fresh look at who I am being, what I am attracting into my life, and why"

"In 'divine time', I am never late & never early; I am ever present & I always have enough time"

"Happy people never criticise, condemn or complain"

"Under what conditions is it appropriate to practice unconditional giving?"

"Who is a Human Being being
when a human Being is being
Human"

"Some people's cup is half full,
some people's cup is half empty;
and some people use their cup as
a begging bowl"

"Food is physical fuel that supplies
mental & emotional energy"

"I'm only human is a reason for my
failure and an excuse for not
continuing my own personal
development"

"An excuse is a reason for not doing something that someone else wants or needs me to do for them"

"When I take 1 step back to assess my progress, 2 steps forward is a step in the right direction"

"The potential of a storm is its force of lightning and its magnitude of thunder"

"The only sin is to be without"

"Being without God is being without the Creator, which disallows my creative potential & my ability to create my ideal life"

"Musicians play with tunes, designers play with colours & writers play with words"

"Being sensitive with someone who suppresses their emotions is a wonderful attribute to attain"

"It is not innately wise to believe that I was born without wisdom"

"Dispassionate is being emotionally disconnected, whereas detached is being sensitively unaffected by other people's dramas"

"Trainers train skills, teachers teach knowledge and coaches connect others to their own innate wisdom"

"Reality is an illusion but it is not a delusion"

"The illusion is that few can elude the reality of their own delusion"

"Attention is not an emotional need. What is needed is for someone to pay attention to what I need emotionally, preferably my Self"

"Absolution is not a relative offering"

"Trust requires judgement, whereas faith requires a knowing of what is"

"My authority to choose is relative to my choice of authority"

"Truth can be relative or absolute.
My truth is relative to my path, as
is yours. There is no absolute
path"

"Loyalty is a duty payable for
emotional benefits given &
received"

"The birth of Christ within Man
doesn't just happen on Christmas
Day"

"When just enough is not enough,
abundance is not divine"

"A true relationship is cause for celebration every day; rather than being just an anniversary event"

"Saving is a scarcity mentality, whereas savings allow an abundance mentality"

"My belief that fear is beneficial disallows my ability to change the particular belief that is causing my fear"

"A true winner never loses. A true competitor is a good loser"

"You have to get it to have it and
you have to have it to get
it"

"A Harmonious Life requires my
being congruent with my vision,
consistent in my purpose &
agreeable with my mission"

"Two wrongs don't make a right
but they may offer the possibility
of a third way"

"I don't have to be better than
everyone else to be a winner"

"The only strategy that I ever need is how to re-align my Self with my chosen path"

"A balanced force with a harmonious wavelength is always potentially benign"

"When a Police Force is separate from a Police Authority, there is no force of authority in its policy or its policing"

"What sane society gives a police authority the power to investigate without the authority to police?"

"My brain is not programmed to survive, although it may be running a programme with a belief that I need to survive a very dangerous world"

"The 'Grace of God' is within. When I go without, I will go without"

"An inclusive attachment to another requires sympathy, whereas an insensitive disconnection is just apathy"

"Compassion with another requires sensitive detachment, whereas self compassion requires an exclusive connection with one's Self"

"A '4 Dimensional Being' is Supra-conscious"

"Nothing in this world is inherently bad. It is just my belief about something that makes it so"

"The less I intend to do the quicker I achieve it"

"Forgiveness is not something that I can give; for it is already fore given. I can only receive it and accept it"

"Unemployment means that I am not being used by someone else to achieve their ambitions"

"With clarity, direction & presence; and health, wealth & wisdom; work is effortlessly enjoyable, inspiringly empowering & truly creative"

"I cannot be spoiled by nature"

"Only in a lost, confused & frustrated society can labour-saving technology create an unemployment crisis"

"My achievement of what I do allows my attainment of who I am being, which allows my appreciation of my expansive personal spiritual growth"

"Living life to the full takes every penny that I have"

"I am being here for my Self when I am being there for another"

"The Universe is infinite; it never runs out of space. In alignment with the Universe, I always have enough space"

"My provenance is found & realised in the present, not in the past"

"The Universe is eternal; it never runs out of time. When I am in alignment with the universe, I always have enough time"

"I am never overwhelmed with inspiration, only my lack of it"

"If you shed a tear at my passing, may you choose a tear of joy; as I would never choose to be the cause of your sadness"

"My sub-conscious Id causes my reality, my conscious Ego Self experiences my reality, & my super-conscious Soul Entity creates my reality"

"Ad lib is not off the cuff. When I speak off the cuff, I have previously written it on my cuff as an aid memoir. Ad lib requires no notes"

"Until I can be happy without money, I will never be happy with money"

"Mortality is the reality of a Mortal Being. It is about life or death, depending on the perspective of a Being's mortality"

"Intuition is an unseen thought, an unspoken word or an unthinking action that allows my unconscious competence"

"I need or value, like or hate, sex or lust; but It is never a true expression of Love"

"My only need is to realise my purpose; for when I know my purpose, I have no need of anything because I see the true value of everything"

"My creative potential is powered by my emotion & authorised by my thoughts"

"I am only ever guilty of being innocent of not knowing"

"Money allows me to depend on other people for my needs. The more money I have, the more needy I can be & the more I can rely on other people"

"Spiritualists believe that when energetically connected then nothing matters"

"Science believes that when 'it's of no matter' then it is of no scientific concern"

"There is a common spirituality that runs through every religion"

"I know that I have succeeded when there is nothing that I want to achieve, nothing I need to attain & nothing that I have to accomplish"

"I cannot be mindful of my client when my mind is full of my own issues"

"I can think the worst, I can be positive, or I can allow the best to happen"

"A Mentor will help you manage your to-do-list a Coach will show you how to get rid of it"

"The quality of my health is relative to the wealth of my attributes & the wisdom of my attainments"

"When my power is restricted, I get angry; when my authority is undermined, I get mad; when my ability is frustrated, so am I"

"Rational people have no concept of emotional energy"

"I have a wealth of time, I have a wealth of space & I have a wealth of potential. I am a very wealthy man"

"I see into the future with my imagination, I see into the past with my memory, I see the present that is presently presenting intuitively"

"Being truly selfish requires my connection with my true Self, otherwise I am just being selfish"

"The present is always a surprise when I see the gift that is being presented"

"Before I can be Good, I have to experience, explore & discover what it means to be good or bad"

"Polarity allows adjective choice, which allows subjective discernment & objective judgment"

"An aspect of love is created by a perspective of light as an experience of life"

"Well-being is emotional. Wellness can be physical, mental or emotional"

"Polarity allows will power to be either pro-active or re-active, and either active or resistant"

"Will Power has a force but no magnitude, which greatly limits its potential"

"Thinking is a sub-conscious process. Thought is a super-conscious creation"

"Mindfulness is being aware of what is filling my mind and whether it is fulfilling or not"

"An empty mind allows creative thought to flow freely"

"Sometimes a person is to be commended for how efficiently they are unable to do what it is that I am asking for"

"I don't have to wait until I die before I can rest in peace"

"Chasing money is a statement of not having enough"

"Mindfulness is being aware of what is filling my mind and whether it is fulfilling or not"

"All possibilities potentially exist. Alternate realities are optional. That means I have to choose to change my present choice of reality"

"Every act of Love is preceded by the purity of an inspired thought"

"When my vision is physical, my direction is conscious. When my vision is spiritual, my direction is super-conscious"

"The vibration of a pure wavelength of emotion requires an experience of Divine Space"

"The experience of Divine Time requires a vibration with a pure frequency of thought"

"Both what I love & what I need have value to me, but Love alone has true value"

"We are all travelling to the same destination along our own unique path"

"The Divine Plan is my appointment with my destiny and your appointment with your destiny"

"My destiny is appointed my fate is often a disappointment"

"When I have enough faith, I have enough of everything else"

"A 'Good Innings' is not determined by how long I spend at the crease"

"Changing a belief, alters my perspective & my perception, re-aligns my truth & creates a new experience of reality that endorses my belief"

"My reality is a real experience of perceiving what I choose to believe to be the truth of my perspective of my experience of reality"

"The reality is that science needs to convince everyone that there is only one reality for one reality to really exist"

"I cannot change the past but I can change my perspective of the past; and when I do, I change my future"

"It is the power of my emotional state of being with which my words are spoken that determine their authority & their influence over others"

"When I see the perfection of my imperfections, I know that this world is truly perfect for me"

"In a truly perfect world there is no opportunity for growth, which disallows excellence & the process of perfecting life"

"When clearing the way forward, there may be many boulders to remove from the path before my journey becomes effortless"

"Coaching is the ability to educate people by asking questions"

"I can't expect a purple patch when I'm feeling blue and I'm not in the pink"

"Saying: "I think you are wrong" is conflict. Saying: "I have a different perspective" is confrontation"

"Reality is always true. It is my perspective of reality that is good or bad, right or wrong, positive or negative, real or false"

"Just because an emotion has no rationale doesn't mean it has no logic"

"Reality is a creation of pure thought. Fears & limiting beliefs cause a false illusion and a bad experience of reality"

"Whether I am 'in the groove' or 'in a rut' depends on which direction I am going. Re-orienting 90 degrees turns a rut into a groove"

"I used to be determined & dedicated in my commitment. I am now consistently congruent in my agreement"

"I'll never have enough money to ensure I have no money worries. The more money I have the more problems with money I potentially attract"

"The only constant in my life is consistent change"

"You can't make consommé with a recipe for pea soup"

"The more mature the learner, the more opportunity there is for the learner to learn and mature"

"Consultants are paid to solve problems. Coaches guide & support a client to become problem-free by seeing every opportunity for growth"

"You don't consult a Coach to solve your problems, but the Consultant that you consult may use coaching skills in your consultation"

"Selfish people see the virtue of other people's unselfishness. Truly selfish people do not"

"We all get to choose what's ideal & what's enough, but we don't all choose and we don't all get enough, because we don't all get it"

"There is no need to lead a horse to water. The horse is not stupid"

"People who need to change the world are generally unhappy with the world that they are presently experiencing"

"What I really need, I hang on to. What I truly love, I set free"

"When I am making a choice, I am trying to choose between two or more options, which is never a good choice"

"Success is not about making right choices. It is about allowing the right choice to present itself as an opportunity"

"There are many emotional attributes but only one unemotional attribute - being unemotional"

"True love has no attachment"

"E.L.Q. is my Enabled Learning Quotient, the measure of my ability to learn new, innovative & creative concepts"

"There is no such thing as super-conscious incompetence. My incompetence is either conscious or sub-conscious"

"Being a Coach is a role that I play. It is who I am being whilst doing my coaching that is of most importance to me"

"It is not my vision to succeed as a coach but to succeed in the personal development & the spiritual growth of my Self"

"Teachers, Trainers & Instructors are all in the business of Personal Development. Coaches are also in the business of Self Development"

"Question: 'Why would I pay a Coach to tell me what I already know?' Answer: 'Because I am not intuitively listening to my Self' "

"Today belongs to me. It is a present. Tomorrow belongs to me. It is a present waiting to be delivered"

"Don't get angry with someone else, get even with your Self"

"Neither being too sensitive nor being insensitive is being sensitive to the emotional state of another being"

"My life-path is ensured. As long as I ensure that I follow it faithfully"

"Success is attaining a level of emotional competence, achieving a level of mental capacity & accomplishing a level of physical capability"

"We all throw our toys out of the pram at some point. It's how we realise that they are just toys, to be played with"

"Sympathy is carried on an emotion of sorrow, whereas empathy is transmitted with compassion"

"Telling it as I see it is not helpful when my seeing is not intuitive, my insight is not inspired and my perspective is without a vision"

"Does my brain create my consciousness or did my consciousness create my brain? To answer, my consciousness requires awareness of its Self"

"My Soul neither insures my loss nor assures my gain, yet ever ensures that my allowance is provided"

"Couples in a sensually attractive relationship have the same sense of values and a similar sense of direction"

"Other people are never the cause of my anger, intolerance or frustration but they may often feel the effect"

"Frustration is the experience of my own thwarted ambition"

"Intolerance is my inability to tolerate my own false convictions"

"Anger is my inability to manage my own emotional energy"

"I know my problems rationally, I feel my challenges emotionally, and I see my opportunities intuitively"

"Super-conscious is above my level of consciousness, whereas sub-conscious is below; yet both are aspects of my unconscious mind"

"Seeing intuitively is like being in love, you know it when you feel it"

"When I accomplish contentment, achieve fulfilment and attain joy, I will be happy with my success"

"My unconscious competence is relative to my intuitive awareness"

"My sub-conscious capacity is relative to the integrity of my beliefs"

"Our understanding of Science is currently incomplete, we are without Omniscience. Our Scientists are not completely scient-ist"

"Having no concerns about my past allows me to have no concern about my future. My only concern is my present, to my Self"

"Life is full of opportunities for learning & growth. I cannot fail to learn & grow, unless that is I see this as a problem"

"I accomplish a task, I achieve an objective, I attain a state of being, I succeed in my life's purpose"

"We all succeed to our personal throne"

"Success is the fulfilment of my vision, the contentment of my mission & the enjoyment of my purpose"

"I am financially driven by my greed, I am customer driven by my need to please, and I am success driven to enjoy the true value of my life"

"Life is not about how well I play the role that I am playing, but how well I am being whilst I am playing it"

"My only failure is my failure to see how successful I already am"

"Success is gained by attaining the power & achieving the authority to accomplish the ability to live well on my journey through life"

"The presence of arrogance and the absence of confidence will both disallow my path"

"Pleasing: Under-estimating my value to other people. Believing that I am less worthy than others"

"Greed: Over-estimating my value to other people. Believing that I am more worthy than I am"

"Esteemation: Guessing the level of my confidence & worth"

"Arrogance is an ego's will, whereas confidence is an intuitive knowing"

"The Universe is a Perpetual Motion Machine. Infinite Space & Eternal Time create a Reality that is perpetually in motion"

"A rational person only knows it when they see it. An intuitive person only sees it when they know it"

"To be valid, I am required to be grounded. To be vital, I am required to be earthed. To be truly alive, I am required to be vital & valid"

"Sometimes we have to miss someone to realise that we don't need them"

"Emotional power comes from the power of my emotions not the power of my money. I cannot buy an emotional state of being"

"The purpose of life will not be found in what I am doing, but in who I am being whilst I am doing whatever I am doing"

"When I appreciate space, it is never wasted"

"Self-determination requires choice, not determination"

"Being in gratitude for my present happiness attracts more happiness for me to experience in the future"

"Looking for happiness is a statement of being unhappy and will only ever attract more unhappiness"

"I am only a failure when I am looking at my life through someone else's eyes"

"My achievements belong to me. My success is someone else's measure of achievement"

"I cannot fail to succeed my parents. Achieving what my parents achieved is their success, not mine. I cannot fail to be their son"

"I can learn to trust my religious fate or I can intuitively follow my spiritual faith"

"When competing, there is always someone who can beat me - myself"

"The beauty of Nature is the nature of its Beauty"

"Steadfast has a strong will and an iron core. Resilience has a strong shell and an inner gentleness"

"All pilgrims, no matter what religion or faith, are on a personal journey called Life"

"When a Pilgrimage is a physical journey it will not have a spiritual outcome"

"I cannot be in an emotional state of approving with an unmet need for approval"

"Before I can learn Mastery, I have to master learning"

"Sulking is an aloof control drama that expresses an unmet emotional need"

"Those who need appreciation don't have it. The way to have appreciation is to express it with gratitude"

"Light is the frequency on which consciousness transmits a thought"

"Love is the wavelength of emotion on which a pure thought is transmitted"

"The Ability of Life is a potential waiting to be fulfilled"

"When two people have conflicting views of what is right, both are wrong because neither have a true perspective"

"It is my sub-conscious mind that gets lost, confused & frustrated by dual reality life. My Soul has the clarity & direction of my presence"

"There is no point in having a disagreement with someone about someone else. Neither of us ever really knows what is best for someone else"

"I have no conflict with another when I am free of any attachment to their needs, beliefs, dramas, dogmas or ideologies"

"The need to be kind is driven by greed"

"Inner conflict is not a battle between my head & my heart. The wavelength of my emotion is always aligned with the frequency of my thought"

"The stronger my will power, the weaker my intuition"

"The difference between confidence & arrogance is often a matter of culture"

"We get mad when we don't get what we believe we should get"

"A Vision is like a compass point, it sets my direction and aligns my path; and there is no limit to how far in my life it can take me"

"Despair is the painful realisation that neither extreme of a duality is where I want to be"

"Nice or nasty is a measure of what I love or hate, what pleases or displeases me"

"Being pleased or displeased is not the pathway to happiness"

"When Coaching in a large company, the CEO is the customer, the HR department is the client, and the Coachee is the consumer"

"The client and the consumer are both customers but not necessarily the same person"

"One's purpose is beneficial for all"

"Personal Development is not a one off fix. It's a personal mission to fulfil one's purpose in alignment with our own unique vision"

"Attracting customers is a better strategy than promoting profit because attraction is always more powerful than promotion"

"From a truly selfish perspective, my life is all about me being truly grateful to everyone for sharing it with me"

"A meeting is a presently occurring appointment"

"I do not plan an appointment, I make one. I do not plan to keep an appointment, I meet it"

"My Inner Guidance is not there for when things go wrong, for when things go wrong my inner guidance is not there"

"A motive motivates me to do what I need to do. My vision empowers me to do what has true value for me"

"Imagining something is always easier than manifesting it into physical reality, which is always easier when I can imagine it first"

"Coaching needs a regulator to deregulate any regulations imposed by any non-regulatory sources"

"Abundance is not an amount, it's a feeling. Any limit to feeling abundant is self-imposed"

"A meeting with my Soul has no agenda"

"Tinnitus is a wake-up call. If we fail to wake up, the alarm continues to go off"

"Sexual attraction has nothing to do with chemistry and everything to do with emotional energy"

"Happiness is not the effect of a chemical reaction in the brain, though it may be the cause"

"Thought is an electro- magnetic wave"

"You cannot overthrow a hierarchy. An inverted pyramid has no stability. You have to dismantle it, one level at a time from the top down"

"The foundation at the base of any hierarchy is its least powerful point, because the most powerful point is always at the top"

"Gender, polarity & intensity is to emotion what tints, shade & hues are to colour"

"When electro-magnetism is separated from gravity, scientific thought has no gravitas"

"Abundance is never too much"

"Just enough is sufficient, but it's not abundance"

"Sufficient is not enough"

"I can get by on what is sufficient for my needs, or I can be content with enough of everything that has true value in abundance"

"Wisdom, transparency & accountability are all leadership qualities. They are the measure of a quality leader"

"Co-operation naturally promotes sharing"

"Few relationships share their independence, most share their need for independence"

"Nobody ever joined a coaching association for the purpose of being regulated"

"Some explore the extremes of experience, some find the balance. I cannot explore the balance until I have found the extremes"

"A truly positive experience has no negative alternative"

"You cannot plan to have an effortless life"

"Busy-ness is the business of being busy running a business"

"Winning can be a great joy, but needing to win lessens the enjoyment"

"Remember to be Happy"

"Experiencing the extremes of life's intense opportunities can be extremely daunting without the guidance of a wise coach"

"Venturing beyond the limits of my comfort zone can be very uncomfortable without the support of a wise coach"

"As I expand the capacity of my mind and develop the acuity of my thought, my consciousness grows in intelligence"

"The force of my authority is relative to the capacity of my mind and the acuity of my thought"

"It is the 'nature of attraction' that makes homosexuality a natural attraction, for some people"

"Nobody ever needs protection from the truth"

"The only person that can ever hurt my feelings is me"

"Why would a wise, accountable & transparent Government require an Official Secrets Act?"

"When I'm happy with the cause but unhappy with the effect, my happiness is out of balance"

"Independence is never attained at someone else's expense"

"I am never busy enjoying life"

"A quality emotional attribute has the attainment of a true value"

"I am determined by the inner guidance that empowers my path"

"The quality of my awareness allows the awareness of my qualities"

"When enough is enough, it is never too much"

"Being long-lived is desirable, being long- suffering isn't"

"What needs to be rejected & abandoned is the belief that I can ever be rejected or abandoned"

"I can only love with an open heart. When I am disconnected from my emotional power, I may need another but I cannot love them"

"The 1st Law of Duality is:
Resistance is relative to the degree that an emotional state of being is out of balance"

"No more victims, no heroes required"

"My Guardian Angel is not there to keep me safe but to guide & support me on a chosen path that is never at risk"

"When I balance my microcosmic energy, I am earthed. When I balance my macrocosmic energy, I am grounded"

"With intuition, no proof is required"

"Sensual attraction is the attraction of similar polarities of thought"

"Conscious-awareness, of what I intuitively know & feel, is always the best way"

"Whenever I say: 'There must be a better way than this', I know that there is even though I am not yet aware of what it is"

"Sexual attraction is the attraction of opposing genders of emotion"

"Intuition is never counter-intuitive. Rational knowledge based on the logic of physical experience can be contrary to intuitive knowing"

"When a client cannot sense my authenticity & credibility, they would greatly benefit from my coaching them"

"Wishful thinking is just wishful thinking, whereas a wishful thought comes with a wisssshhhhhh! In an ah! ha! moment"

"Equanimity is that still, calm space in which I am present when my emotional energy is in balance. My anima is equal to my animus"

"Emotional Intelligence is my ability to see who I am being in relationship to what I am experiencing and know what I am doing with feeling"

"Choosing to be in balance is a statement of being out of balance that disallows balance. It is choice that allows imbalance to occur"

"The quickest way of coming back into balance is to allow it to occur naturally. The Law of Attraction naturally balances all systems"

"Testimonials, references & endorsements are required by clients who only believe what they can see with their own physical eyes"

"When a client intuitively senses my authenticity & credibility, I have no need of certificates, qualifications or accreditations"

"A Prime Attribute is the essence of Human Beingness"

"A financially driven culture is focused on scarcity & wanting more. A customer driven culture is focused on mutual benefit & having enough"

"Coaching hasn't made me a good living but it has given me a wonderful life"

"The problem with tenacity is that it's difficult to let go of it"

"You cannot balance security with liberty, they are not in opposition. My liberty is assured, unless my belief about liberty is insecure"

"I will never find my Solar Plexus using my physical eyes or my rational brain"

"My greatest Serendipity moment was that Eureka moment when I realised what an Ah! Ha! Moment really is"

"Profundity is a ditty that is centred around fun"

"I do not have a third eye. When I am my third 'I', I see my vision for my life with insight & omnipresence"

"My 1st conscious 'I' sees consciously, my 2nd sub-conscious 'I' sees instinctively, my 3rd super-conscious 'I' sees intuitively"

"My perspective, what I see, is the product of what I feel & I know to be true. Unless that is, I only use my physical eyes to see reality"

"My ability is relative to my power & authority. When I see this I will get it and when I get this, I will see my ability"

"My power is emotional and relative to my state of being, but why did they not teach me emotional intelligence in school?"

"My authority is intuitive, I know this intuitively, but why have I never been taught this?"

"It doesn't matter how much you change a flawed system, it's still flawed"

"Afternoon starts after noon, yet morning ends at lunch time. We take tea in the afternoon never lunch"

"Every cancer patient has a different rare disease because we all have a unique set of similar & opposing beliefs"

"Ability is not dependent on knowledge, it is relative to seeing what can be done and knowing & feeling that it is possible"

"Fun & pleasure may meet my emotional needs but they are without the true value of joy & happiness"

"Believing that I am who I know is far less powerful than knowing who I am"

"The success of the client is limited only by the success of the Coach"

"I cannot be profound and be lost. I am never lost in the depth of my being"

"The problem with perseverance is that I believe that I have to persevere with it when life isn't flowing effortlessly"

"Happiness is an emotional experience that defies the logic of rational science"

"A successful co- dependent relationship requires a dedication, a determination & a commitment to persevere & to compromise"

"A physical perspective of reality matures with age, whilst a perspective of spiritual reality evolves with time"

"Un-wellness is an unwanted emotional experience created by the false perspective of an impure belief"

"Time does not heal, but it does allow endless opportunities for healing to be presented"

"A Chef requires clean pots with which to create a new dish"

"The Richest Man in Babylon is not the Wealthiest Man in Paradise"

"The more connected that I am to my Soul the more able I am to imagine my ideal future"

"A 'string' is a frequency of thought vibrating on a unique wavelength of emotion, but that is just a 'theory' of my particular thought"

"Utopia exists on the island of my imagination"

"Shangri-la has been lost beyond the horizon of my personal boundaries"

"Shamballa is hidden from view by my belief system"

"Paradise is my favourite perspective of life"

"I am not a victim of my genes. My genes are a victim of my memes"

"A universal perception of space & a universal perspective of time allows a universal experience of reality - one version of reality only"

"I am here for my Self, but is my Self here for me? Am I truly selfish or just plain selfish?"

"All Coaches should know their own limitations, for it is here that their own opportunities for development & growth are presented"

"Business is the occupation of those who need more money. Those with enough money have no need to be busy"

"My learning curve is often an emotional roller-coaster ride"

"A Resolute Ego is no match for a Resilient Soul"

"Resilience allows the fulfilment of my potential. It is a measure of my ability to access the emotional power of my natural state of being"

"There is a big difference between coaching someone to become happier and counselling someone to become less miserable"

"Resolute is the character of one who has resolved not to change their mind"

"I don't have the authority to change other people but I do have the authority to guide & support their own personal development & growth"

"The best way to unblock your life is to allow it to effortlessly flow"

"We are all finely tuned instruments with similar strings that are all strung differently"

"The Financial System serves the rich, the Health Service serves the poor, & the Education System ensures the status quo remains the same"

"When I cannot see the villainy in my heroic actions, I will eventually become a victim of my heroism"

"Mediation requires a higher perspective to see a third way"

"In a conflict, the common ground is often hidden in no man's land"

"Inner conflict is apparent when my ego's will, or my adopted conscience, is out of alignment with my Soul's inspired vision for my Self"

"No matter how gilded the cage, it still restricts one's freedom"

"To confront an issue from an opposing perspective is conflict. To confront an issue without conflict requires a mutually agreed intention"

"When I recognise my own mortality, I know the paradox of human life & death"

"Fear is driven by a limiting belief, a belief that I tolerate until its limitations become intolerable. Fear is never acceptable"

"My mindset can be fixed, divisive or expansive. Like the weather, it can be settled, unsettled or changeable"

"There is no such thing as a bad coach, just coaches of different levels of skill & experience that may or may not suit a particular client"

"Fear is the reality of my thinking not the realisation of my true thoughts"

"With the ability of my Self to live in physical existence as my Soul, I allow my Soul the ability to live on Earth as its Self"

"Spiritual people have a mind of their own that isn't located in their brain"