

Daily Life Lessons 2020

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My Inner Dilemma

My Inner Dilemma is my ID.

My ID is my sub-conscious mind.

My sub-conscious mind is my autonomous mental operating system. It has been automatically programmed from birth with my mental beliefs. Any beliefs that I have sub-consciously stored, that are not my truth, are bugs in my mental operating system.

When my sub-conscious mental operating system has conflicting beliefs, memes or programmes, I prevaricate or procrastinate because my choices are unclear. When my authority is without clarity, I am disempowered by my confusion. The conflict in my sub-conscious mind is the cause of the conflict in my conscious experience of life.

It is always my tyrannical Id that I am in conflict with. My Id is the ruling tyrant who dictates that I should do this or I ought to do that. I have to do this or I must do that. It controls my choices by telling me I ought not do this and I shouldn't do that, I mustn't do this because I have to do that.

With conflicting beliefs my life is chaotic because there is no clarity in my choices as I have no inner peace. When I choose with clarity, there is no dilemma because there is no inner conflict when I am at peace with my Self.

My Inner Dilemma (ID) becomes my Inner Clarity (IC) because I See my direction of choice with clarity. I have found my True Identity when I have no conflict between my sub-conscious programming and my super-conscious guidance system. When my super-

conscious mind is present, I am aware of my clear direction in life. I am no longer lost, confused or frustrated as I have attained my inner peace. There is no inner dilemma when my sub-conscious id is in alignment with my super-conscious entity because I am expressing my True Identity.

Cause & Create

I Cause an Affect

I Create an Effect

I am affected by what I cause

Being creative is effective

Cause happens by me and the affect happens to me

Creativity happens as me and the effect flows through me

Mentality is the cause and physicality is the affect

Imagination is creative and emotionality is effective

Effects are emotional

Affects are physical

I sense the affect of a cause with my physical senses

I sense my creative effects with my intuitive senses

I react to the experience of negative affects

I respond to positive experiences effectively

I can experience the affect of what causes life

I can create the experience of an effective life

The Metaphor Of The Button Hole

A Metaphor is a symbol for something else.

A Button Hole is a symbol for emotional energy. It is a non-physical object with an objective. The objective of a button hole is to empower a button. Without a button hole, a button cannot fulfil its purpose in life. Without emotional energy, I cannot know my true purpose in life; let alone fulfil it.

A Hole is a gap in space that is perceived to be an empty space in matter. When we see a hole as a gap, we try to avoid the void. Energy & matter are a duality, so whatever is empty of matter is full of energy. Every gap in space is a point source of inertia awaiting the release of its potential. The potential energy of a space is eternally infinite.

A button hole can only fulfil its purpose when a button makes it feel complete. Metaphorically, when someone presses my emotional buttons, I react to my state of being emotionally incomplete. I am emotionally incomplete when I have a button hole wanting to be fulfilled.

Every Black Hole in Space is wanting to be filled full of a Galaxy of Stars.

When the button hole is seen to be as important as the button, I realise a shift in the emotional perception of my mental perspective. The perspective of my button connects with the perception of my button hole. A button, on its own, is just a physical disc with its own holes. It is relatively useless until it is applied to fill a gap and fulfil its purpose.

The paradox is that I am required to open my Heart, in order to close the gap between my physical Self and my Spiritual Self. When the gap disconnects me, I have no emotional power. When I connect to the gap, I am empowered by my own energy Source. Feeling the point of my energetic source connects me through the gap in space that releases my potential emotional power, from within my Self.

With full emotional power, I am 'On the Button'.

A button can be attached to a physical garment yet remain unbuttoned. In my emotionally unaware 'unbuttoned' state, my physical button is not fulfilling its purpose. It is disconnected from its button hole.

My button can be attached but inserted in the wrong button hole. I can insert my button in someone else's button hole. Sometimes it's a good fit and sometimes it isn't. I can allow other people to put their button into my button hole. Alas, it has no effective purpose other than to fill an emotional energy void.

Before my button can connect with my own button hole, it must become detached from other people's button holes. When other people have attached their button to my button hole, I cannot connect my own button effectively. Sensitively detaching from other people's buttons & holes allows me to exclusively connect my button into its true place (space) in life. The destiny of every button is to fulfil its own button hole and take its rightful place in life.

Disallowing

Mastering the Art of Allowing requires the conscious awareness of what I am disallowing.

I Disallow what I Disapprove of as being Unacceptable to me.

Something is physically unacceptable when I emotionally disapprove of what I am mentally disallowing.

Being disallowing is an emotionally negative attribute that is caused by a negative mental belief.

When I adopt the negative belief that life is a problem, I allow life to be problematic. When life happens to me in a problematic way, it is a toleration that drains my emotional energy. The problem is that I am accepting & allowing problems that do not have my approval.

When I physically accept & mentally allow what I emotionally disapprove of, it is an energy drain & a toleration.

A toleration is a mental belief that causes a negative emotional blockage, which is a physical problem.

Negative mental thinking disallows positive emotional energy flow, so a toleration is always an unacceptable problem.

When I am physically doing what I mentally believe that I should do, ought to do, have to do or must do; I am allowing other people to influence my choices and disallowing my own personal authority.

Disallowing my own choice, disallows my own authority, which disallows my own emotional power and my own physical ability. When I emotionally approve another's mental authority, I disallow my

own higher authority, which is disempowered & disabled because I have chosen it to be unacceptable. Moving from tolerating to accepting allows my emotional power to freely flow. Freely accepting whatever is occurring allows my emotional approval. When my emotional power flows effortlessly, I am free to accept whatever I approve of and I allow it to manifest as my reality. Making choices in my own authority allows my creative power to freely flow because there is no disapproval with my total acceptance of being toleration free.

What is totally acceptable in my life is for everything that is occurring to be an opportunity for me. I am never challenged by an opportunity as I just take it, by allowing it with my full approval. It is never an opportunity to solve a problem because with full approval of my being accepting, there is no toleration so there is no problem.

I never disallow what appears to me as an opportunity. I always disapprove of being challenged by a problem. I accept only opportunities that are presented to me in my life. When I no longer accept either challenges or problems, I am seeing everything that occurs to me as an ideal opportunity in life.

I always allow every ideal opportunity when I am disallowing the challenge of tolerating life as a problem.

The Analogy Of The Door

To the unawakened Self, there are many 'Doors' in life that appear to be locked.

The Awakened Self intuitively knows that their Soul has the 'key' to open every 'door'. From the perspective of the Soul, every door is unlocked and open but every Self is required to pass through each doorway on their journey through life.

Whether we see a door as open or closed, the problem appears to be how to get to the other side of a door that is blocking our path. When I see a door as a problem, I am stuck. When I see an open door as a problem, I am still stuck. When I see every door as a lesson, I overcome the problem that every door is presenting.

Every door is a lesson that is open to every awakened Self on the personal path of their Soul. Every door is a challenge that is never a problem. The challenge is to learn the lesson, not to solve the problem. When I see a challenge as a problem, I fail the test. When I pass the test that the lesson is presenting, I pass effortlessly through the door. In actuality, the door moves through me into my past; never to reappear in my future.

Every lesson allows me to learn a new perspective of life. When I see life from my new perspective, I have actually already effortlessly passed through this virtual door. Every door is a doorway into my new future.

The paradox of the door is that the way to pass through the door is printed on the back of the door. When confronted with a closed door, I am confined

within my own room, like a secure box. The instructions for thinking outside of the box are always on the outside of the box. Every box-room has a door and the key to opening that door is to see life from a new perspective.

The perspective that I have created every box, every blockage and every door; allows me to pass through every doorway by passing every test that every lesson in life is challenging me to take. I am both the Teacher & the Pupil, both the Master & the Student. Listening to my Master Teacher is the key to passing every test and passing through every doorway. When I am aware of my intuitive connection to my Inner Tutor, I pass every challenge as I can see every opportunity that is present on the other side of the doorway.

I intuitively know that no door is ever a problem and I am only ever tested to see what is my opportunity of choice. Every doorway is signposted on my effortless pathway through life. The question is: Am I asking for directions and am I listening to my guidance?

On my effortless spiritual path through life, every doorway presents an opportunity for the expansive growth of my Soul.

My Creative Perspective

I experience the affect of my conscious perspective. My conscious perspective both forms & endorses my belief system, which causes the experience that I am consciously experiencing. I consciously experience what I believe to be real. When my experience is beyond belief, I believe it to be either unreal or surreal but not really true. My beliefs determine my behaviour in alignment with my conscious perspective of reality. My sub-conscious perspective causes the affect that I consciously experience.

I cause the experience of my sub-conscious perspective. My sub-conscious perspective is what I believe to be true or untrue about reality. What I believe to be good or bad, right or wrong, positive or negative, beneficial or detrimental, is in alignment with my sub-conscious perspective. This is a problem when my conscious perspective has no concept of what I sub-consciously conceive to be true.

As my sub-conscious beliefs are subjective, my perspective is subjective, yet my conscious experience is objective. When I make a wrong, bad & negatively detrimental choice, I object to the experience that I am being subjected to. My sub-conscious perspective causes a real experience but it is not a true experience. Every true experience of life feels good, right & positively beneficial. It is always an opportunity and never a problem. It is inspiring & empowering, which is never a toleration. My true experience of life requires my true perspective of life, which is super-conscious.

My super-conscious perspective creates my experience. I am at the effect of creation, not the affect of a cause. When my conscious perspective approves my sub-conscious beliefs in alignment with my super-conscious truth, I allow my empowered imagination to flow with inspired creativity. My super-conscious perspective is effortlessly flowing with empowered emotion and inspired mental wisdom.

When I feel emotionally empowered and I know that my wise choice is inspired, I am seeing my life through the perspective of my super-conscious Self. My sub-conscious beliefs are consciously focused in alignment with the creative genius of my Soul. This is the genuine perspective of my imaginary Soul.

My Soul imagines my genuine perspective, for my Self to manifest as my Reality. I perceive the beneficial experience of my true reality when I am in alignment with my True Self, which is my Soul.

When my conscious perspective allows my super-conscious perspective to flow through me, unrestricted by my sub-conscious perspective, my life is genuinely ideal and divine. I am creating the perspective of my super-conscious Self with conscious-awareness of my true reality.

A Divine Creation

Space-Time-Reality is a Divine Creation.

A Divine Creation is the whole experience of energy in its pure vibrational state. The reality of a pure energy vibration is its frequency of time and its wavelength of space. Spatial wavelength and frequent time are a vibrational reality. When space & time are in harmony, reality is a divine creation.

A physical perspective sees frequency & wavelength as the same vibration, yet time and space as different.

A purely spiritual perspective sees a mental frequency of time and an emotional wavelength of space creating a physical vibration of reality, called life. An emotional wavelength of pure love, with a mental frequency of pure light, creates the experience of a pure vibration of physical life.

A Divine Space is an expansive experience because it is vibrating with the power of pure emotion, called Love.

Divine Time is a sequential experience that is vibrating with the wisdom of pure thought, called Light.

The experience of pure thought allows the experience of pure emotion because they are both pure experiences of Life.

The experience of emotional love, mental light and physical life are created in a space-time-reality, which is Divine.

Pure emotional love is our real power and pure mental wisdom is our true authority. Without our pure enlightened thoughts of wisdom, our mental thinking

has choice but no authority. Without authority our mental thinking has no emotional power. Only pure thoughts are emotionally empowered with Love.

Space-time-reality allows an individual experience to be either divine or less than divine. Ideal experiences are ideally in contrast to less than divine ideals. What makes space-time-reality perfectly ideal and purely divine, or not, is personal choice.

Personal choice allows a personal reality to be either divine or less than divine. The concept of a divine personal reality is conceived through personal choice. We each imagine our own ideal reality in our own divine way. Choice is personal, so reality is personal and relative to the time & space in which everyone is individually appearing to be.

My personal time & personal space make me individual, separate & unique from you. When we all appear to share the same reality at the same time and in the same space, we lose the apparent ability of having a personal choice of reality; which is neither ideal nor divine.

The purpose of this Divine Creation is the personal experience of our Choice. This allows each of us individually to choose a divine creation of our own choice.

The Pain Threshold

The Pain Threshold is the balance point between pain & pleasure. It is the point at which emotion becomes unpleasant.

Pain is negative emotion or the feeling of emotion being negative & detrimental.

Pleasure is a positive emotion or the feeling of emotion being beneficial.

A Paramedic may ask you to quantify your level of pain on a scale of one to ten. Ten being very intense pain and one being very mild pain.

A Life Coach may ask you to quantify your emotional wellbeing on a scale of one to ten. Five to one being progressively negative and six to ten being progressively positive. One represents a deep depression and ten represents absolute joy.

Science & Medicine currently treat pain as physical and treat anxiety & dread as mental; unless we have a headache which may have either a mental or a physical cause. Whereas science measures pain, a Life Coach measures the positive or negative polarity of emotion.

The intuitive awareness of emotional intelligence knows that the feelings of pain are emotional.

Suffering with pain is not emotionally intelligent. Pain may appear to have a physical or a mental cause but the effect is always emotional. Negative emotion is a pain that causes pain. It is a painful emotional experience. Feeling or expressing pain is always a negative emotional experience.

The more emotional energy that I have, the less pain I experience. The less emotional power that I have, the more painful life is. Pain is relative to the absence of emotional energy and the need for emotional energy. With enough emotional energy, life is pain free.

On a scale of one to ten, 1-3 is very painful, 4-5 is painful, 6-8 is painless and 9-10 is relatively pain free. The most intensely painful feeling is the numbness of depression, followed closely by the anger of our emotional reaction to our intensely negative state of being.

The pain free states of being ecstatic, euphoric & blissful are physically grounded in the emotional experience of pure joy. A joyless life is relatively painful. A painless life is relatively joyful. A pain free life is an absolute joy.

The pain threshold is also a pleasure threshold. It is the point at which pain turns to pleasure and conversely pleasure turns to pain. Pain & pleasure are the same vibration of emotional energy experienced from an opposing polarisation of perception.

Both a Masochist and a Sadist are confused about the positive & negative polarity of pain & pleasure.

Whereas they both see pain as pleasurable, a Miser sees pleasure as painful. Whether we see life as painful or pleasurable is a matter of personal perspective relative to our perception of our pain & pleasure threshold.

When pain & pleasure are believed to happen either to us or by us, we disallow the experience of joy flowing through us.

Surviving, Striving, Thriving

Surviving, Striving, & Thriving are three distinct mental perspectives.

How I see life determines how I experience life and how I experience life determines how I see life. This is a closed loop, until I realise that I can change my perspective by changing my beliefs about how I see things happening in my life.

When I see life as an assault course that I need to survive, then this becomes my experience. I experience any manner of misfortune happening to me, which I need to survive.

When I believe that I need to work hard in life to earn any reward, then nothing is earned unless I work hard to achieve it. Instead of being the victim of whatever life throws at me, I strive to make my fortune, by me working hard to earn its favour. I believe that the harder I strive, the more favourable my life will become.

My faith in an abundant life, thrives when I allow it to. Allowing my life to thrive, connects me directly with my provision of abundance. I thrive on the abundance of life that is flowing through me. The more that I thrive, the more abundant my life becomes. A thriving perspective allows the abundance of providence to be provided through me. When I see my life is happening through me, instead of to me or by me, I allow providence to provide in abundance.

A striving perspective believes that life happens by me. I strive to make life happen by me; in the belief that the harder I work, the more merit I will earn &

achieve. I provide my own reward, as I make my own luck and determine my own misfortune, striving to work harder & harder to earn more and more of what I want.

A surviving perspective believes that I am the victim of whatever happens to me in life. I need to survive the outcome of my negative perspective of life happening to me. With a survival mentality, I do not see either challenges or opportunities, only problems happening to me that I need to survive.

With a striving perspective, I see life as a challenge to be met. I strive with all my might, and will power, to overcome every challenge by overcoming every failure. With the perspective that I can fail, I am often overcome by the challenge.

With an abundance mentality, thriving becomes my experience and every experience in life is an opportunity to thrive.

Reason, Meaning & Purpose

When my perspective is that life happens to me, I need a physical reason for what is happening to me. A beneficial occurrence is reasonable, as I am able to reason what is beneficial for me. A detrimental occurrence is unreasonable, as I believe that there is no reason for it to happen to me. When my perspective is have-do-be, I need a reason for what I am having to endure.

When my perspective is that life happens by me, I am looking for the meaning. The meaning of life eludes me when I am looking for the reason. The meaning of life is its balance. When I bring my life into balance, it has meaning. Balance is emotional, not physical.

When my life is emotionally balanced and I am balanced emotionally in life, it is meaningful. When I am no longer mean with my emotions, they have meaning for me. When my perspective is do-have-be, I am doing what I can to have a meaning that is reasonable, not a meaning that is emotionally balanced. When I bring my life into emotional balance, I am being effortlessly enabled to experience the meaning of life for me.

When my perspective is that life happens through me, it has purpose. Life always flows through me on purpose. I discover my purpose when I allow life to flow effortlessly through me. My purpose is to allow life to unfold through me, in harmony, without resistance. When my meaning is reasonable, I discover my purpose in life. When my perspective is be-do-have, I am Being on purpose. When my being is

on purpose, I can do whatever I am inspired to do, to have whatever I am inspired to have because I have the power to do so. My purpose is uniquely fulfilled, when my meaning has emotional balance and my reasoning has mental harmony.

Perceiving The Experience Of Our Perspective

We always perceive the experience of our perspective:

- We have a mental perspective of what we have
- We are doing the physical experience of what we do
- We are being the emotional perception of who we are

There are three aspects of the three dimensions of our spirituality:

- Being-Doing-Having
- Emotional-Physical-Mental
- Perception-Experience-Perspective

Three dimensional spirituality allows a mental choice of perspective, a choice of emotional perception & a choice of physical experience.

How I see my reality determines how I feel about my reality and what I know about my reality. To see, feel & know my reality, requires an intuitive sense of my own spirituality.

When I believe that life happens to me: I am having-doing-being. I believe that when I have what I want, I can do what I want and be happy.

When I choose for life to happen by me: I do what I need to do, to have what I want, to be happy. I am doing-having-being.

In both scenarios, being happy is the end result of either having & doing or doing & having. Happiness is driven by the need to be happy, which is motivated by my unhappiness. I am disempowered by the negative polarity of my unhappiness, so things go wrong and chaos is the common outcome. Chaos is always a problem that causes unhappiness. By the Law of

Attraction, unhappiness attracts more unhappiness and problems attract more problems, until chaos ensues.

When I reverse the polarity, I allow life to flow through me, in a positive direction, without resistance. Without resistance, spiritual flow is effortless and beneficial. I am very happy when life flows effortlessly in a beneficial way. Without any resistance, life happens through me: I am being-doing-having. When I am being happy, I am doing whatever I am inspired to do and having the time of my life. When I am being happy, my actions are empowered and I have everything that I need in that present moment. I need nothing and I truly value everything that I already have.

There is nothing that I have to do and there is nothing that I need to have, to be innately happy. My innate happiness flows from within me, as an expression of who I am being, when I allow it to.

I experience happiness as a perception of my perspective. When I intuitively see that my happiness is innate, I feel the power of my emotional Beingness and I know that it is just a matter of my own personal perspective of how life is happening in my vision of reality.

Spiritual Growth

Spirit is Energy.

Spiritual Growth is energetic growth.

Energetic growth occurs with the appreciation of personal energy.

My personal energy is the thought that I am thinking and the emotion that I am expressing.

In a three dimensional world, spiritual energy has three dimensions of body, mind & emotion. It is physical, mental & emotional. I think it, feel it & experience it. The mental thought of my mind with the emotional feelings of my heart are a physical experience of my body. At the emotional heart of my physical body is a mental mind, which conceives frequencies of thought with wavelengths of emotion as a vibrational experience.

Spiritual growth occurs when the quality of my energy is attained and attributable in a balanced, harmonious & beneficial way. The more balanced the polarity of my thoughts, the more harmonious the feeling of my emotions and the more beneficial to the growth of my Spiritual Soul.

The Concept Of Confusion

A Concept is something that is conceived mentally in the mind. I mentally conceive a new thought by bringing it into my present perception. The presentation of a concept is conceptually perceived when I realise it to be a conceived reality. I perceive the conception or birth of a new idea as a mental concept. An ideal concept is perceived with clarity. Confusion is conceived when my perception is without clarity. Confusion & clarity are a duality, or opposing polar perspectives, of the same energy vibration. I confuse a concept when I fuse one concept with another. Confusion disallows the purity of a concept because pure concepts have clarity. An impure concept is confusing because two ideas are con-fused together.

Clarity is perceived when two separate concepts are un-fused. A distinction separates two similar concepts and defines them as different and distinct from each other. I attain distinction when I clarify the difference between two similar concepts.

Concepts that appear the same but are different have a distinction. With no distinction, two or more concepts become fused together causing a chaotic confusion.

Chaos is the effect of confused concepts that are without distinction. There is distinction in clarity, not chaos. A confusing concept always causes chaos in the mind of the perceiver.

Three Caring Perspectives

A Conscious Perspective takes care of someone else's physical needs. The carer can be either careful or careless but not carefree. They can be unemotional & rational but not irrational. They can be sympathetic but not apathetic.

A Sub-conscious Perspective cares about one's own emotional needs. As the carer, I either care less because I need less or I care more because I need more. I am attached to what I need, so I am never care-free. I have an insensitive attachment to my own emotional need to be needed.

A Super-conscious Perspective cares for someone emotionally as well as physically. The carer is both care free and full of care. They are sensitive to the emotional needs of the patient, yet detached from the patient's drama. This emotionally intelligent perspective has an awareness of being both rational & sensitive, without any inclusive attachment. When exclusively connected to their own source of emotional empathy & compassion, the carer is never irrational, insensitive, apathetic or aloof. An empathetic & compassionate carer is sensitive to both the physical & the emotional needs of their patient, without any attachment to their mental traumas or emotional dramas. With the care free perspective of a higher consciousness, caring is never a need, a bother, a toleration or a problem. It is an opportunity to freely

care for another without any personal attachment or need to influence the patient's outcome.

“The greatest gift that a carer can offer to their patient is to need them for nothing”

Wisdom

Wisdom is the dominion of the Wise. The dominion of the Wise is Choice. Making beneficial choices is being wise. Wise choices are certainly beneficial.

Certainly beneficial choices are intuitive. Intuition always allows a certainly beneficial choice. It is a personal connection to an Individual's wisdom.

A wise person knows intuitively that they are individually guided on their own exclusive path.

Therefore making wise choices for other people is not possible.

A wise person supports others to connect intuitively to their own wisdom. Connecting someone to my wisdom is never wise. A wise person intuitively follows their own inner guidance and intellectually allows all others their own choice of path.

Following my inner guidance is wise but it is not the definition of wisdom. Wisdom answers the question "Why Is". Why's this and why's that are subjective and objective questions that connect us to our own wise answers.

A wise person knows that to receive a wise answer, they are required to first ask a wise question. The wisest question is why? After asking a wise question, a wise person knows that they must listen for the wise answer. A wise person connects with their own inner wisdom, once they learn to intuitively see or hear the answers. When the answer is already intuitively known, even before the question is asked, then wisdom is attained.

Wisdom is an essential aspect of Wellbeing. Being unwell is not wise because it disconnects personal emotional power and physical ability. Wisdom allows the confident authority of inspired and empowered choices. Being well is always an inspired choice. The attainment of Wisdom allows the mental authority to make confident wise choices. Mental authority requires emotional power to enable physically effortless inspired action. With wisdom, I allow life to effortlessly flow through me. In the effortless flow of life, my confident choice of authority is emotionally empowered and physically enabled. Inspired choices always flow with emotional power. Wise mental choices are inspired because they are emotionally empowered. A wealth of emotional power always accompanies a wise mental choice. What I know intuitively to be right, always feels good when I am exclusively connected to my wise authority, you see? A wealth of wisdom is the answer to attaining a healthy life.

PEP

PEP is an acronym for Personal Emotional Power. Personal power is emotionally full of pep. Positive emotion peps me up because it raises my emotional energy. Negative emotion depresses me because my energy is depressed.

A pep talk is a motivational speech designed to raise personal emotional power. Pep pills are a placebo that mentally authorises emotional power. What I mentally believe will raise my emotional power, I give the authority to do so. When I believe that I am positively empowered, I am because it is always my negative beliefs that disempower me.

When disempowered I need emotional energy and I need external motivation. Personal emotional power flows from within when I give myself a pep talk.

When I confidently speak with personal emotional power, I am enabled to effortlessly walk my talk.

Whelm

Whelm is an outpouring of emotion from within. It is the flow of positive emotion, which is experienced as being in the flow.

Whelm or 'Well me' is a beneficial experience of a positive flow of emotional power. I have a choice of how I experience emotional flow. I can experience negative underwhelm, negative overwhelm or positive whelm; relative to the polarity of my perception.

Overwhelm is my inability to accept the flow of emotional energy in a positive & useful way. It is the negative effect of being overpowered or embarrassed by a flood of too much emotion.

Being overwhelmed with joy is an oxymoron because joy is never a negative experience. Being negatively overwhelmed with emotion is never a joy. Being overjoyed is a statement that my joy exceeds my expectation, which is never a problem as I am not overwhelmed.

Underwhelm is the negative experience of a disappointingly unemotional or unempowered event not coming up to expectation. A positive expectation is rendered disappointingly negative with a feeling of underwhelm.

Whelm is the feeling of 'well me'.

'Poor me' is the feeling of either underwhelm or overwhelm.

The Joy Of Yearning

We spend our first twenty years learning and our second twenty years earning. We spend our third twenty years yearning for what we haven't learned or haven't earned.

When I yearn for what I do not have, I attract the experience of not having whatever I am yearning for. Yearning is the power of Attraction, which can be a positive or a negative force; relative to personal perspective. It can be perceived to be either a beneficial or a detrimental experience.

For yearning to be a positively powerful attractive force, it requires a positively powerful attractive magnitude of Joy. With an emotional magnitude of joy, yearning is a potent force of attraction. When I allow the joy of yearning, I release its powerfully attractive potential force.

The thought that I do not have what I yearn and long for, has no joy, no power and is not attractive.

Negative yearning is called longing because what I am yearning is a long time coming.

When the feeling with which I yearn is joy, my creative power is unblocked and effortlessly flowing. When I disallow my joy of yearning, I block my creative flow and what I am yearning is a long time longing.

Yearning with emotional joy expresses appreciation of my creative power to manifest my passion for what I desire. Positive yearning is the feeling of joy as my desires flow creatively through me. When my mental force of yearning is in harmony with my emotional

magnitude of joy, a potentially creative experience is allowed to flow positively into my life.

It is my gratitude & appreciation that focuses my yearning into a joyful experience of what I have in life; instead of a negative longing for whatever I believe that I do not have in life. When my yearning acknowledges my desire, I feel a powerful surge of joy, which confirms my acceptance & approval of my allowance.

Joy is the power of my emotional wealth. The magnitude of my joy empowers my creative ability. The irony of life is that we learn to earn, to become physically rich enough to buy what we yearn for. This is negative yearning. What we are really missing and really yearning for is the joy of being happy and the joy of being creative.

Happy Creatives yearn with joy by allowing their positive emotional power to flow. The gratitude & appreciation that I feel for all the joy in my life is how I attest & affirm my creative ability. The more powerful my creative focus, the more I affirm my desire and the more passionate is my joy of yearning. Yearning for joy is a statement of my own unhappiness caused by my own emotional disconnection to life.

Yearning with joy is a powerfully creative happy & fulfilling experience of contentment.

Living Within Our Means

Living Within Our Means is a common belief about money. From a physical perspective, we live within our means when our financial outgoings balance with our financial income. We fail to live within our means when our expenses exceed our earnings. Our means are not our financial income but our ability to balance our finances, by having a healthy bank balance. In this context, 'means' means balance.

From a spiritual perspective, I live within my means whenever I choose a third way out of the dilemma caused by a duality. A dilemma means I am out of balance, with no clear choice of direction; so neither choice fulfils any reasonable purpose.

Reason & purpose give balance & meaning to choice. The mean choice is a fulfilling choice because it has a balance of both mental reasoning & emotional purpose. When my reason has no clear purpose, it is out of balance and has no meaning. When a purpose is unreasonable, it is out of balance and is meaningless. A definitely beneficial choice is certainly reasonable, purposeful & meaningful because it is fulfilling my contentment with joy.

I live within my means emotionally with a pure energy vibration because my energy bank is full of creative power. My vibrational power is pure when it is undivided by male or female gender. Every male sin & female virtue has a mean balance, which is a potential third choice that overcomes the duality of any dramatic emotional intensity.

We all have the potential to live within our means when we are choosing empowered emotional feelings to express. Empowered emotional feelings never drain our energy reserves. It is the uncertainty of our relative choices that causes the drain on our creative power. Choosing other people's choices always requires the power of other people's motivation:

- I am motivated by what I need emotionally and I am empowered with my own Self Love
- I am motivated by either pride or humility, unless I am empowered with the awareness of modest forgiveness
- I am motivated by either envy or kindness, unless I am empowered with the confident authority of inspired kindliness
- I am motivated by either gluttony or the poverty of a scarcity mentality, unless I am empowered with the abundance of enough contentment
- I am motivated by either lustful desire or passionate caring, unless I am empowered with the joyful approval of the grace of my own self worth
- I am motivated by either selfish greed or unselfish pleasing, unless I am empowered with the integrity of my own truly selfish fulfilment
- I am motivated by either the anger or the patience of my wrath or meekness, unless I am empowered with the gratitude of allowing my gentle acceptance
- I am motivated by either the duty of due diligence or the laziness of my sloth, unless I am empowered with my own effortless flow of appreciation

When I am empowered by the mean emotional balance of my choice, it means I have the potential to live within my means. I am inspired to be content, fulfilled & joyfully happy; by being accepting, approving & allowing, with expansive confidence in the awareness of the abundantly creative power & authority of the value of my own integrity.

Integrity means whole, undivided and at one with my Self. Living life with integrity is no mean feat and a very mean choice.

Putting Perception Into Perspective

With no perception of my perspective, I am unaware of my consciousness. Consciousness & awareness have no distinction, when perception & perspective have no distinction. When I perceive my perspective to be my own, I own it and I become conscious of my awareness.

A conscious perspective requires the use of all five physical senses. A perceptive awareness requires the use of all three intuitive senses. I can only put perception into perspective, intuitively. I perceive life with my intuitive feelings, which is not a rationally intellectual perspective but an emotionally intuitive perception.

I put perception into perspective with a distinction between rational & emotional, intelligence & intellect with the consciousness & awareness of allowing a different perspective and a different experience of perception. I perceive my emotional feelings with a perspective of rational thought. My frequency of rational thought is always conveyed on a wavelength of emotional feeling. Together they are the vibration of my physical experience.

What we all experience in life, with the perspective of our own perception, is the vibrational experience of our thought frequency transmitted & expressed on an emotional wavelength of energy. In the absence of emotional intelligence, I have no distinction between my perspective & my perception. I am unaware of my consciousness because I am not conscious of my emotional awareness.

As emotional awareness is intuitive, it is not intellectually reasonable to persons with a purely scientific perspective; as they see life to be a physical experience, with no perceived awareness of their true conscious perspective.

Putting Life Into Perspective

Putting Life Into Perspective brings experience to life and brings life to our experiences.

We all experience physical life, but are we all experiencing a truly authentic experience of real life? Are we really alive, or are we just going through the motions?

Are we just surviving, are we trying to be safe & comfortable, or are we aware of all the magical opportunities that are potentially available to us?

Perspective is how we see life, so it is relative to how we experience life. We all experience life differently because we all see life differently. How we see life to be, is relative to how we believe life to be.

Seeing life with our physical eyesight gives us only a physical perspective of life. Science has a purely physical perspective of life. It even has a Chaos Theory to explain why, from a scientific perspective, life is so unpredictable.

From an absolute perspective, it is the presence of relative duality allowing the effect of individual choice, which makes a perspective of chaos appear to be real.

I can choose a true and beneficial experience of reality or I can choose a really chaotic experience of reality.

With only a physical perspective of life, there is no distinction between truth & reality.

An individual perspective, the personal perspective of each Individual person, is relative to the individual experience of each person. Both experience & perspective are unique & exclusive to each individual Human Being.

The ability of choice allows all Human Beings their own personal perspective of life. They call this reality because it is exclusively their unique and individual experience of life. It is a common belief that there is only one reality, which everyone shares as their common perspective of reality. We all actually experience the effect of what we cause to happen in our life individually.

An individual perspective of life, intuitively sees that their life is individually unique to them. When I see my Self as the unique creator of my own personal experience and my own individual life, I follow my own exclusive path through life.

My perspective is that I have my own unique, individual and exclusive path; in alignment with my physical mission, my mental vision, and my emotional purpose.

The emotional purpose of life is to feel the divine essence of our own Beingness, by actually being it and expressing it with reason & meaning. With the perspective that Mission Control is always there to offer guidance & support, whenever we choose it; we are free to experience a certainly beneficial life of wonderful opportunities.

The wonder of the imagination is a perspective that allows the potential for certainly beneficial opportunities to unfold as the effortless flow of miraculously magical experiences.

Putting the perspective of miraculously magical experiences and beneficial providential opportunities into life, allows them to actually become a true reality.

Actually Being Real, True & Authentic

My Real Self sees life as Real. Reality is an objective experience of the physical world, in the present moment. My Real Self is my physical sense of conscious self: The Ego.

The Ego has a choice of being real or being unreal. It can experience its own reality or the objective reality of everyone else. Every reality of every Real Self can be real, unreal or surreal. The ego focuses on what it can do in actual reality.

My True Self knows life to be True. Truth is a subjective mental thought of my Mind, which determines polarity & direction to be either true or false. My True Self subjectively follows the instinctive path of my sub-conscious Id.

The Id has a choice of being true or untrue. It's thinking can be limiting or expansive, right or wrong, good or bad, positive or negative, true or false, fact or fiction, responsive or reactive. The Id focuses on what I have and what I need to have in actual reality.

My Authentic Self feels life to be Authentic.

Authenticity is the adjective feeling of my heart, in an ethereal world of emotional clarity. My Authentic Self is my intuitively empowered super-conscious Entity.

The Entity gives its Self the choice of being the author of its own destiny or the follower of its own fate. It can be limited emotionally by fear and physically by pain, or it can be inspired & empowered with its own adjective essence. It becomes authentic when the Id & the Ego are in genuine alignment, in actual reality, as a true expression of who I really am.

The Realm Of Sovereign Dominion

The Realm of Sovereign Dominion is a State of Personal Choice, where the person makes their own choice, not the choice of a Sovereign State of the Realm.

A Realm is where the reality of an emotional thought is experienced. I personally experience reality in the:

- Physical Corporeal Realm
- Mental Astral Realm
- Emotional Etheric Realm

Within my Realm, I am creatively empowered. I am the creator of the realm in which I exist.

Sovereignty is the authority of personal choice. In contrast to the imposed choice of an external sovereign authority. When my choice is internally authorised, I am my own sovereign entity. My authority is sovereign when it is an expression of my own genuine integrity. My entity has the authority of its own sovereignty. In essence my entity is sovereign and each and every individual entity is sovereign, when under the authority of its own choice.

Dominion is a Sphere of Influence. The authority of my sovereignty, with the power of my realm attracts everything within my Dominion. My dominion is the extent of my sovereign attraction through my own creative choice. It is the extent of my sovereignty within my own realm of existence.

- Dominion is my Spiritual Ability
- Sovereignty is my Spiritual Authority
- Realm is my Spiritual Power

I have Dominion within the Realm of my own Authority.

Unless I choose by default to defer my power, authority & ability to the dominion of the sovereign realm of an external State Rule.

Spiritual Faith

Spiritual means energetic.

Spirituality is the reality of energy.

Spirit is the energy of my thoughts, emotions & experiences.

To have faith in my physical experience of Life, I require faith in my emotional feelings of Love and faith in my mental capacity of Light. The mental capacity of Light is its ability to communicate guidance through intuitive thoughts.

I have certain faith in the direction of my intuitive spiritual guidance. My emotional competence of Love has the ability to support and empower my faithful path with positive intuitive feelings. My physical capability, to follow my spiritual path in Life, is relative to my faith in my intuitive guidance & support.

I have spiritual faith in the inspired revelations of guidance & support that are continuously available through my intuitive connection with my Soul.

I have faith in my spiritual senses because I intuitively know, see & feel how certain I am in their clarity, direction & presence. With the presence of clear direction, I am certain in my choice of spiritual faith and I am certain of my faith in my spiritual choice.

I have faith in the certainty of my spiritual intuition. When my intuition is certain, my faith is assured and I am effortlessly flowing with my Soul's faithful spirit; without resistance, entropy or chaos.

My spiritual faith is the energy of certainty that inspires and empowers my every choice of action.

Psychic Ability

Psychic Ability is not a mental ability. It is not an ability of the mind.

Ancient Greek Philosophers knew the Psyche to be the Soul. It was the fourth element of Spirit, which they called Fire. They called the Mind Nous, which is the element of Water. The Heart, called Pneuma, represented Emotion, symbolised by the Breath & the element of Air. The physical Body called Soma was represented by the element of Earth.

Psychic Ability is the ability of the Soul, expressed through the ability of each Individual Self. It requires a spiritual connection between the Soul and the Self. This psychic connection is called Intuition.

Intuition is how the spiritual Soul communicates with its physical Self. It is also how my physical Self communicates with my Soul.

When the spiritual connection is an intuitive sense of knowing, it is a mental connection with one's psychic ability. Hence the misconception that being psychic or intuitive is a mental capacity.

When the intuitive connection is a spiritual sense of feeling, it is an emotional connection to one's psychic ability. It is the sense of being 'heart-felt'.

A physical connection to one's psychic ability is an intuitive sense of seeing, which I consciously get as a mental and an emotional experience. When I intuitively know it and intuitively feel it, I intuitively see my physically creative, psychic ability.

One who has the psychic ability to intuitively see, is called a Seer. A Seer uses their 'third eye' to see with

the imagination of their Soul. They see in their 'mind's eye' what the Soul images or imagines for its Self.

One who has the psychic ability to intuitively emotionally feel is called a Sensitive. A Sensitive has the emotional intelligence to sense the emotional state of being of other people, as well as their own emotional attributes and attainments.

One who has the psychic ability to know, without prior knowledge or experience, is called a Gnostic. They have the ability to know the difference between an intuitive insight and the hindsight or foresight of their rational intellect.

Both our physical and our spiritual experiences are processed through our brain. With no distinction between our mind and our brain, psychology has defaulted to become a study of the Mind instead of a study of the Soul.

In truth, I am not here to study the Soul. On the contrary, the Soul is here to study its Self. It is through Life that the Soul is able to study its Self. It is through the Self that the Soul is able to use its psychic ability. Psychic ability enables the Soul to communicate with its Self and to provide its Self with continuous guidance & support.

Without the psychic ability of the Soul, the Self is disconnected from the Providence of its Provider and the Creativity of its Creator. It is alone in a world of free choice that allows it to discover, explore & experience the extremes of its own creativity; without any inkling of its own vision, mission & purpose in life.

The true ability of the Psyche, my true psychic ability, is being the creative creator of my own creation.

A Virus Is A Belief

Forty-five years ago, I was diagnosed with my Doctor's belief that I was suffering from a debilitating disease called Glandular Fever. He believed that there was no cure and in time, my body would heal itself. He believed that I could only catch it once, as thereafter I would have immunity. Being too eager to return to my old way of life, I caught it twice but I did eventually heal myself. It took me three years to once again feel fully fit and healthy. I fully recovered because I believed it was just a matter of time, as long as I changed my existing way of life.

Five years later, my sister-in-law to be caught glandular fever but never recovered. She was later diagnosed with M.E. short for myalgic encephalomyelitis, or chronic fatigue syndrome. She was told that there was no known cure and she was also told that there was no known cause. With no known cause and no known treatment, the medical profession preferred to ignore it and hope it would go away. What stopped her healing herself was her belief that it was not curable. Forty years later she is still suffering the effects of what she believes is a debilitating and incurable illness. The medical profession still has no confirmed diagnostic test and believes it to be the result of psychological stress, as they haven't isolated a specific virus.

The question is: Does a virus cause the psychologically stressful belief, does a belief cause the virus, or are they the same thing? Fears and limiting beliefs are viral within our society.

As we challenge our beliefs and change our beliefs, this has a direct effect on our DNA. Cellular DNA is the physical store for our mental belief system. RNA holds our mental operating system and DNA holds our personal mental programming. As I change my mental beliefs, I detoxify my old beliefs and I change my DNA at the cellular level. Any interference to this cellular detox will result in the negative physical symptoms of a virus. A mild detoxification is often experienced as a cold. A deeper detoxification is believed to be a bout of flu. We call it a bout because we try to fight it. An extreme blockage in our natural detox system can result in a chronic fatigue syndrome. Chronic fatigue is the result of over-medicating the symptoms of an acute fever. It is not caused by a virus but by the body's inability to detoxify itself and remain healthy. Immune deficiency or immune suppression is in actuality the inability of the body to naturally detoxify itself at the cellular level. A virus is a fragment of discarded DNA. A cell discards fragmented DNA in the process of its own cell destruction. The bug is in the DNA of a redundant cell. The bug is a virus, a mental bug not a physical living entity.

A virus does not meet any of the scientific criteria for life. Like a bug in my computer programme, it may be active but it is not alive. A virus cannot breed, evolve, mutate or reproduce like a living organism because it isn't one. It is the waste product of a condemned cell, which was alive and can mutate, reproduce & destroy itself.

To believe that I am the victim of a virus that is attacking me, is like believing that I am the victim of the faeces that I daily excrete as human waste.

The belief that I am the victim of a virus is itself the virus that is running viral through the belief system of the medical practitioners of our society.

The Truth About Reality

Truth is a Perspective.

Reality is an Experience

I do not always experience the truth of my perspective, or the perspective of my truth. I believe my perspective to be true, when I believe my beliefs to be true.

False beliefs give me a false perspective, which is still a real experience. A belief can be true or false, so my perspective can be true or untrue. Whether my perspective is true or not, my experience is still real. Reality is always a real experience but not always a true experience. A true experience is when my perspective aligns with my vision, mission & purpose for my life. In the absence of knowing my true purpose, I am often misaligned with my truth. My true vision for my life aligns my Self with my true perspective, which allows a true experience of my reality.

The truth is that I cause my own experience of reality to be created in alignment with my beliefs.

The reality is that the experience I cause is not always what I truly choose to create.

My true choice is a positively beneficial experience of real opportunities in life.

My real experience is often a negative choice of default problematic occurrences.

My true perspective is that life flows effortlessly through me with beneficial opportunities.

My real experience is that life happens to me in unfortunately wrong and negatively bad & detrimental ways.

Reality can be true or untrue for me, relative to my choice of perspective.

Reality is a personal experience.

Truth is a personal choice.

When I choose my true path through life, I choose a personal experience of reality. My default experience of reality is in alignment with my beliefs, not my truth. What I believe to be real becomes my experience by default, whether it is true or not. When I believe my beliefs to be true, I believe my reality to be true. I always experience the behaviour that aligns with my beliefs.

When my beliefs are not truly mine, I share the experience of other people's reality. When I own the truth of my own beliefs, I experience the reality of my own true path.

My Core Beliefs align my Self with the Truth of my Soul. My chosen path is the real experience of my True Self. When Truth & Reality are in alignment, I am at One with my Real Self, living the ideal life that my Soul intends for its True Self.

I experience reality my Self as a true perspective of my Soul.

P.N.S.E.

P.N.S.E. is an acronym for Persistent Non-Symbolic Experiences.

It is a technical term for being spaced-out in non-physical reality. Spaced-out means not currently centred, balanced or grounded in three dimensional space-time-reality.

The purpose of physical reality is the grounded experience of personal choice. Personal choice requires a relative duality, in contrast to the absolute singularity of Oneness. Dual reality allows the choice of separateness or togetherness, unity or division.

With a grounded experience of physical reality, I can fulfil my choice of a personal spiritual purpose in life. I incarnate from non-physical reality to physical reality for a specific chosen purpose. Incarnating into physical reality to experience non-physically symbolic experiences, seems to me to have neither reason, meaning nor purpose.

The realm of three dimensional relative duality exists for the purpose of experiencing choice. It allows a choice of any reality or any real experience. With the duality of choice, I am free to choose the triality of physical life, where life is either a triune reality or a real trial. I am also free to choose an experience of the singularity of pure energetic inert potential.

I define Oneness as the unity of my Self with my Soul in the divine experience of my personal Happiness & Wellbeing. This is my choice for my ideally divine life. The pursuit of oneness with the singularity of my source energy may appear to be blissful, euphoric or

ecstatic but it has no clear reason, meaning or purpose for me in this lifetime. Others are free to make a different choice.

Persistent Non-Symbolic Experiences have a very high positive intensity, which in a world of contrast also have a very low negative creative potential.

My ideal life is grounded in the three dimensional reality of the contentment, fulfilment & joy of my happiness and the health, wealth & wisdom of my wellbeing.

I am well and happy being able to create a Continuously Symbolic Growth Experience for my Soul.

A Problem Belief

A Problem Belief is any belief that causes the Believer to experience a problem.

The Primary Problem Belief is the belief that problems happen.

Problems are a toleration, which is an emotional energy drain that is caused by the belief that things can go wrong. When I believe that things can go wrong, I believe that this is bad for me. The experience of bad things happening to me, because life is going wrong, endorses my problem beliefs.

The more a problem belief is endorsed by personal experience, the more the belief becomes a conviction.

I am convicted by my own problem beliefs.

The belief that problem beliefs happen because bad things occur, is itself a problem belief. When I believe a problem belief to be true, I experience it as being real. The reality is that I experience problems because I believe them to be true.

The truth is that only true beliefs are true. On my true life path, I truly believe that there are no problems. On my problem free path through a problem free life, problem beliefs do not exist. In the absence of all problem beliefs, there are no problems in my life.

Ignoring problems or denying problems does not remove my belief in them, so it does not remove them from my reality.

The belief that everything that occurs in my life is an opportunity, allows my true reality to unfold. When I experience life as one opportunity unfolding after

another, my beliefs are never a problem. Problem beliefs block opportunities, which is a problem. Problem beliefs are caused by the experience of problems, which are caused by problem beliefs. The reason a belief is a problem is because I adopted it from someone else. I learned my problem beliefs because of my experience of other people's problems, which are caused by their beliefs.

Growing up in a world of opportunity is never a problem. Being raised in a problematic world is the cause of my belief in a world full of problems.

I can either own my problem beliefs, which is problematic; or I can accept the challenge to change them at every opportunity.

Collective Individuality

A Collective Individuality is a collection of Individuals who are sharing a collective reality. The reality of each Individual is that they are sharing their individuality, collectively. The reality of the Collective is that each Individual is uniquely real.

Collective Individuality requires connection, without attachment. Each Individual is Soul Connected and therefore the Collective is connected at the Soul level. No Individual person is emotionally attached to any other Individual within the Collective.

Collective Individuality requires detachment not disconnection. Detachment has no emotional attachment to other people's dramas. A Soul connection ensures that there is no emotional disconnection, or insensitivity to other people. With no emotional disconnection, there is sensitivity between the Individuals within the Collective. Each Individual is sensitively aware of the emotional state of Being of the Collective.

Sensitive detachment of each Individual ensures there is no insensitive attachment and enables emotional harmony within the Collective.

With an individually exclusive connection to Source, everybody is following their own path, within their own authority, under their own power. Nobody is inclusively attached to, or following, anyone else's choice of authority.

The power of the Collective is exponentially greater than the sum of the power of each Individual.

With an individually exclusive connection to Source power & authority, and a sensitive detachment with all others in the Collective, everyone is consciously aware of their own emotionally rational, collective perspective.

Collective Individuality means that every Individual is emotionally empathically in tune with everyone else in the Collective. They collectively share their mutual compassion for following their own unique, exclusive & individual path.

The Collective is an expression of each Individual's gratitude & appreciation for the individually unique reality of the Collective.

Collective Individuality allows each Individual to be separate in togetherness, in an inter-developmental relationship, with everyone in the Collective.

The unity of the gratitude & appreciation of the Collective ensures the continuously harmonious relationships between each and every Individual within the Collective.

The Ultimate Perspective

The Ultimate Perspective is that whatever turns up in life is ideal. Ideally, I 'deal' for my Self only what is beneficial for my Self. The ultimate perspective is that everything that occurs in my life is beneficial for me.

When I can see how everything in my life is beneficial, my experience of life is certainly beneficial.

In my ideal world, everything is an opportunity for the spiritual development and growth of my Soul. The ultimate perspective is to intuitively see with certainty, the Soul's opportunities for growth.

The ultimate perspective requires conscious awareness. Consciousness is the medium through which the Soul experiences its physical opportunities for spiritual growth. Awareness is how the Soul spiritually imagines its opportunities for growth.

The ultimate perspective allows an ultimate experience of life. Perspective creates experience. I experience life exactly how I imagine life to be.

Imagination is the medium through which any new perspective of life is created.

An awareness of the Soul's perspective allows each Self the opportunity to see life from the Soul's perspective, which is ultimately ideal.

My higher perspective of my higher mind requires my emotionally intuitive perception of every physical life experience.

The ultimate perspective of life is to see life as an opportunity to perceive the ultimate experience of life. The ultimate experience of life fulfils the potential of my creative imagination.

Being Faithful

Faith flows with intuitive certainty. Without certainty, flow meets resistance. Without intuition, I cannot be certain. Without faithful certainty in my own intuition, I need other people whom I trust. Trusting other people aligns me with their influence and their path, which is never true to my path. Being faithful to my True Self allows me to follow my own path and to fulfil my own destiny.

Fulfilment requires faith in my own intuitive certainty. My intuitive certainty connects me with my empowered authority. With empowered authority, my direction of choice has clarity and I have faith in my clear direction. When I am frustrated by my choice or my inability to choose, I get lost & confused and I mistrust my direction.

My faith in Providence provides my provision. When I allow my provision to be faithfully provided by Providence, I have everything that I require to fulfil my destiny. When I have everything that I want and need, I am content.

My Emotional Intelligence faithfully guides & supports my beneficial choices. When every choice intuitively feels good & right, I take every opportunity that is faithfully presented to me, in each present moment as a present and a gift. I faithfully accept the presence of my provision with joy.

My contentment, fulfilment & joy is faithfully expressed through my Happiness in Life. I am wisely filled with a wealth of joy and a healthy contentment when faithfully following the intuitive guidance of a

faithful Soul. When I am faithful to my destiny, my happiness & wellbeing is faithful to my Self.

When I intuitively know with certainty that happiness & wellbeing flow effortlessly through my Self, from within, I have faith that my destiny is assured. I see with faithful clarity that my happiness & my wellbeing are always present and that my presence faithfully allows my Self to express them. Expressing my happiness & wellbeing presents them as my reality and realises them as a real present to my Self from my Soul.

Expressing my happiness & my wellbeing as a true quality of my Source Entity is certainly an expression of my intuitive Faith. Looking for an endorsement of my happiness & wellbeing outside of myself is a statement of not following my own intuitive path, which is my fate and not my destiny.

The faith in my own inner happiness & wellbeing allows my connection to the source of guidance & support that certainly enables my effortlessly abundant experience of life.

Egoism & Egotism

Every 'Ego' has an 'Ism'. Every Self has a belief system. Egoism is the belief system of an Individual Self.

My Egoism is the belief system of my Self. It is my belief in my Self. My self belief.

Egotism is the negative belief system that I see reflected in another. It is the belief in the negative attributes of egotism that sees the ego as a negative entity. Religious egotists see self belief as a negative attribute.

The ego is my individual sense of physical self and every Individual's sense of Self. Whether the ego is good or bad, positive or negative, beneficial or detrimental, is a perspective based on the individual beliefs of that ego self.

A wise perspective never sees itself as a negative entity. Indeed, it requires wisdom to see the positive aspects of the ego Self and to see the ego as a positive entity.

It is a positive sense of self that sees the ego as a benign entity and it is a negative sense of self that sees the ego as malign. To see my Self from a positive perspective requires myself to be in a positive emotional state of being.

Who my ego is, is relative to who I believe my Self to be. Egoism is therefore a subjective perspective based on an Individual's belief system.

An objective view of the ego, sees the egotism of other people's behaviour.

A subjective view of the ego, sees my own egoism as being relative to my own belief system.

A corrupt belief system sees a corrupt sense of Self. A negative belief system sees a negative sense of Self. A pure & true belief system sees a true Self in alignment with a pure Soul.

My true Self aligns with the purity of my Soul Essence. The essence of the Soul is a pure ego sense of Self.

When my sense of Self is limited to my five physical senses, I have only a physical sense of myself. My conscious sense of physical self is driven by my sub-consciously programmed belief system. My sub-conscious id drives the programmed behaviour of my conscious ego. Corruptions in the sub-conscious programming cause corruptions in the conscious sense of ego self.

The core beliefs of my super-conscious entity empower a pure conscious egoism, in alignment with my Soul's Ideals. Ideally, a pure ego requires a pure belief system to enable my egoism to be ideal.

I can only see my true egoism intuitively. My intuitive sense of Self reveals the true potential of my own Ego. The intellectual reasoning of a flawed belief system sees my egotism reflected in the negative behaviour of other people.

Ideal Standards Of Behaviour

Ideal Standards of Behaviour are Ideals.

Ideals are standards of behaviour that I choose to be ideal for my Self. An Ideal is a quality standard or behaviour for my Self. Personal standards of behaviour are ideal when they describe my true state of being, whilst I am doing what I am doing. Ideally it is not how I am doing something but who I am being whilst doing it. Who I am being in relationship to myself or another, determines my standard of behaviour.

Ideal standards of behaviour require quality attainments to be attributable to my Self. Attributing quality attainments to my Self allows my behaviour to be ideal.

Negative emotional attributes do not sponsor ideal standards of behaviour. Prime, natural & divine attainments are ideal attributes for personal behaviour.

- Authorised, empowered & enabled are my divine standards for behaviour
- Good, gentle & graceful are my prime standards for behaviour
- Healthy, wealth & wise are my natural standards of behaviour

Happiness & wellbeing are ideal attainments that endorse quality standards of behaviour.

- Sensitively detached is my ideal standard in relationships to all other people
- Exclusively connected is how I ideally relate to my Soul

- Emotionally rational is how I ideally relate to my Self

Empathy & Compassion allow my standard of behaviour to be seen and experienced as ideal by other people.

Being Healthy

In actuality, we do not die from any disease but from the inability to heal our disease.

The only person that can heal our disease is our Self. The only person who can stop our self-healing is our Self. Everyone is a self-healing organism, when we allow ourself to heal.

Becoming ill is a perspective of living in a toxic world. The belief is that this toxic world can make me ill and also kill me. When I get sick, I believe that I need a doctor to cure me; or I will die.

When I faithfully know that I am able to healthily detox my own body, I no longer need a doctor to cure me.

Detoxing the body of toxins starts with detoxing the mind of toxic thinking, caused by toxic beliefs. Being healthy requires the detoxification of every belief about being unhealthy. A healthy perspective has no thought of illness and a well perspective has no thoughts of being unwell.

Wellbeing requires a healthy mind that guides & supports a healthy body with healthy emotions.

There are a wealth of wise thoughts that allow my good health to flow effortlessly through me. There is also a dearth of negative thinking that blocks my healthy experience of life. When I believe that a virus or a bacterium can kill me, then that may become my experience. When I believe that a doctor cannot cure me then that is exactly my experience.

Personal experience aligns with personal beliefs, not personal truth. My belief is not always aligned with my

actual truth. My truth is that I am a self-healing organism. When my belief is that I need a doctor to cure me, I am blocking my own ability to self-heal. In actuality, my fears are always the cause of my unwanted death. In reality, I can die of COVID-19. In truth, I die of my inability to heal my Self. My beliefs or fears always cause my experience of life and my experience of death. I cause my own reality in alignment with my beliefs. My beliefs determine my behaviour, which determines my experience of reality and endorses my beliefs.

Toxic beliefs cause a toxic experience of reality. Only my truth allows a true experience to be realised in my life.

Being healthy requires that I believe that I am healthy, I believe that my body is able to maintain good health and I believe that my healthy mind enables my body to maintain its natural health and for me to feel healthy and well. When I believe that I am well, I am and when I believe that I am healthy, I am and this is my experience in life.

BiPolar

BiPolar means two directions.

Bi signifies two and polarity determines direction. In a three dimensional reality, there are always opposing directions of polarity and there is always a choice of direction.

The paradox of this duality is that neither choice is ideal. The ideal choice in a three dimensional reality is the third way. The third way is always the balance between two extremes of emotional intensity.

BiPolar becomes a disorder when the intensity of opposing emotional states of being is extremely depressed or extremely euphoric. The feelings of emotion swing between extremely disempowered with underwhelming depression or extremely overpowering with either too positive overwhelm or too negative frustration.

This extreme control drama alternates between an intensely intimidating villain and the victim hood of being a poor me.

Depression is the experience of extremely unpleasant meekness and wrath is the intolerance & frustration of one's own extreme anger. The duality of a biPolar condition can cause mood swings between depressed meekness and angry wrath. This is the same vibrational energy being expressed in opposing directions of polarity because of opposing genders of emotional power. The wrath of the Male intimidator is at war with the meekness of the Female poor me as an expression of our own inner conflict.

The irony of a biPolar condition is that both extremes are a negative tragedy with no perception of a positive comedy. The ability to laugh at this tragic situation is absent.

A biPolar condition can swing between positive & negative mental polarities, of feeling really high or feeling really low, or swing between two opposing emotional genders, which are believed to be really bad or really wrong.

Suppressing negative emotional power causes depression and expressing negative emotion forcefully, causes powerfully intolerant anger. Being trapped between the two is a debilitating scenario.

Expressing anger in a controlled way is a third choice.

Managing anger reduces its intensity to impatience.

Fury is intense anger and impatience is less intense than anger. Reducing the intensity of fury to anger to impatience allows the possibility of developing positive patience. Negative Male impatience combined with positive Female patience creates a united balance of inner peace without inner conflict.

The third choice between wrath & meekness is the approval of our own self esteem that neutralises our inner conflict, so that we are no longer at war with ourself. With the value of my own confidence, I no longer need to control other people or be controlled by other people. In self control of my own chosen polarity, I approve of my own balanced choices.

Overcoming the duality of bi-polarity requires the mental cause to be individually identified. Anger, depression & euphoria are all an emotional effect of a mental cause. The cause of every emotional effect, or the negative affect of an emotional state of being, is a

negative or limiting belief. An intensely negative conviction causes an intensely negative emotional feeling. Too many intensely negative beliefs cause depression. Anger is a sub-conscious reaction and euphoria is an ungrounded super-conscious response to that depression.

A balanced third way out of the duality of a biPolar condition is to give up the turmoil, trauma & tragedy of the drama of negative emotional states of being, caused by our own conflicting beliefs.

The Study Of Beingness

The Study of Beingness is called Ontology.

The Study of the Soul is called Psychology.

Modern Philosophers, confusing the Soul with the Mind, have a mental perspective of ontology rather than a Soul's perception of its Beingness.

Ontology is the study of how the soul's wisdom experiences the love of being in physical form.

Beingness is a heart felt expression of an aspect of Love, not a statement of one's perspective.

Beingness is a perception of emotional feeling, not the personal opinion of a thinking mind.

Ontology requires emotional intelligence, not the logical perspective of a rational intellect.

Ontology is the study of the emotions of the Heart, not the rationale of intellectual thinking. It is the study of the wavelengths of emotional feelings, not the frequency of mental beliefs.

The frequency of my mental beliefs determines the attitude of my perspective, not the inclinations of my perceived emotional feelings.

A perspective is something that I have, whereas my emotional essence is who I am Being. I state my mental views as a perspective and I express my emotional feelings as the essence of my Beingness.

Being social, political, economical, cultural or philosophical are all mental perspectives, not emotional states of being. My social, political, economic, cultural and philosophical views determine my status in life, relative to the role that I play in life. They are not the essence of who I really am. They may

be an expression of my perceived personality & character but they are not the essence of my true Identity.

A mental perspective is what I have, an emotional feeling is a perception of who I am really being. I describe my emotional feelings with an adjective, I describe the mental perspective that I have with a noun and I describe what I do with a verb.

I may believe that I do politics and I do economics but I really have a political and an economic view or perspective of life. I may believe that I am being social, being cultured or being philosophical but these are all mental perspectives that I have.

Nouns describe what I have, verbs describe what I do and adjectives ontologically describe who I am being. When I use an adjective to describe what I have, I get lost and confused as to the true essence of my Beingness. When I use rational logic to study Ontology, there is no Beingness and no sense of emotional intelligence; just a philosophy that is devoid of both love & wisdom.

In Competition

In Competition, I seek with another to become the equal of my own potential. I compete with another to push the boundaries of perceived potential. My potential is the equal of every opponent. Fulfilling that potential is the competition.

It is my potential to become as good as my Self, not better than any other. Being the equal of my potential Self is not about being better than another competitor. I am the competitor in competition with my Self.

When I see another as a competitor in competition with me, we are seeking to be better than each other, instead of being the equal of our own potential.

When I see myself as the competitor in competition with my Self, I seek to be the equal of my Self, not the equal of another. The equal of a true champion is their Self. I do not seek, or petition, to be as good as someone else or better than them. I petition to be the equal of my Self.

Equality is a personal attainment that requires inner balance. Winning or losing makes me better or worse than another, never in balance with my Good Self. I am mentally good enough when my emotional grace is in balance with my physical gentleness. This allows my graceful power to gently flow effortlessly through me without resistance.

In the zone of competition, I fulfil my potential. When fulfilling my potential, I am competing with another, never against another. I win the competition when I fulfil my potential to experience the joy of being good enough. I am the equal of any opponent when they are

good enough to enable me to experience being good enough. I am ever content with being the best that I can be.

Four Aspects Of Self

Real, True, Authentic & Actual are the four aspects of Self:

My Real Self is the self that is creating my perspective of reality. In my disconnection from Source, my real self is my sub-conscious id. The id causes my perception of reality, relative to the effect of what is happening to me in life. My perspective of what I perceive to be real is the instinctive experience of my real self. I am creating my own reality relative to my sub-conscious beliefs about reality and I instinctively react to life, accordingly.

My True Self is the self that is creating my true perception of reality. What I perceive to be true with my physical senses is what I believe to be my true perspective, which is true for me. I cause to happen in life what I believe to be in alignment with my true perspective, in the belief that it is a true expression of my truth. Life happens by me as a physical truth that I experience as real. I have no distinction between my truth and my reality because I consciously experience my truth in alignment with my sub-conscious beliefs. In my spiritually unawakened state of being physically conscious, my ego sense of true self is driven by the instinctive sense of what I believe to be the reality of my sub-conscious id.

My Authentic Self is the author of the truth of my reality. When I spiritually awaken to the real truth of my authentic self, I realise that my id is not really me and my ego is not truly aligned with my destiny. My id and my ego self, in my disconnection from Source,

have not been perceiving the truth of my experience of reality. When spiritually awakened to my destiny, I allow my Self to follow the plot of my Author, as the Hero of my adventurous ideal life. I follow my true path and my reality is authentic. My authentic Self ideally writes my Book of Life, so that I may authentically experience it on purpose and fulfil my destiny. The author of my vision for my life is my authentic Self. My super-conscious intuitive vision allows life to flow through me as the reality of my authentic truth.

My Actual Self is the Creator of my authentic, true reality. As my actual Self, I realise that there is actually just me having infinite authentic lives through all eternity.

- My Authentic Self creates my True Self
- My True Self creates my Real Self
- My Actual Self creates the potential for authentic creations of my really true Self

My Self is actually, authentically, truly, real, when I am being all the aspects of my 4 dimensional Self. When my sub-conscious Id, conscious Ego, super-conscious Soul and supra-conscious Entity are all aligned as One, I actually am a really true expression of my authentic Self.

Subjective, Objective, Adjective

Subjective describes what I Have. What I have is the subject of my life. I subject my Self to the life that I have. I have a subjective life of my own creation, which is the subject of my creative ability. I have a subjective reality that I am subject to and I believe I am the subject of. I believe that I am subjected to whatever I do not realise I am the subject of. The subject of my Book of Life is Me as the subject of my book is individually unique to me.

Objective describes what I Do. What I do is the objective of my life or an objective in my life. I object to what I have to do, when it is not aligned with what I want to do. Doing other people's objectives is not the object of my life, so I usually object. Objects are there in my life to assist me to do whatever I am doing. Objects that stop me achieving my objectives are objectionable, as are people who interfere with my objectives. The objective of my Book of Life is a mission to explore, discover & experience the purpose of my vision for my life.

Adjectives describe who I am Being. I am being adjective when I am describing my emotional state of being. My emotional state of being is the power to objectively do something with authority and enable my subjective ability to have what I choose for my Self. Be-Do-Have is my adjective-objective-subjective creative power, authority & ability.

- My subjective authority allows my authentic authorship of my own choice of subject for my Book of Life
- My adjective power approves my potential feeling to absolutely love being vitally alive
- My objective ability accepts that my subjective authority & adjective power enables me to do what I am choosing to do in my life

My subjective authority is my individual personal choice that is adjectively empowered to enable my exclusively unique objectives in life.

- The objective is to do, not be or have
- The subject is to have, not be or do
- The adjective is to be, not do or have

Adjective emotional power initiates subjective mental authority to enable objective physical ability.

A Conscious Sense Of Awareness

A Conscious Sense of Awareness is intuitive.

An unconscious sense of awareness is instinctive.

An awareness of my conscious physical senses is intellectual.

I use my conscious physical senses, of sight, hearing, taste, smell & touch, to reason with my intellectual intelligence.

I use my non-physical senses, of seeing, feeling & knowing, as my intuitive cognition.

When I reconnect my intuitive recognition, I have a non-physical awareness of my reality.

Science determines the intellectual reason for reality to exist.

Personal awareness determines the individual spiritual purpose of real existence.

I can only know the individual spiritual purpose for my life with the awareness of my personal spiritual energy. I can only see my exclusive spiritual vision, feel my adjective spiritual purpose and know my unique spiritual mission with a conscious awareness of my intuitive senses.

Being aware that I am conscious in physical reality, disconnects my sense of intuitive guidance & support.

Becoming consciously aware of my spiritual reality, I reconnect my sense of intuitive recognition.

Discovering the duality of conscious-awareness allows a choice of polarity that is either conscious or aware.

Overcoming that duality allows my physical choice of a conscious sense of spiritual awareness.

Allowing & Ignoring

I do not choose to allow ignorance.

I ignore a toleration when I am able to. I can ignore a toleration until it becomes intolerable. When a problem becomes intolerable, I can no longer tolerate it and I can no longer ignore it.

Tolerance is the gap between ignorance & wisdom.

Being tolerant fills the gap between being intolerant and being accepting. It is not wise to tolerate anything because whatever I am tolerating is draining my emotional energy. Ignoring an energy drain allows me to be tolerant.

In my ignorance, I believe that I am wise enough to tolerate my problems. I may deem this to be clever, but it is never wise. Tolerance is not a wise attainment.

Being allowing is a wise attribute that requires emotional awareness to attain. I attain the emotional state of being allowing with the awareness of my effortless flow having no resistance. When I allow my life to flow without resistance, I am aware of my state of being allowing. I am aware of being allowing when I am aware of there being no resistance that I am tolerating.

I become conscious of my ignorance when I become aware of sub-consciously reacting to the intolerable resistance that I am experiencing in life. In my ignorance, I am unaware that the intolerable resistance that I am experiencing is due to my inability to allow whatever is occurring in my life.

My ignorant beliefs disallow an effortless flow of life and cause the challenges that I tolerate and the problems that I find intolerable.

Moving from tolerating to Accepting is my wise choices Being.

An Elite, Supreme & Almighty Creator

Elite, Supreme & Almighty are the three qualities of a creative Creator.

Actual Creative Activity requires:

- Elite Mental Authority
- Supreme Emotional Power
- Almighty Physical Ability

The quality of elite mental authority of choice, allows the flow of supreme emotionally powerful feeling, which enables the almighty strength of physical creative ability.

- Being elite is a quality of the Mind
- Being supreme is a quality of the Heart
- Being almighty is a quality of the Soul
- Being creative is relative to the quality of the Strength of a combined Heart, Mind & Soul

The quality attributes of a Strong Creator are:

- A Wise & Fulfilled elite mind
- A Joyful & Wealthy supreme heart
- A Healthy & Content almighty soul

An ideally strong Creator has attained both Happiness & Wellbeing.

Strength is a quality of every Creator and the strength of the Creator determines the quality of the Creation.

- A supreme financial system promotes the powerful influence of monetary riches, not true emotional wealth
- An elite education system promotes authorised knowledge, not the true authority of mental wisdom

- A religion, based on an almighty external God, promotes a virtuous dogmatic doctrine, not a physically enabled healthy perspective of life

Global control, through world domination, is the almighty aim of an elitist supremacy who are promoting destructive objectives, without any creative qualities, through the mass manipulation of the people.

An almighty, supreme, elite Individual Being has the mental capacity, emotional competence & physical ability to create their own ideal reality; without any need to control, manipulate or dominate anyone or anything.

Being Really Actually True

Being True, Being Actual & Being Real are not the same from a spiritual perspective.

Being Real is the reality of a Created Self, being the creation of an Actual Creator. It is being an honest servant with its own individual, relatively intellectual, perspective of life. As my Real Self, I realise the gender of my own unique personality & character is relative to the wavelength of my emotion and the frequency of my thought, which causes the vibration of my experience.

Being Actual is the actuality of the actual creative act of a Creator. It is being a genuine Genie with the actual conscious-awareness to experience actualising absolute creative potential. As my Actual Self, I actualise my potential to create actual experiences, with the purity of my divine nature. I am an actual pure vibration of my Divinely Creative Essence.

Being True is the alignment of my created Real Self with my actual Creator Self or Soul. It is being the authentic author of the unique life path that the Soul has chosen for its Individual Self. It is being the actual realiser of the positive polarity of a balanced gender on an exclusive path. It is the alignment of a rational intellectual perspective with an emotional intuitive perception of Spiritual Truth. Whereas the intellectual reasoning of an unawakened ego self may be either relatively true or untrue, the intuitive senses of perception perceived by the Soul-Self or True Self, is absolutely always certainly True. I can only certainly know my true path intuitively, when I align my sub-

conscious 'id' with my super-conscious 'entity' and intuitively see my true id-entity.

- My Real Self is a Creation of my Creator Self
- My Actual Self is the Creator of my Created Self
- My True Self aligns my Creation with my Creator

In Reality, I often create my Self in a way that is not actually absolutely true but relatively virtually untrue, which can be fearful, painful and problematic.

Fear is Real, but not actually true. It is the experience of a false perspective of mental direction and the effect of being lost in physical reality.

Pain is Real, but not actually true. It is the negative emotional effect of being off track and experiencing resistance to the effortless flow of life.

Problems are Real, but not actually true. They are the physical effect of a negative perspective of whatever is occurring. On my True Path, everything is an opportunity, not a problem, for the expansive growth of the Soul-Self.

When I am lost, confused & frustrated by the fear, pain & problems of relative dual reality existence, it is impossible to align with my path, with clarity, direction & presence. When I am emotionally clear with a balanced gender, I can follow a positive mental polarity in alignment with my Truth, which is pain free, fear free, problem free and full of opportunities for Spiritual Growth.

Reality is real, relative to my personal perspective, perception and experience of my own life.

Actuality is the Reality of my True Purpose.

Truth is the Actual Reality of what my Soul has actually chosen for its Self to really experience in life.

I am the Subject of my own subjective Truth about Actual Reality.

My objective is the experience of realising & actualising my Actual Truth as a Reality.

Overcoming Depression

How do I overcome Depression, when I am overcome with Depression?

I cannot think my way out of depression because it is an emotional issue, not a mental issue. I am too emotionally confused to think rationally.

I am overwhelmed with depression, when I am severely underwhelmed by life.

When I am severely underwhelmed by life, I become extremely emotionally depressed. When I am depressed, it is my emotional power that is depressed. When my emotional power is depressed, I am unable to think straight, I get very confused and I feel very lost and overwhelmed by what is happening to me in life. I feel very depressed by my suppressed emotional energy.

My emotional confusion causes me to feel mentally lost and when I lose my mental direction, I become easily confused.

Depression feels like I have fallen inadvertently into a large sinkhole. It is as though the ground has opened up and swallowed me whole. This deep hole is as deep as my depression. Climbing out of the hole is how I overcome depression. The hole is my 'pit of despair'. The greater my despair, the deeper my pit and the more impossible it appears to be able to climb out. Knowing that it is possible to climb out, is the first step to overcoming depression.

To climb out of my pit of depression, I need an emotional ladder. Putting my foot on the ladder, I am on the first rung of my climb out of depression. I am

present to the awareness that my emotional energy is absent. Climbing the ladder requires emotional energy that I do not presently have.

Depression is not something that has happened to me, so nothing is going to happen to me, to overcome my depression. I am required to climb the ladder by my own endeavour, with my own emotional power.

Nobody can give me enough emotional energy to climb out of my depression. Resonating with me in the bottom of my negative emotional pit, may be sympathetic but it will not help me climb out.

Depression is caused by my absence of mental direction, disaffecting & disconnecting my emotional clarity. I feel mentally confused, when I am actually emotionally confused, by being emotionally absent.

Mental direction and emotional clarity are how I overcome the depression of being emotionally confused, mentally lost and physically frustrated.

Being in the depths of emotional despair is very physically frustrating, as I am blocked in whatever mental direction I choose to go. At the bottom of my pit, the only way is up.

Getting high on drugs will not get me physically out of my pit. When the drugs wear off; the frustration of being low in energy, remains. The higher I get on drugs, the deeper my depression becomes.

Overcoming the confusion of low energy, requires emotional clarity. Overcoming the feeling of being lost, requires mental direction. Overcoming the physical experience of frustration, requires Presence.

Becoming aware of the presence of my negative emotional state of being, allows me to change my emotional state of being; one rung at a time. As I

climb out of my depression, one emotional state of being at a time, my power becomes more positive and my direction becomes clearer.

Negative power is called anger, intolerance & frustration. I express my physical frustration as either mental intolerance or emotional anger. Tolerating my anger allows me to climb out of depression with patience. Anger is intense impatience. Being present allows patience to flow.

Shifting emotionally from anger, to impatience, to patience, empowers my climb out of depression. I am required to be patient to have enough emotional energy not to get angry. With enough patience, I am able to become aware of the tolerations that I am tolerating, which are an intolerable drain on my emotional energy and causing it to be depressed.

Emotional anger, caused by mental tolerations, has a frustrating physical effect. The presence of anger is a reaction to the frustration of an intolerable depression and it is also the way out of my pit of despair.

Controlling anger with patience allows the mental clarity of a tolerable direction out of depression.

Healthy patience is preferable to being a sick patient with depression. Expressing controlled anger allows it to become controlled impatience and then controlled patience, which allows the present moment to be tolerable. Once my present moment is tolerable, I can learn to accept my present life with clarity & direction. The presence of clarity allows the cloud of confusion to disperse and clear direction to be positively present. When I am lost in depression, it feels like my time is up when it is actually my direction that is up. As I climb up out of depression, I gain more & more clarity

& presence. The more present I become the clearer life presents itself to me and the less lost I feel. As I climb out of depression, through anger, impatience & intolerance; learning to tolerate my impatience with presence, I begin to see my direction with clarity, as I experience rising up out of my depressingly negative perspective of life, with a new positive perception of who I consciously choose to be.

Equality

Equality requires both Equanimity & Equability.

Equability is the ability to see oneself as equal to all others and able to relate to all other people equally.

This requires my personal standards to be in alignment with my personal boundaries. When my boundaries are equal to my standards, I see other people from an equal & balanced perspective. This allows everyone to be different and all different people to be treated equally.

It is being accepting of the reality that people who are not emotionally balanced in equanimity, are mentally biased in favour of their own culture. Being approving of all people being different and allowing them to individually or collectively behave according to their cultural beliefs; allows me to align my standards and boundaries with the culture of my personal beliefs.

Equality is not something that someone else can give me. Trying to legislate for equality is an agenda that will promote racism, not equalise it or abolish it. We have been trying to abolish racism for centuries without success. Equality is a personal attainment, not something that magically happens to everyone when racism & inequality is prohibited by law.

Equality is a state of being that is only personally attainable by being both in Equanimity and with Equability. As an exclusively unique Individual, I will never be the same as anyone else. My personal standard for equality is being the same as everyone else by being different. My boundary allows everyone

else to be the same as me or different. When my standard aligns with my boundary, I am in equality. I cannot be in equanimity with an emotional need to be better than others, superior to others or in competition with others.

I cannot be equable with any belief that I am more or less potent or worthy than others.

In reality, I can only ever be the Equal of my own mental Equability, emotional Equanimity & physical potential.

Bias

Bias is a mental issue. We are all biased in the direction of our own beliefs. Our beliefs form our perspective and our perspective determines our behaviour. Behaviour is biased in favour of our cultural beliefs.

We are taught the perspective of the culture of our society. The communal beliefs of our society determine the cultural bias that we express. We are all biased in favour of our own culture.

Bias is a state of inequality. Equality requires balance and any bias takes us out of mental & emotional balance. The belief that our society is culturally superior to any other society, breeds a state of inequality. The belief in inequality is the effect of one society believing that they are either superior or inferior to another society.

Cultural bias on a national scale is equally responsible, with religion, for being the cause of national conflict. The cultural ethics of a society, together with its religious morals, familiar principles and governmental laws; all form the collective belief system of a particular nation, race or culture.

It is the perceived inequality caused by cultural beliefs that promotes racism, because of the belief that such a bias is disadvantageous to that entire society. A cultural bias that is seen as beneficial to a society is perceived to be an advantage and not a racist issue. It is a cultural bias that is seen as a disadvantage to another society that is deemed as being racist and the cause of inequality.

Only a society that sees itself as inferior and disadvantaged can perceive itself to be the victim of racism, by seeing the beneficial bias of a superior culture as treating them as unequal. All victims need a villain to blame for being the cause of their victimhood. The perceived victims of a cultural inequality will blame the bias of another culture for causing their disadvantage and making them unequal. It is my belief that I am inferior to another that causes my disadvantage and my belief in racism. It is easy for me to accept that I am favourably biased, yet difficult for me to accept that we are all in our own way to a certain degree racist.

The paradox of racism is that the culture that sees itself as most superior is the culture that believes itself to be the most victimised by racism. The culture that is least confident in the value and worth of its own esteem, will be the most victimised by its own racist beliefs.

Equality will be attained when we all agree that we are all equally biased and therefore all equally racist, relative to the level of esteem afforded to us by our own cultural beliefs.

Racism

Racism is an emotional issue. It appears to be an issue of racial colour or racial culture, but it is really an issue of Dominance.

Dominance is an issue of Dominion. Dominion means choice. Dominance determines who is authorised to make choices. When I defer my choice to another, I make them dominant by giving them dominion over me. Whereas, I may accept being under the dominion of my own culture, being under the dominion of an alien culture is a different matter of a racist kind.

Racism is an issue of which Race chooses the rules, dominates a society and determines the culture. It is about which race becomes subservient to the rules of the dominant race.

A race is a competition and the supreme competition is to become the dominant race. The current winners of the race, who are the world leaders, are the race of white Caucasians. The current losers and most dominated races on Earth are the black Aborigines, the yellow Inuits, the red Indians, the brown Indigenous Natives and the white Romany Gypsies. The most racist culture is the white Semitic race, who believe that they are the chosen winners of the race and at the same time the most victimised losers. The most populous race, to both express and experience racism, is the black race who historically were the subservient slaves of the white dominant race.

Racism is not a matter of colour or culture because all five coloured races have their own distinctly different colour and racial culture, none of which is either

superior or inferior to another. No colour or culture is inherently better or worse than any other colour or culture. They are all equally different, equally beneficial and equally detrimental.

Identifying with a distinct colour or culture does not make someone a racist. It just identifies their race & culture. The Jewish culture & religion is a uniquely distinct Semitic culture that is predominantly but not exclusively white. White Jews do not discriminate against black Jews. Conversely, white Catholics frequently discriminate against white Protestants as a matter of different cultures.

What makes racism an issue of dominance is emotional gender, not racial colour or physical sex. What makes white males supremely racist is their belief in the dominance of their race & their sex. The characteristic of Masculine physical sex and the personality of Male emotional gender are equally evident in all races. Neither are relative to either race, colour or culture.

When emotional energy is divided by male & female gender, male energy is dominant and female energy is subservient. Male energy is assertive and female energy is appeasing. Male superior energy dominates inferior female energy. In the race to dominate the world, Male energy wins because its logic is male & rational not female & emotional. Women leaders lead with assertive dominant Male energy, and the men who follow adopt their own subservient female energy. In the absence of female intuitive emotional intelligence, male rational logic has intellectually reasoned that male energy is superior to inferior female energy. Intellectual reasoning, based on

rational intelligence, dominates female intuitive emotional feelings. Not only are white supremacists racist, they are also sexist.

The male energy of pride dominates, stands out proud against, the modesty of unassuming female energy. The male sinful energies of envy, gluttony, lust, greed, wrath & sloth, dominate the female virtues of kindness, abstinence, caring, pleasing, meekness & diligent duty. Male superior arrogance dominates female inferior humbleness.

The male, white dominant world religion of Christianity, preaches that female emotional energy is virtuous for all its followers, whilst its leaders know that assertive leadership requires the male sinful arrogant energy of the rational theology of its Preachers.

What the dominant Male gender, in both men & women, seeks to dominate and control is the authority of choice. When my authority of choice is dominant over your authority of choice, I win and I get your authority to control you and I get to make your choices for you. This is called the election of Government. We dominate other people by getting them to be subservient to our rules. Government is the control of a society's culture, by a chosen few, arrogant people, who seek dominance over others with their Male energy.

A society that is truly equal has no superior or inferior class, no governed or governing class, so it needs no government with the authority to dominate, govern & control.

Equality is not about race or sex but personal choice. We each have the equal ability to make our own

choices when we each individually exercise our right choice for our Self. It is personal choice that allows all people to be equal in the authority of their own choice, by owning their own authority.

The equality of choice is equanimity. Equanimity is a personal choice of a balanced emotional gender of energy. With the equanimity of balanced emotional expression, I am neither dominant nor subservient, neither superior nor inferior, neither assertive nor submissive.

When my authority is no longer controlled, dominated or dictated by other people, my personal emotional power is able to be freely expressed in my own balanced & beneficial way.

When my male mental authority is balanced and in harmony with my female emotional power, I am in personal control of my Self. I have self control, I am self governing and I am the equal of all other Beings. This is the scenario that all racist, proud, covetous, gluttonous, lustful, greedy, wrathful, slothful, arrogant, sexist control freaks of any race, creed or culture; dread.

When I give away my choice, I defer my authority and I give away my power in deference to someone else's authority. Without a constant supply of other people's emotional energy, the authorities who govern their people have no power.

When equanimity dominates, choice is restored to all Individuals equally and both racism & sexism become extinct. Racism and sexism are both the growing pains of an emotionally & spiritually immature society trying to culturally grow.

Being The Creation Of A Creative Creator

Being the creator of a creative creation requires me to be the creation of a creative creator, who is creatively creating a creation.

- A Being is a Creation
- A Being is a Creative
- A Being is a Creator

Creating a creation requires a creative creator. A creative creator is required to be: Actual, Authentic & Real.

- By Being Actual, I am really authentic
- By Being Authentic, I am actually real
- By Being Real, I am authentically actual

I actually create with my thoughts, I authentically create with my feelings and I really create through my experiences. Thoughtful feeling experiences are how a creator creates creations.

- Being Actual is a mental thought
- Being Authentic is an emotional feeling
- Being Real is a physical experience
- Being Creative is the physical experience, of mentally thoughtful emotional feelings, of empowered inspiration

An Adjective State of Being is an emotional feeling. An adjective is a describing word. I use an adjective word, an adjective, to describe my emotional state of being. When I describe my emotional state of being, I call it an attribute because I can attribute it to my Self. Creating adjectives is adjectively creative. I am being creative.

A Subjective State of Being is a physical experience, which is the effect of my doing something to cause it. I

describe what I do with a doing word, called a verb. I verbalise my creative physical ability. The quality of my physical experience is relative to my ability to verbalise my adjective attributes with my objective attainments and create them.

An Objective State of Being is a mental thought. A noun describes an object and I think of a particular object or objective with a noun. A noun describes both an object and an objective that I have. I obtain an object to have it and I attain an objective that I have. When my objective is to attain a subjective adjective, I attain a quality attribute; by being an adjective subject with subjective creativity.

I creatively create the creation of a creative experience, with the creativity of adjectively Being, subjectively Doing and objectively Having.

Emotionally adjective feeling, with mentally objective thought, creates the ability to do a subjective physical experience.

- Subjective Physical Experience is the Creation
- Objective Mental Thought is the Creator
- Adjective Emotional Feeling is the Creativity

I am the Spiritual Creator of every Creative Creation when:

- My Emotional Attributes are Authentic
- My Mental Attainments are Actual
- My Physical Qualities are Real

When I physically realise my actual authenticity, I am able to authenticate my actual reality with emotional power and actualise my real authenticity with mental authority.

The Matter Of Actualising Spirit

Spirit is the Spiritual Energy of all energy, matter & motion.

Spirit is:

- The Energy of matter in motion, of Space-Time-Reality
- The Energy of motion in matter, of Force, Magnitude & Potential
- The Matter of energy in motion, of Thought, Emotion & Experience
- The Matter of motion in energy, of Love, Light & Life
- The Motion of energy in matter, of Frequency, Wavelength & Vibration
- The Motion of matter in energy, of time, speed & distance

Spirit is: E = Energy of Love, M = Matter of Life, C = Motion of Light

- The Energy of Love is a magnitude of distance in space that is a relative wavelength of emotion
- The Motion of Light is a force of thought with a frequent frequency of time
- The Matter of Life is a potential speed of vibration that is a relative experience of reality

The Ancient Greek Philosophers understood the Four Elementary Dimensions of the growth of thoughtful feeling experiences:

- Thought is the mindful motion of Water or Nous

- Feeling is the emotional energy of Air or Pneuma
- Experience is the physical matter of Earth or Soma
- Growth is the spiritual expansiveness of Fire or Psyche

Greek Philosophy is the innate Love of 'Philos' with the innate Wisdom (Light) of 'Sophia'. Love & Light is the Life of a True Philosopher.

The Ability of Matter is relative to the Power of its Energy and the Authority of its choice of Motion. This is how the Soul actually actualises its Self with Spirit, to create the spirituality of its Spiritual Reality. In physical experience, the Self realises that it is an individual, unique & exclusive Creation of a Sole Creator (Soul).

The Soul is the Source Of Unlimited Love, Light, Life & Learning and the Sole Source Of Learning Energy.

The Physical Potential Of Mental Force & Emotional Magnitude

In this new Age of Aquarius, a mental force of Light and an emotional magnitude of Love enable the potential for physical Life.

The Energy of Motion is a Matter of the potential of its force & magnitude.

- The motion of energy in matter is its frequency of force, its wavelength of magnitude and its potential vibration
- The matter of energy in motion is its force of frequency of thought, with its emotional magnitude of wavelength that is a potential vibrational experience
- The authority of a force of a frequency of Light called mental thought, with the power of a wavelength of Love called emotional feeling, has the potential ability to enable a vibration of physical experience called Life

Life is the electric force of a dielectric potential with a magnetic magnitude, called electro-magnetic energy. Induced electro-magnetic wave particles have a particular range of vibration, relative to the spectrum of their frequency & wavelength. The induction of polarised electro-magnetic wave particles generates either electricity or magnetism, relative to the direction of force & clarity of magnitude induced.

- The Scottish Inventor, James Watt, born 1736, gave his name to the potential of electricity called a watt
- The Italian Physicist Alessandro Volta, born 1745, gave his name to the force of electricity called a volt
- The French Physicist Andre-Marie Ampere, born 1775, gave his name to the magnitude of electrical power called an amp

The potential wattage of electricity is measured as its voltage times its amperage. This is the old age of watts, amps & volts, not the new age of force, magnitude & potential.

Life is really electric when the force of my mental authority of thoughtful choice, with the magnitude of the power of my emotional feeling, physically enables the potential ability of my physical experience.

The Reality Of Self Actualisation

The Reality of Self Actualisation becomes real when I actualise my Self. What I actually actualise in my Self is the quality of my attributable attainments.

- Attainments are attributable qualities
- Attributes are quality attainments
- Qualities are attainable attributes

Actualising my Self is actually realising my True Self. Actually realising who my true Self is in reality, is Self Actualisation; which is relative to the quality of the attributes that I actually attain.

- An Attainment is an attribute that I can actually express
- A Quality is the actual expression of an attainable attribute
- An Attribute is a quality attainment that is attributable to my Self

The quality of my experience of reality is relative to the quality of the attributes that I have attained.

Attaining an attribute requires the ability to consciously choose to express it. The quality of an attribute is determined by my conscious choice to attain it.

An ideal attribute is a quality attainment. Attaining quality attributes is an ideal expression of my Actual Self. I actualise my Self by consciously choosing to express the awareness of the quality of the attributes attained. I attain a quality attribute by actually choosing it. When I consciously choose a quality attributable attainment to express, it actualises the reality of my Actual Self.

- For a quality to be real, it must be attained & attributable
- For an attainment to be real, it must be an attributable quality
- For an attribute to be really attributable, it must be a quality attainment

A quality attributable attainment is a quality attainable attribute that I realise and attain, by actually attributing it to my Self as an expression of my quality.

Self actualisation is becoming conscious of who my actual Self really is. Self realisation is becoming aware of who my real Self actually is.

My Real Self is not actually real until I actualise my Self in actual reality by realising who my real Self actually is. Realising the activation of the quality of my attributable attainments, the attainment of my quality attributes and the attributes of my attainable qualities; is the Reality of Self Actualisation.

My Real Self is a Creation of my Actual Self, the Creator. When I express the quality of the attributes that I have attained as my created reality, I realise who my Actual Self really is.

The Synchronicity Of Co-incidence

The Synchronicity of Co-incidence is the correlation of concurrent co-existence through the chance of a fortuitous destiny. Co-incidence is in synchronisation when it correlates in time, with a concurrent space, in a co-existing reality.

When I mentally correlate my time, within my emotionally concurrent space, I co-exist within a synchronised reality that is co-incidental with everyone else.

It is no co-incidence that with synchronicity:

- Time correlates with spacial reality
- Space concurs with real time
- Reality co-exists in space-time

The paradox of space-time-reality is that co-incidence is no co-incidence, when I am aware of the reality of my own time & space being synchronised with synchronicity.

The physical reality of my mental time in emotional space is my chance for a fortuitous destiny, without the risk of a misfortunate fate.

My chance is always a real opportunity in the now of time and the here of space. I have the opportunity to see chance as a danger and a problem, a risk and a challenge or as the chance of an opportunity to experience a fortuitous destiny.

- Seeing chance as a problem is an unfortunate mistake
- Seeing chance as a challenge can result in misfortune
- Seeing chance as an opportunity is ever fortuitous

The fortuitous chance of synchronised co-incidence is a sign-post to my destiny:

- It is my destiny to see chance as lucky & fortuitous
- It is my fate to see chance as an unlucky misfortunate challenge
- It is my doom to see chance as a problem of bad luck

My destiny is synchronised with the co-incidence of chance and the fortune of fortitude.

- My fortuitous choice of chance is destined to synchronistically coincide with my fortune
- My fortitude is the synchronised co-incidence of chance with destiny
- My destiny is to fortuitously synchronise my co-incidental opportunities, every chance I get

Unaware of the correlation of concurrent co-existence that is space-time-reality, I am unaware of any chance of a fortuitous destiny and synchronicity is seen as just a co-incidence.

Without an awareness of the synchronicity of space-time-reality, co-incidence happens to me by chance, without fortitude, and by fate.

Without an awareness of my fortitude, my fortune becomes unfortunate, my destiny becomes my fate and my fate can easily become my doom; being relative to how lucky or unlucky I believe myself to be. When my destiny is left to my fate, my fortitude is doomed with every risked chance ending in misfortune. Any fortunate lucky chance is seen as a co-incidence without being co-incidental, and we call that incident an accident.

Every opportune co-incidence is synchronised with every fortuitous incident in a combined space-time-reality, in which every chance of a fortuitous destiny is realised.

The Validation Of Providence

Validation is the experience of being well grounded in physical reality.

Providence is the Universal Provider of physically real experiences. The experience of physical reality is provided, providentially, by Providence.

The Validation of Providence requires the triune attributes of being Allowing, being Approving & being Accepting.

- Being Allowing & Accepting validates my Approval
- Being Approving & Allowing validates my Acceptance
- Being Accepting & Approving validates my Allowance

My Spiritual Allowance is valid when I mentally allow it, emotionally approve it and physically accept it.

- I disallow my allowance, when I disapprove and find it unacceptable
- I disapprove of providence when I disallow it as unacceptable
- Validation is unacceptable for whatever I disapprove or disallow as invalid

My Allowance is the provision provided through the validation of the Providence of my Soul. My Soul provides whatever my Self allows. What my Self allows becomes my allowance and what my Soul provides is the Soul's provision, which is Providence. When I approve of the Providence of my Soul, I allow my allowance and I accept the provision that my Soul is providing for its Self.

Disapproving & disallowing is the resistance that I am expressing, which invalidates my allowance, when my provision appears to be unacceptable.

The ego self is always at choice. I can choose to accept or reject, approve or disapprove, allow or resist whatever providence is providing as my allowance.

Providence is the Universal Provider of Abundance.

Provision flows abundantly from the Provider, when there is no resistance. The ego has the choice to go without, to provide for itself or to allow the provision provided by Providence.

When the Self is expressing its belief in the scarcity of too little & not enough, or the gluttony of too much and more than enough in excess; it disallows the abundant content of always having enough of everything that is ever needed. When I have enough, I am content with the abundant opportunities in life for the provision of my allowance.

When I allow life to happen through me; by being unconditionally accepting, allowing & approving of whatever providence provides; every experience is certainly beneficially valid.

The experience of an effortlessly abundant life of valid opportunities is the validation for the validity of Providence.

The Actual Act Of Acting

The Actual Act of Acting requires Action, Activity & Activation. The mental activity of thought causes the emotional activation of feeling, through the physical experience of action.

- Activating activity allows physical action
- Activation of action activates mental activity
- Activity in action approves emotional activation

The emotional activation of mental activity enables physical action, the mental activity of emotional activation empowers physical action and the physical action of mental activity authorises the activation of emotional power.

- Action is physically actionable experience
- Activity is mentally active thought
- Activation activates emotional feeling
- Actually acting is a spiritual act

I actively activate a physical action, I activate the action of mental activity and I action the activity of emotional activation. Actively actioning the active act of activation of activity in action is a proverb with adverbs qualifying verbs and adjectives describing nouns.

I describe my emotional state of being with actively, active, actionable adjectives; I state what I am mentally doing with an acting, activating, actioning verb; and I acknowledge what I physically have with an action, activity, activation noun.

I define my Role as an Actor, as one who physically acts; my Role as an Activist, as one who emotionally

activates; and my Role as an Activator as one who mentally actions.

- The activation of activity is a physical action
- The action of activating is a mental activity
- The activity of action is an emotional activation

The Actual Act of Acting requires capacity, competence & capability:

- Action requires physical capability
- Activity requires mental capacity
- Activation requires emotional competence

The action of acting is a physically capable act, actively active thought is the capacity of mental activity and being activated with actual feeling is an emotional activation.

- Physical action is relative to physical capability
- Mental activity is relative to mental capacity
- Emotional activation is relative to emotional competence
- Spiritual actualisation is relative to the capability of competent capacity

Competent emotional activation, with the capacity of mental activity, allows the capability of actual physical action.

- Incapability disables physical action
- Incapacity disallows mental activity
- Incompetence disapproves of emotional activation

A Dramatist re-activates the emotional trauma of mental fears as physical dramas.

An Activist reacts with physical drama to the mental terror of emotional trauma.

A Novelist re-creates the dramatic action of virtual trauma as a fictional experience.

An Actor physically re-enacts the emotional dramas of their mental experiences.

An Actualiser creates the real experience of the emotional activation of mental activity as a physical action.

The Sense Of Aesthesis

The Sense of Aesthesis is Sensual, Sensitive & Sensational. An aesthetic experience uses all the senses in a sensual, sensitive and sensational way.

- I am physically sensual in a sensationally sensitive way
- I am emotionally sensitive to sensual sensations
- I am mentally sensational with sensitive sensuality

When I am aesthetically grounded & balanced, I have a happy sense of physical contentment, mental fulfilment and emotional joy.

- Emotional joy is a sensual sensation
- Mental fulfilment is a sensual sensitivity
- Physical contentment is a sensitive sensation

When I am aesthetically balanced, yet unable to ground my thoughts or earth my emotions, I experience the intensity of my:

- Sensationally sensual Bliss
- Sensually sensitive Euphoria
- Sensitive sensational Ecstasy

Anchoring my ecstasy satisfies my physical contentment, grounding my euphoria is mentally fulfilling and earthing my bliss is emotionally joyful. Physically sensual experiences require the use of my five physical senses of sight, hearing, taste, smell & touch.

Mentally sensational experiences require the use of my four instinctive senses of balance, temperature, movement & power.

Emotionally sensitive experiences require the use of my three intuitive senses of seeing, feeling & knowing.

- Sensual touch is physical
- Sensitive feelings are emotional
- Sensational thoughts are mental
- Aesthetic senses are spiritual

The more sensitively sensational my physical senses, the more sensual my experience.

The more sensually sensitive my instinctive senses, the more sensational my thoughts.

The more sensationally sensual my intuitive senses, the more sensitive my emotional feelings.

Aesthetically, my sense of touch can be physical, mental or emotional:

- Sensitivity touches me emotionally
- Sensation touches me mentally
- Sensuality touches me physically

Aesthetically my sense of taste affects me physically, mentally & emotionally:

- My emotional taste affects my emotional feelings
- My physical taste affects my physical experiences
- My mental taste affects my mental thoughts

Aesthetically, the senses that are common to all are the common Senses of Aesthesia.

The Efficacy Of Effortless Flow

Effortless is the natural state of Flow. Flow is the potential of zero point energy. Energy flows effortlessly, without resistance. Both hard work or laziness, sloth or diligence resist the efficacy of flow. Effortless Flow requires Gentleness, Grace & Goodness; not dedication, determination & commitment.

- Gentleness is effortless Good Grace, without physical determination.
- Grace is effortlessly Gentle Goodness, without emotional commitment.
- Goodness is effortless Graceful Gentleness, without mental dedication.

Gentleness has no assertive, determined force or active resistance; just the resilient strength of good grace. When I accept whatever is occurring with good grace, I am being gentle.

Grace is the absence of my ego's will power. It is my unconditional approval of whatever is gently occurring as goodness. Without any commitment or feeling of attachment, I approve of the goodness and the gentleness of whatever is occurring with the emotional power of my grace.

Goodness is the absence of any negative thinking. In the absence of any dedicated limiting beliefs, my positive thoughts are gently graceful and powerfully enabled. The positively inspired ability of my thoughts is a beneficial force for good.

- My gentleness is physically efficacious as there is no problem of resistance with my gentle actions and experiences.
- My grace is emotionally efficacious as there is no emotional pain with my graceful feelings.
- My goodness is mentally efficacious as there is no anxiety or fear in the inspiration of my intuitive thoughts.

Without the resistance, entropy & chaos of my physical problems, emotional pain & mental fear, life effortlessly flows in a truly efficacious way.

- When I effortlessly accept my gentleness, my physical experience is able to flow efficaciously.
- When I effortlessly allow my goodness, my mental thoughts positively flow with efficacious authority.
- When I effortlessly approve of my emotional feelings, they positively flow with efficacious power.

Approving of my power of grace, allows my good authority to accept my gentle efficacious ability.

Being allowing of my authority of goodness, approving of my power of grace and accepting the ability of a gentle efficacy is my recipe for the effortless flow of abundant opportunities in my life.

An abundance of beneficial opportunities is what effortlessly flows into my reality, when I am being gentle, graceful & good. They are the allowance that Providence provides, when I accept them with my approval.

The Inspiration Of Choice

Choice is a potential for all Human Beings. All human beings have choice but not all choice is inspired.

An inspired choice is authorised, empowered and positively enabled. A positively enabled choice is good, right & beneficial for me. It is not possible for an inspired choice to be bad, wrong and detrimental with negative consequences. It is possible though, to see whatever is beneficially occurring with a negative perspective.

Seeing the inspiration of my choice, whilst feeling the power of my choice, is how I intuitively know it is beneficial for my Self. An inspired choice has the authority of being aligned with the integrity of my Truth. My Truth is what aligns me with the choice of my Soul or True Self. My Soul always inspires its Self with positively beneficial choices that are aligned with a true vision & purpose.

My ego sense of Self, when unawakened to its Soul purpose, often makes detrimental choices for itself. The Soul gives its Self unconditional choice, yet only empowers choices that the Soul itself inspires.

- An empowered choice is authorised & enabled
- An authorised choice is empowered & enabled
- An enabled choice is authorised & empowered

Without the wise authority of my Soul, my emotional power is not physically enabled and without power, my choice is not authorised. I am always able to make a choice but that choice is not always divinely enabled with power & authority.

When my emotional power and my mental authority are divinely beneficial and effortlessly enabled, my choice is inspired. When my choice is not inspired, it is not empowered and is therefore not a powerfully creative choice.

Paradoxically, unempowered choices need will power to enable them to be activated. Following other people's true authority is not an empowered choice.

When I am inspired by my own choice, I choose not to follow other people's authority. When another's authority & choice feels good, then I am inspired to follow it as my own choice. Being inspired to follow another's choice is always a good & beneficial choice. I am only ever inspired by my Soul, never other people. Without inspiration, my choice is not empowered and when others choose for me to follow their choice, they will have to motivate me in some way, to do so.

My inspiration of choice is always an empowered, enabled and authorised opportunity for spiritual development & growth.

The Zenith Of Beauty

The Zenith is the high point of the heavens. Beauty is the aesthetic experience of Heaven on Earth. A beautiful experience is a heavenly experience. Beauty requires a triune reality of Virtue, Purity & Attraction.

- Pure Attraction is a beautiful Virtue
- Virtual Purity is beautifully Attractive
- Attractive Virtue is Pure beauty

Virtue is a pure emotion, which is very attractive and very beautiful.

Purity is an attractive thought, which is very virtuous and very beautiful.

Attraction is a virtual experience, which is very pure and very beautiful.

The zenith of my beauty is being emotionally virtuous with a pure mentality that is physically attractive.

Attraction can be attractive & beautiful, non-attractive & plain or unattractive & ugly.

Purity can be pure with a true identity or impure when personalised by its gender or polarised by its character.

Virtue is beautiful when it is truly virtuous, saintly when it is opposed to sin and sinful when it is negatively masculine or virtually unreal.

The beauty of physical attraction is its perception of emotional virtue through its perspective of mental purity.

The beauty of mental purity is its feeling of emotional virtue through its experience of physical attraction.

The beauty of emotional virtue is seeing the mental purity of its physical attraction.

- Purity is a mental perspective of heavenly beauty
- Virtue is an emotional perception of heavenly beauty
- Attraction is a physical experience of heavenly beauty

I am actually physically attracted to the emotional purity of virtue and the mental virtue of purity because of the spiritual beauty of the experience.

The Epitome Of Perfection

The Epitome of Perfection is an Optimum, an Ideal & a Model.

- My Ideal is an Optimal Model
- My Optimum is a Model Ideal
- My Model is an Ideal Optimum

When I am Optimal, Model and Ideal, I am the epitome of perfection.

- A model experience is the ideal feeling of an optimal thought
- An ideal feeling is the optimal thought of a model experience
- An optimal thought is the model experience of an ideal feeling

A model is imperfect when it is less than ideal and sub-optimal:

- Without an ideal feeling, an optimal thought is not a model experience
- Without a model experience, an optimal thought has no ideal feeling
- Without an optimal thought, an ideal feeling is not a model experience
- Without an ideal, optimal model, I experience the epitome of imperfection

Optima is the plural of optimum, which means most favourable, or most preferable because it is most perfect. I favour and prefer that which is most perfect. Optimal describes a perfect something. When everything is the epitome of perfection, I savour the perfection of everything. I have learned the meaning

of optimal as my perfect thoughts operate in time and are frequently in frequency.

Ideal is the perfection of an idea. An idea is perfect when it feels good, which is ideal. Ideal is the emotional feeling that accompanies an optimal thought or idea.

Model is the perfect way. A mode is a way. Modest is the best way and model is the perfect way. The way of a perfect model is the optimum and the ideal.

- A perfect mental thought is the optimum
- A perfect emotional feeling is ideal
- A perfect physical experience is a model

Perfection is the epitome of my physical, mental & emotional, spirituality.

- An optimal model is a model of optimism
- A modest ideal is an ideal model
- An ideal optimum is an optimistic idea

A perfect idea is the Way of Truth. The epitome of truth is that it is the perfect way. The perfect way for my Self is to model my optimum ideals.

When I optimise every ideal, I am the epitome of a perfect model. I am the model experience of my Soul's optimum authority and ideal power. Physically modelling my optimum mental capacity, allows my ideal emotional competence to perfectly flow.

My Ideal Life is an expression of the emotional feelings of my optimum thoughts as a model experience of the Epitome of my Perfect Reality.

The Expansive Growth Of Spirituality

Spiritual Growth is expansive, expansive growth is spiritual and expansive spirituality is growing. For spiritual growth to be expansive, it requires the triune aspects of Enlightenment, Empowerment & Development.

- Physical Development requires empowered enlightenment
- Emotional Empowerment requires enlightened development
- Mental Enlightenment requires developed empowerment

Expansive Spiritual Growth requires empowered emotion, mental enlightenment & physical development. I can only develop, empower & enlighten my spirituality in physical reality.

Personal development in the physical realm allows expansive growth in the spiritual realm.

- Physically enabled development requires the rational intelligence quotient of IQ
- Emotionally empowered growth requires the emotional intelligence quotient of EQ
- Mentally enlightened expansion requires the spiritual intelligence of Wisdom

When I get that expansive spiritual growth through enlightened empowered development is intuitive, I am inspired by it. I get that:

- My IQ is developed with intuitive knowing
- My EQ grows with intuitive feeling
- My Wisdom expands with intuitive seeing

When I am inspired & empowered by my enlightened development, I develop inspiration with my enlightened empowerment and I empower the development of my inspired enlightenment. My expansive spiritual growth is inspired when my enlightenment and my empowerment are inspirationally developed.

The Vitality Of Being Alive

Vitality is the Vital Reality of Being Alive.

Being Awake, Alert & Aware are really vital to being Alive.

- When I am Awake, I am aware of being alert
- When I am Alert, I am aware of being awake
- When I am Aware, I am alert to being awake
- When I am awake, alert & aware, I am Alive

When I am physically awake, mentally alert and emotionally aware, I am spiritually alive.

- I am vitally awake when I see my life is really doing well
- I am vitally alert when I know I am having a real life
- I am vitally aware when I feel I am being really alive

It is vital that I am mentally alert to my thoughts, emotionally aware of my feelings and physically awake to my experiences.

- Unaware of my limiting beliefs, I am driven by my fears
- Unaware of my emotions, I am driven by my needs
- Unaware of my traumas, I am attached to other people's dramas

Unawakened to my spiritual reality, I am unaware of my emotional power and disconnected from my mental authority. My emotional power and my mental authority, through my physical ability, enable the Spiritual Vitality of Being Alive.

The Experience Of Inner Peace

Inner Peace is both experienced with calm, balance & harmony and as calm, balance & harmony; by being calm balanced & harmonious.

With Inner Peace:

- My mental calm is in balance & harmony
- My emotional balance is calm & harmonious
- My physical harmony is calm & balanced

I am spiritually at peace with my Self when I am mentally calm, emotionally balanced & in physical harmony.

- My physical harmony allows my health to flow
- My emotional balance allows my wealth to flow
- My mental calm allows my wisdom to flow
- My spiritual peace allows my wellbeing to flow effortlessly through my life

My negative choice of mental thinking disturbs my inner calm, disallows my enlightened thoughts and sponsors my negative emotional feelings. My inner conflict is the effect of my:

- Negative emotional traumas
- Negative mental turmoil
- Negative physical dramas

The divided male & female gender of my personality & character, disallows the true identity of my emotional balance. My negative choice of actions, driven by my fears & my false beliefs, disallow my experience of an harmonious life.

When the authority of my calm mental thoughts are in balance with the positive power of my emotional

feelings, I am able to be in harmony with the beneficial opportunities of my life.

- When I am in harmony with the physical content in my life, I am content
- When I am in balance with my male & female emotional energy, I am joyful
- When I am calm with a neutral choice of mental polarity, my life is filled full of opportunities and I am fulfilled
- When I am harmoniously content, joyfully balanced & calmly fulfilled, I am physically, emotionally & mentally at Peace with my Happiness

Inner Peace is the spiritual flow of my mental wellbeing and my emotional happiness, as my physical experience of life.

The Integrity Of Truth

In Truth, Integrity requires transparency, honesty, accountability, sincerity, credibility, & wisdom.

They are all integral to my truth.

- My honesty is transparent and my transparency is honest
- My sincerity is accountable and my accountability is sincere
- My credibility is wise and my wisdom is credible
- My integrity is accountable, transparent & wise
- My truth is honest, sincere & credible
- My integrity has honesty, sincerity & credibility
- My truth has accountability, transparency & wisdom
- I intuitively know the credibility of my wisdom
- I intuitively feel the sincerity of my accountability
- I intuitively see the honesty of my transparency

The Truth is that the Oneness of my Integrity has many perspectives that I perceive in many ways. I have only one true path, yet many ways to perceive it. Truth or untruth is a judgment that will always take me out of integrity. Relative truth & untruth is subject to an objective perspective, with either a positive or a negative polarity.

True integrity is beyond judgment. My path is the subject of my life journey and my objective is to walk my path with truth & integrity.

Truth & integrity illuminate my path, for my Self to follow. Honesty, sincerity, credibility, transparency,

accountability & wisdom are all signposts on my journey.

The Truth of the Soul is expressed through the Integrity of the Self. When my integrity is true, I am at One with my Soul. When I am aligned with my Soul's Truth, I am at One and in Integrity with my Self.

My true oneness with my Soul expresses my integrity with my Self. The Truth is integral to my path because it follows the Truth of my Integrity.

The Certainty Of Faith

Faith is a triune reality of clarity, direction & presence.

- With clear direction, faith is certain
- With direction present, faith is certain
- With clarity present, faith is certain

The only certainty is my faith in my intuition:

- My intuitive knowing is my direction. It directs me directly in a faithful mental direction
- My intuitive feeling is my clarity. It clearly empowers my emotional clarity.
- My intuitive seeing presents my path. It presents with physical presence in each present moment of time.

My faith is certainly intuitive, my intuition is certainly faithful and my certainty is in my intuitive faith.

Without faith, I am often uncertain and without certainty, I am often unfaithful to my path. Without clarity, direction & presence; I am lost confused & frustrated:

- Being confused is without certain clarity
- Being lost is without certain direction
- Being frustrated is being without the presence of certainty

With direction, clarity & presence, I am certainly faithful to my journey through life. I am certain that my journey through life is the chosen path of my Soul. I have faith in the path of my Soul being certainly

beneficial. I faithfully follow a beneficial path with certainty.

- My Soul directs my path with intuitive knowing
- My Soul clarifies my path with intuitive feeling
- My Soul presents my path with intuitive insight, you see

When I lose my faith, I default to foresight or hindsight, as I have no certain insight.

When I have intuitive faith, I am certain of my faith and I have faith in the certainty of my path.

The Essence Of Beingness

Humans are essentially Unique, Individual & Exclusive Beings. Being unique, individual & exclusive is essential to human beings.

The paradox of being human is that we are all the same and we are all different. We are all the same exclusively unique individuals and being unique, individual & exclusive is what makes each of us different. Being the same & being different are essential to expressing the essence of our Beingness.

- Being Unique is being exclusively individual
- Being Individual is being exclusively unique
- Being Exclusive allows me to be a unique individual

Being unique, individual & exclusive is the essence of Beingness. I do the same as other people, to have the same as other people, when I think I am the same as other people, because I think the same as other people. This is not the essence of either being human or of a Human Being. Being the same as everyone else is not the essence of my life. It is not essential to a life of Human Beingness. Being an exclusive, unique & individual person is an essential aspect of my life.

- Being emotionally exclusive, I feel essential
- Being mentally unique, I know I am essential
- Being physically individual, I see my essential nature

Essential to my being alive is my unique vision, my exclusive purpose and my individual mission. This is my defining, meaning, reason & purpose for me essentially being alive. It is by being apart from my

Soul whilst an essential part of my Soul that I can discover, explore & experience the Essence of my Beingness.

The Nature Of Abundance

Abundance is the triune reality of Presence, Contentment & Enough.

Abundance is the nature of the Universe. When enough content is present, the universe is naturally abundant.

The nature of abundance is that enough content is present. When enough abundance is present, I am content. An abundant presence of contentment is definitely enough.

- Abundance is the mental contentment of enough
- Abundance is the emotional presence of feeling content with enough of everything in each moment of time
- Abundance is the physical present of enough material content

My abundant nature always has enough content present. The nature of enough is that contentment is present. The nature of contentment is having enough presenting itself in the present moment as a gift & a present.

When I am physically, mentally & emotionally content and I am also emotionally, mentally & physically present, spiritual abundance is infinitely, eternally & continuously enough.

Spiritual abundance is being content with enough in the present moment. Abundance is natural when enough contentment is present. An abundant nature is present when I am content with enough.

Having less than enough and wanting more than enough, both limit the presence & contentment of having enough.

Abundance flows naturally through me, when I have the presence to be content with enough.

Love Thy Neighbour As Thyself

Love Thy Neighbour as Thyself is a Golden Rule. It is a Christian interpretation of the Golden Rule, to do unto others as you would have others do unto you.

The question: 'How do I love my neighbour', is first asked with the question: 'How do I love my Self?'

More precisely, 'Who am I being when I am loving myself?'

When I love my Self, I am being Kindly. When I attain the attribute of kindness, I can attribute the emotional state of being kindly, to my Self.

Kindliness is the state of being loving to oneself. It kindles the emotional power of self love from within one's Self. Kindliness is the agape love of the Soul for its Self and is therefore an aspect of pure love. It is the esteem of supreme self-care, with the true value of self-worth.

Kindliness is often confused with the kindness of giving and receiving in relationship to others. I am perceived as kind when I give to others and I perceive others to be kind when they give to me.

The Soul is never kind or unkind to its Self. It is always being kindly, never kind. I am kindly when I love my Self as my Soul loves its Self. My Soul kindly gives to its Self what is chosen by its Self. My Soul kindly allows myself choice and its Self choice.

Kindliness has the mutual gratitude of the self appreciation of the Soul, whereas, giving & receiving with others can be without kindness, appreciation or gratitude.

I love my neighbour as I love my Self, when I express and share my kindness as a mutual compassion kindled between two Souls. Sharing my love for my Self with another, kindles the power of love that we are mutually expressing. I share the pure love of my Soul with others, as I would have others share the pure love of their Soul with me.

The Awareness of Imagination

I Imagine Awareness to be about Consciousness, Realisation & Potential. It is the conscious realisation of potential, as is imagination.

Awareness has the potential to realise consciousness and it is the reality of conscious potential. I am conscious of potential that is already realised as reality. I am aware of the potential to realise something new as consciously real.

I am conscious of physical reality and I am aware of the potential for the spiritual reality of my imagination to become realised.

From a conscious perspective, thought realises that reality is real. Thought also realises that it is a perspective of the imagination because imagination has the potential to realise thought and perceive it as a reality.

An awareness that my thought is potentially creative allows the thought that my awareness is potentially creative. Potentially creative thought of the imagination requires the power of awareness to realise it as a conscious reality.

All reality starts with the awareness of creative potential from a conscious perspective. Without conscious realisation, the creative potential of the imagination has no potential. Without consciousness, there is no awareness of spiritual potential; just a potential perspective in the imagination of the creator. Without the potent power of the potential of awareness, there is no realisation, no imagination and no conscious creation is perceived.

Spiritual Awareness requires physical consciousness, mental realisation and emotional potential. With all three, imagination is enabled.

- Emotional Potential is the Power of Awareness
- Mental Realisation is the Authority of Awareness
- Physical Consciousness is the Ability of Awareness enabled.

Awareness empowers my emotional potential to be creative, realises the mental authority of my mind to create and enables my physical consciousness to be spiritually conscious-aware.

Awareness enables the creative potential of an imaginative mind. Unaware of my awareness, I am unaware of the creative ability of my imaginative mind.

Awareness of my creative mental authority releases the potential of my creative emotional power to be realised as a conscious physical creation, called physical reality. With a conscious realisation of the creation, I have a spiritual awareness of the Image of the Creator.

The Sensible Choice

Sensible is the mental state of being in tune with my senses.

With my five physical senses, I make sense of the physical world, in a sensible way. My sensibility to physical sensation determines how sensible I am.

Relying on my five physical senses alone, is not entirely sensible.

I use my four sub-conscious senses in a naturally sensible way. My instinctive sense of balance, sense of temperature, kinaesthetic sense of motion and my emotional sense of power; all enable my actions to be more or less sensible, relative to whatever is occurring in my life.

What is most certainly sensible is the use of my three intuitive senses, in co-operation with my four instinctive senses and my five physical senses. Using all of my physical, instinctive & intuitive senses brings my conscious, sub-conscious and my super-conscious mind into mental alignment.

The most sensible choices that I make are both rational and emotional. They are the consequence of both my rational intellectual reasoning and my emotionally spiritual intuition.

Allowing my sub-conscious to react instinctively, is sensible when threatened with danger or risk but fight or flight is not always the sensible option in everyday life.

Ignoring, denying, suppressing or overriding what I intuitively see, know or feel to be a good choice, is in no way sensible. Intellectual reasoning may be

deemed the most reasonable choice but, on its own, it is never the most sensible choice.
The sensible choice makes use of all the available information from all of my twelve senses.

The Appreciation Of Esteem

Appreciation is a triune reality of value, perspective & growth.

When I value something, I appreciate it; I appreciate its value.

With a positive perspective, I appreciate what I am perceiving. When I perceive it to be positive, I appreciate it.

When I grow spiritually, I appreciate. I appreciate with growth and I value my growth.

My Soul appreciates the appreciation of my Self because my Soul values its self growth. I value my Soul's perspective of the growth of its Self. Mutual appreciation between the Soul & the Self is a mutual perspective of personal growth, which has great value. When my Self perceives it's perspective to be in alignment with its Soul, appreciation flows in every direction. Appreciation is a measure of the perceived value of Spiritual growth.

True Value is the emotional alignment of the Soul/ Self.

True Perspective is the mental alignment of the Soul/ Self.

True Growth is the physical/spiritual co-operation of the Soul/ Self.

The value of growth is relative to personal perspective. Personal appreciation expresses the value of my spiritual growth.

When I value my perspective, I grow & appreciate.

When I grow my perspective, my value appreciates.

When I perceive the value of my appreciation, my self-esteem grows.

Self-esteem is a measure of how much I appreciate my self-confidence and my self-worth. As I confide in my Self, I value the esteem of my Soul.

When I appreciate my confidence, I value my personal growth.

When I appreciate my worth, my personal value grows.

When I appreciate my self-esteem, I grow in confidence & worth.

I become worthy of my Soul when I confide in my Soul.

When my mental perspective appreciates, I grow in self-confidence.

When my emotional value appreciates, I grow in self-worth.

When my spiritual growth appreciates, my self-esteem grows.

Self-esteem is a measure of my confidence & worth.

Self growth is a measure of the value of my perspective.

Self development is the growth in value of my perspective. The only thing that ever develops, changes & grows is the perceived value of my perspective. As I perceive value, my appreciation grows.

The only thing that ever really appreciates is my Self-esteem.

Ignorance Is Bliss

‘Ignorance is Bliss’ is a limiting belief. It is supported by two similar limiting beliefs that: ‘What the eye doesn’t see, the heart doesn’t grieve for’ and ‘What I don’t know, can’t hurt me’.

The belief that ignorance is a positive attribute causes problems on many levels. The first problem is that ignorant people are unaware of what ignorance is. I am ignorant of my own ignorance.

When I ignore the teachings of other people, I am seen as ignorant because of my lack of knowledge. Any absence of intellectual reasoning is apparently due to my ignorance.

When I ignore other people’s negative moods and I am insensitive to their emotional needs, I am considered to be inconsiderate, ignorant & rude.

When I ignore my own intuition, I deny my own spirituality and see only what is physically evident in my life.

When I am being ignorant, I am denying who I really am in the belief that: If I cannot physically see it, it can’t harm me. I go through life being hurt by my limited mental beliefs and my needy emotional reactions, yet ignorant of the cause of my mental fears and my physical ailments. I believe that I cannot miss what I have never had, so I deny the existence of my good health, beneficial wealth and positive wisdom.

What I am really ignorant of, is my sense of intuition. Ignorance is the absence of my intuitive common senses. My natural & innate wisdom is my inner guidance & support. It ensures that I have no

grievances and I come to no harm, so I remain healthy & wealthy when I am intuitively wise.

In my ignorance, I grieve for the abundant wealth and natural health that my wisdom affords me. I can never be content with my ignorance and feel any joy of fulfilment. When I associate my ignorance with bliss, I forsake my joy. In the absence of being content, fulfilled & joyful; my happiness is replaced with grief. Whatever I know intuitively, is certainly beneficial and will never hurt me. What I do not see intuitively, is a missed opportunity for an enjoyably abundant life. When I choose a life of ungrounded bliss, being ignorant of my physical purpose, I forsake the pure joy of my contented fulfilment and my fulfilled contentment.

Joy is the depth of my creative potential, grounded as my ideal chosen reality.

Bliss is the height of my ungrounded emotional intensity, which has no creative ability.

Bliss is ignorance, when it denies my physical ideal of joy and my true purpose for being alive.

Sensational Intensity

Sensational Intensity is the intense sensation of an ungrounded emotional experience.

Bliss, Euphoria & Ecstasy are all ungrounded emotional experiences with a sensational intensity.

The intensity of a sensational experience can cause an emotional overload or an emotional release.

When I have the emotional sense to ground my feelings, I fulfil my ability to feel content with joy.

Truly innate happiness is grounded in the pure feeling of emotional joy, mental fulfilment & physical contentment. I feel Happy when I ground my positive emotion of contentment, fulfilment & joy, as my physical experience of reality.

Bliss, euphoria & ecstasy are all experiences of being ungrounded in spiritual reality. The reality of spiritual energy is that it is emotionally powerful. Ungrounded emotional power is an intense spiritual experience called a 'high'. I can experience a supernatural high with my pure connection to spirit or I can experience an unnatural high using medicines, potions & drugs. Bliss is a sense of intuitive feeling, experienced in its highest or most intense form.

Euphoria is a eureka moment of a clear intuitive sense of knowing.

Ecstasy is the pure feeling of the intensely positive sense of physical touch.

Nirvana, Utopia & Paradise are all imaginary places, where the sensational spiritual intensity of bliss, euphoria & ecstasy can be experientially realised.

Heaven on Earth is the emotional experience of a happy life in physical reality.

The joy, contentment & fulfilment of Happiness is creatively powerful when grounded in physical reality.

Sensational Emotional Intensity has no creative potential, as it cannot be grounded in physical reality.

Joy is the greatest magnitude of creative emotional potential.

Bliss is the highest positive experience of emotional intensity.

Sole Control

Sole Control applies only to my Self.

When life happens to me, I am controlled by whatever is occurring in my life. My sub-conscious id reacts to risk & danger, with an instinctive strategy of fight or flight.

When life happens by me, my ego self takes control of whatever is occurring, in order to maintain being in control and avoid being out of control. A conflict of egos causes a control drama to determine who is controlling whom and who is controlled by whom.

When life happens through me, I cede control to my Soul. When I allow my Soul to be in control of its Self, I have no need of control over others or control by others. I am solely aware of my Self being in conscious control of whatever is occurring. I feel in sole control because I am allowing my Soul's emotional power of being in control to flow effortlessly through me, under control.

When I try to use my physical, mental or emotional power to control other people, my perspective shifts from life happening through me to life happening by me. My self-control shifts from sole control of my Self, to the control of other people by my Self.

When I try to take control of what is happening to me, with the perspective of self restraint, I am restraining myself by controlling myself. Self restraint goes out of control when either my tolerance or my patience runs out.

Sole control is the Self allowing control to be in alignment with its Soul. When the Soul is the Sole

Controller, I am neither controlling others nor being controlled by others because my ego sense of Self is under control.

Irony

Irony is a tragic comedy and a comic tragedy. A drama is either a comedy or a tragedy, unless I see the irony. It requires both wit & wisdom to intuitively see the irony of a drama. Both wit & wisdom are intuitive in nature. Unless I see the irony in life, I will not know whether to laugh or cry. I laugh or cry at the drama because I either see the wisdom or I am at my wit's end.

Seeing the irony of what is occurring in life allows a paradox that life can be experienced as either happy or sad, pleasurable or painful, fun or miserable, funny ha! ha! or funny peculiar. It is ironic that good things can happen in a wrong way and bad things can happen in the right way. When I make a judgment as to whether what is happening is good or bad, I can either laugh with tears of joy or cry with tears of sadness. When I see the irony of life, I observe that it can be both right & wrong and neither good nor bad. I just intuitively see the irony of the situation, without any judgment of its effect.

The irony of life is that personal perspective can be both positive & negative. Ironically, irony being neutral is neither positive nor negative; it just is, ironic.

The belief that criticism can be good & bad, is an irony that is no laughing matter. It is ironic that I laugh with embarrassment and I cry with humiliation, yet they are both perceived to be negative emotional conditions. Irony just sees a drama as a drama and makes no judgment of its cause or effect.

The role of both a dramatic actor and a comedian is to portray and express the irony of people's lives. Their job is to remind us that when drama becomes a tragedy, then comedy relieves the pain by rebalancing with irony.

Comedy duos have a foolish comedian and a tragic straight man. Slapstick comedy is about a foolish clown acting out tragic dramas. Tommy Cooper, a tragic magician and very funny comic, ironically died on stage doing what he loved most. Stand up comics retell the dramas and the tragedies of life, in a humorous & funny way.

Irony allows us to realise that our lives are neither foolish nor tragic, when we re-balance our perspective in a non dramatic way.

The Formula For Creative Potential

The Formula for Creative Potential is Gamma plus Beta equals Alpha: $C + B = A$

The Law of Attraction, like energy unto itself is drawn, causes energy to radiate. Radiating energy is called radiation. Radiation is categorised as alpha rays, beta rays or gamma rays.

Alpha radiation is the vibrational attraction of two elementary particles of hydrogen. Hydrogen is the only particularly pure vibrational element of energy and is the original source of physical creative potential.

Beta radiation is the expansive magnitude of the energy vibration within every elementary particle or particular element. It is its elementary signature wavelength.

Gamma radiation is the concentrated, contractive & contrastive force of an energy vibration, within an elementary particle or a particular element. It is its elementary signature frequency. The more concentrated the energetic force, or charge, the faster its frequency and the more unstable is the radiation of its vibration. The more expansive the energetic magnitude, or power, the longer its wavelength and the more stable is the element.

The potential of particular Alpha Attraction is its ability in creating pure physicality. Creating a pure physical reality with spiritual alpha (a) energy requires a balance between the stability of beta (b) attraction and the instability of gamma (c) repulsion.

With only alpha potential, there is only the basic building blocks of the Sun's hydrogen.

With the attraction of beta radiation, creative potential becomes constructive but with the repulsion of gamma radiation that potential is destructive. For alpha potential to be realised, beta magnitude is required to be in balance with gamma force:

Force (c) + Magnitude (b) = Potential (a)

From a Spiritual perspective, creative potential (a) is realised with mental thought (c) plus emotional feeling (b). The force of mental authority in creative thought, called seeing the Light (c), balanced with the magnitude of creative power in emotional feeling, called being in Love (b), equals the potential of creative ability in a physical experience, called a Life (a). When I be in love and I see the light, I have a creative life.

When emotional love (b) is a need and has a contractive wavelength, mental thinking (c) has a negative frequency and the vibration of the creative potential (a) is destructive & unattractive.

When the wavelength of emotional love is divided by male or female gender, mental thinking has a neutral creative force, so the creative magnitude is non-attractive and impotent. It is the unification of male & female energy that is the creative power of the Universe. When there is only one version of every pure vibration: Life (a) is full of (=) Love (b) & Light (c).

The Paradox Of Awe

Awe can be either a positive or a negative experience. AWE is an acronym for Attractive Working Energy. Aw is Attraction Working, without Energy. Energy works in alignment with the Law of Attraction. Like energy unto itself is drawn. Like polarities of energy vibrate at the same frequency and opposing genders of energy vibrate with the same wavelength. When opposing wavelengths of energy are synchronised in the same frequency of time & polarity of direction, attraction is powerful and inspires Awe. When similar genders of male or female emotive energy are forced into opposing positive or negative polarities of direction; chaotic, disastrous dramas cause Aw.

Positive attraction creates Awe and negative attraction causes Aw.

Too much negative emotion is awful. Aw is attraction working with negative blocked emotion, in resistance to flow. Aw! Is how I feel when things go wrong. When attraction works without positive emotion and with negative polarity, it has force without power.

- Emotional power inspires Awe!
- Negative force causes Aw!

Attractive working energy is creative. Creative energy has a potential, relative to its force & magnitude. The potential creative force is pure Thought and the potential creative magnitude is pure Feeling. When mental force of authority is divided by polarity, or emotional magnitude of power is divided by gender, its potential creative ability is lost.

When I lose my potential for pure intuitive thought and I lose my potential for pure intuitive feeling, I lose my potential to be purely creative and awe inspiring.

- Awe is intuitively inspired with positive attraction
- Aw is the awful experience of negative attraction or repulsion

Pure intuitive thoughts allow pure emotional feelings to positively flow with attractive, creative ability. An awful experience is what I attract with the negative emotion of my impure thinking.

I am in Awe of the power, authority, ability, clarity, direction & presence, of my own intuitive senses.

Conscious Attraction

Conscious Attraction requires being aware of one's ability to create an ideal life. When consciously attracting my own experience of reality, would I choose anything less than ideal? An ideal life doesn't just happen to me. In an imperfect world, an ideal life doesn't happen to anyone.

Conscious attraction requires an awareness of how attraction is happening. When I know how attraction happens, I know how life happens.

When life happens to me, it is never ideal. A better life only happens by me. When my life experience is not perceived to be good enough, I can take action, by me, to improve how my life is happening. Doing better things, to improve my experience of life, works to a degree; but making things happen, often disallows the law of attraction working beneficially. Being diligent, industrious & hard working will attract a better life than being lazy, idle & slothful. However, being busy attracts more & more busyness and being idle attracts nothing new. A better life is better but it is not ideal. Both Attraction & Life happen relative to who I am being, not what I am doing. Who I am being determines my relative power of attraction. The power of attraction is my emotional state of being, not my physical action. The authority of attraction is the purity of my thought, not the force of my egotistical thinking.

A pure frequency of thought has a positive polarity because it is flowing with a pure wavelength of emotion. Good feeling thoughts are called inspired

revelations, which are always very attractively empowered. Being conscious of an inspired thought and aware of its emotional power is how I use the Law of Attraction in a positive way. When I am inspired by a thought because it is empowered with positive emotion, I do not have to do anything as the Law of Attraction is working effortlessly in my favour. When I allow life to happen through me, I do not need to do anything other than take inspired action when empowered to do so, which is never hard work and always effortless. When I allow the power of attraction to flow through me without resistance, the outcome is momentous, miraculous & marvellous. For an attractive life to flow through me, I am required to be an expression of the pure emotional power that I am attracting in life. I have to be it to attract it and I have to attract it to express it. Consciously expressing my attractive emotional power is the key to Conscious Attraction. This requires my emotional awareness of who I am being, with the magnitude of the emotional energy that I am expressing; and the rationale of the purity of my mental thought that I am consciously thinking. My conscious thought focuses my attention on the point of attraction and my emotional awareness is the powerful force of attraction that allows it to manifest into my reality.

Release, Deliver, Cleanse

Release, Deliver, Cleanse is the natural way to detoxify a healthy body.

When I Release a limiting belief and replace it with a new empowered belief, I rewrite my cellular DNA.

DNA stores my mental operating system at the cellular level of my body. When I challenge & change a belief, I update my DNA and that requires a change at the cellular level of my microcosm. My body releases any redundant cells with corrupt DNA programming, which are then delivered into the body's own natural waste disposal system. Calling our cellular waste disposal system an immune system turns our refuse collectors into soldiers and natural immunity has to be fought for, in a battle for health against an invading illness. Releasing the belief that I need immunity from my own healthy waste disposal system, is essential to delivering a healthy body.

When I Deliver toxic waste out of my cellular system efficiently and effectively, I never get sick. Any symptoms of illness are just a reminder to take time out to allow the body to naturally take a healthy course of recovering balance & harmony in a very toxic world. The liver is the central processing point and distribution centre for all the cellular cleansing operations of the body. When I allow my cellular waste process to operate in the way that it is designed to, it always delivers good health because I cleanse naturally.

The way to Cleanse naturally, in a toxic world, is to allow the body to take responsibility for operating in a

healthy way. A good clean housekeeping practice maintains the physical body well. Being well allows the body to cleanse naturally. Being healthy is not about curing illness, it is about allowing a good cleansing programme that maintains the body in excellent working order.

Release, Deliver, Cleanse is how the body naturally detoxifies in order to maintain good health. Health is inherently beneficial and flows naturally & effortlessly when it is allowed to do so. I only ever need immunity from my own false perspective of being limited by my own ill health.

Debug, Declutter, Detox

Debug is the process of re-writing corruptions in our mental operating system. Any mentally programmed belief that causes a negative perspective of personal reality is also causing a restriction to the flow of natural mental health. A bug in the mental programming of our belief system causes a limiting belief or a fear. Any sub-conscious belief that is based on limitations or restrictions is also causing relative degrees of worry, anxiety, trepidation or terror. I re-write a mental corruption, which I call a limiting belief, by re-writing to my sub-conscious memory, a new and positively beneficial belief. Unless a detrimental belief is replaced with a beneficial belief, it will continue to operate sub-consciously and bug me. Only I am able to debug the negative thinking of my sub-conscious mind, by replacing it with new and positively beneficial thoughts.

Declutter is the process of becoming detached from the emotional clutter, which is blocking or draining my personal emotional energy. Whatever I am attached to emotionally will eventually drain my natural vitality and power. It takes a lot of emotional energy to maintain whatever I am attached to in life. Whatever I am attached to is cluttering up the natural flow of energetic vitality that is my emotional power. The belief that I need to attach myself to people and belongings, to maintain my emotional energy or get what I need emotionally, is sentimental nonsense. Vital to the process of decluttering my attachments, is

the debugging of sentimental beliefs that make no personal sense.

Detox is the physical body's way of maintaining good health. The essence of a healthy detox system is to debug the belief that it is unhealthy and declutter any attachment to being sick, ill or unwell. Coughing, sneezing, inflammation, diarrhoea and running noses are all ways that the physical body naturally detoxifies. The belief that I need to take medication to stop these instinctive & autonomous processes, causes an attachment to the belief that I am sick. The belief that I am sick and the belief that when I am sick, I need a Doctor to cure me, is the bug that needs to be emotionally decluttered; in order to allow the body to detox naturally. Giving a doctor the authority to cure an illness, preserves illness as our potential state of being. Believing that a doctor is the only person authorised to detoxify me, is a nonsense. Doctors are trained to diagnose illness, confirm illness, medicate illness and in doing so they preserve one's own belief in being unwell. Any cure a doctor prescribes as a medication or a procedure to relieve the symptoms of the illness, without ever knowing or treating the cause of the symptoms, will just serve to preserve the cause indefinitely. Medicines are just poisons disguised as a medical treatment that only serve to block the bodies own immunity and turn acute illnesses into chronic diseases that eventually become critical medical conditions that are untreatable.

Natural Immunity to illness is attained with a healthy mind, healthy emotions and a healthy physical

body. A healthy perspective of a virus is a corrupt piece of DNA that is cluttering the body of redundant corrupt cells. A healthy perspective of a bacteria is the body's natural waste management operative. There is no such thing as a good or bad waste disposal system. It either works or is over worked by too much clutter and dead cell debris that is running viral. Putting poisons into a healthy system and calling them medicines is a mental corruption that clutters up the body's natural autonomous waste system and turns it toxic. All medicines are toxins and all waste is toxic unless it is allowed to be decluttered and removed naturally and healthily.

My Personal Standards Of Behaviour

My Personal Standards of Behaviour are what I choose as acceptable to my Self, in my relationship to other people:

1. I care about the wellbeing of others
2. I encourage others
3. I forgive others
4. I accept others feedback as their perspective
5. I see others in a positive light
6. I am light-hearted with others
7. I praise others
8. I support others emotionally
9. I value others
10. I expand others' esteem
11. I nurture the development of others
12. I have compassion with others
13. I have empathy with others
14. I treat others as my equal
15. I confide in others
16. I am friendly to others
17. I enquire of others
18. I allow others their own beliefs
19. I admire others
20. I see opportunities for others
21. I treat others beneficially
22. I clarify my standards to others
23. I allow others to follow their own path
24. I never think or speak ill of others
25. I inspire others
26. I guide others on their path

27. I honour the presence of others
28. I love others unconditionally
29. I accept others unconditionally
30. I see others as authentic
31. I treat others with integrity
32. I hold others in high esteem
33. I am at peace with others
34. I am detached from other people's dramas
35. I am sensitive to others' emotional state of being
36. I rate others positively
37. I express positive emotions with others
38. I am honest with others
39. I am credible to others
40. I am alert to others
41. I am aware of others
42. I have no agenda for others
43. I trust others to do what they believe is best for them
44. I listen & hear other people
45. I approve of other people
46. I share expansively with others
47. I allow others to be right
48. I guide & support others
49. I advise others to see their own choices
50. I allow others to learn their own lessons
51. I allow the Law of Attraction to fulfil its purpose
52. I behave to a standard that I find acceptable for all other people to behave in relationship to me

In alignment with the Golden Rule, the Law of Attraction matches me to people with similar personal standards of behaviour. Like energy unto itself is drawn. Other people who resonate with like standards

of behaviour, never cross my boundaries and make me cross. They effortlessly & beneficially share their comfort zone with mine, in a mutually safe environment. I never need to enforce my boundaries, I only ever need to clarify them to myself.

My Personal Boundaries

It is unacceptable to me, for other people to behave in a way that:

1. Harms me
2. Criticises me
3. Condemns me
4. Complains to me
5. Is cynical to me
6. Is sarcastic to me
7. Humiliates me
8. Embarrasses me
9. Needs me
10. Diminishes me
11. Patronises me
12. Is sympathetic to me
13. Is apathetic to me
14. Humbles me
15. Is arrogant to me
16. Bullies or intimidates me
17. Interrogates me
18. Controls me
19. Envis me or is jealous of me
20. Gives me their problems
21. Teases me
22. Enforces their boundaries on me
23. Stops me following my own path
24. Gossips about me, slanders or libels me
25. Disempowers me
26. Guides me on their path
27. Swears at me
28. Hates me

29. Tolerates or endures me
30. Dislikes me
31. Dignifies me
32. Devalues me
33. Assaults me
34. Pulls me into their dramas
35. Is insensitive to me
36. Is irrational with me
37. Is unemotional with me
38. Deceives me
39. Is suspicious of me
40. Is inattentive to me
41. Is wary of me
42. Disappoints me
43. Mistrusts me
44. Ignores me
45. Disapproves of me
46. Steals from me
47. Is self-righteous to me
48. Preaches to me
49. Gives me their advice
50. Teaches me a lesson
51. Lays down their law to me
52. Does unto me as others have done unto them

My Personal Boundaries allow my emotional power to be retained. They form a force field of protective energy, that other people are unable to cross, when my specific boundary aligns perfectly with my personal standard of behaviour. When my boundary is out of alignment with my own standard of behaviour, it has no power and is ineffective because it is an expression of my own hypocrisy.

Guidance & Support

Guidance & Support are the essence of making choices. With right guidance & good support, making choices is effortless.

Making a choice that is good & right for my Self requires the right support & good guidance. I make wrong choices because of bad guidance & support and I make bad choices with the wrong guidance & support.

Guidance & support can be right or wrong, good or bad and beneficial or detrimental, so choosing the right guidance & support is essential for an ideal life. The only guidance & support that is certainly beneficial is intuitive.

The essence of a Coach is their connection to their client's own intuitive guidance & support. The question is not whether the client is intuitive or not, we all are, but whether the client is connected intuitively to their own source of inner guidance & support. Once connected to and supported by my own inner guide, my Inner guide is my Inner Coach.

My inner guidance & support is my personal connection to my own inner source of power & authority, to make genuine & authentic choices. Inner guidance & support is available to everyone through their own intuitive senses of seeing, feeling & knowing.

Intuitive feeling is my sense of emotional power. When I intuitively feel energised & powerful, I am empowered with my own internal guidance & support.

Intuitive knowing is my sense of mental authority. When I intuitively know what guides & supports me, it does so with absolute certainty.

Intuitive seeing is my sense of physical ability. It enables my ability to see how able I am. When I can see how well I am enabled, life flows effortlessly through me, without resistance. I see the ability to take every opportunity that is unfolding in front of me. Choosing to take an opportunity is never a problem or a challenge because I am mentally inspired and emotionally empowered to do so.

Guidance & support are relative to power & authority. Negative external guidance & support, which is called advice & sympathy, are negative because they are unauthorised and therefore disempowering. Choosing to act under someone else's authority and conform to their beliefs, requires either their motivation or my will power. Will power is only required when my choices are not aligned with my own empowered authority.

Personal power gives guidance when I choose what feels good and gives support when I choose what feels right.

Personal authority allows guidance when I know it is right and gives support when I choose what feels good. Whatever doesn't feel good is a wrong choice and what I know to be wrong is a bad choice. Every good choice is right for me because it is authorised & empowered. Support is authorised when guidance is empowered and guidance is authorised when support is empowered. I can be supported with either power or authority as I can be guided either mentally or emotionally, I can be supported both mentally or

emotionally and guided with either power or authority.

Without guidance & support, every choice in life can be seen to be problematic, causing procrastination, prevarication or abstinence. The problem is, I have to make a choice because not making a choice is often a bad or a wrong choice.

With guidance & support, life is an opportunity to experience a beneficial and ideal reality of my own choice.

The Human Race

The Human Race is in a race to get nowhere, fast. The reality appears to be; the faster we go, the less time that we have and the less time we have, the faster we believe that we need to go. We are in a human race against time.

We believe that we are born into a human race, that there is only one race and at the finish line, we die. We believe that the race ends when we die and we can finally rest in peace. We are in a race to our death, in which nobody wants to die first and everyone wants to win the race. The problem is that we don't know how to win the race.

The first prize for getting ahead is a merit award called pride and a monetary award called riches. We are very proud of the riches that we accumulate and proudly prize. We are proud to be rich because then, we stand out as being ahead in the race.

The most successful winners in life, often lose their life early. Winners & losers are a duality of human perspective. With no clear picture of how to win the race, no one is really sure whether they are winners or losers. The losers of the human race, lose because they are lost. They are lost because they have no clear and present direction in which to run their race. Ironically, other people only see them as winners after they have lost their life and can no longer compete.

We all lose to each other, when we compete with each other for emotional power. When I am lost & confused, disempowered and tired of running, I need to compete with other people for their emotional

energy. Life is a competition where the winner uses other people's emotional energy to win the race to get ahead. This is called greed. I get ahead in the race by being greedy because that makes other people needy & losers.

In the absence of emotional intelligence, we adopt the belief that money is power and we all compete for the prize money on offer in life. In the race to become wealthy, the rich are declared winners and the poor are declared to be the losers. As the rules are written by the winners, the rich get richer and the poor get poorer.

The purpose of the Human Race appears to be to get rich, in a land of opportunity. The rich have discovered that the only benefit to being rich is the power that it gives you over other people. The rich believe that the true winners in life are those that have the power over those that appear to be in authority.

The current state of play is that the winners of a democratic election, with the authority to govern the non elected losers, actually do not have any power.

The power of the human race is currently money, or currency, which is owned, printed and controlled by the owners of our Central Banks, not the Governments of the Sovereign States.

Our elected Governments play the role of being in Authority and appear to choose the rules of the Race. They Marshall the competitors and police the course to ensure their policies are carried out and nobody is seen to cheat; but they are not the Race Organisers.

The Organisers of the Human Race are the sponsors who determine the prize money for the winners of the Race. The winners in the Human Race are neither the

competitors nor the supervisors, but the sponsors of the race. It is the Race Organisers who have the final say in how the race is run and who really wins.

The Human Race is a collective Organic System that is organised by an Organiser. Everyone else is the Organ Grinders Monkey. To understand the purpose of the Human Race requires the perspective of the Race Organiser.

Who is organising the Human Race and what is their perspective?

The Internal Health Service

My Internal Health Service serves my Self with healthy opportunities and healthy experiences. My internal mental operating system, serves up healthy experiences in alignment with my healthy programming.

Corruptions in my mental operating system, serve up negative physical experiences of sickness, illness & unwellness. Our external Health Service is designed to fight illness and cure unwellness, without promoting personal wellbeing. Fighting disease, curing illness and treating sickness, are all corruptions of a self-operating personal healing system that oppose wellbeing and preserve unwellness.

A well 'Being' has no reason to fight anything. I only fight what I fear will make me unwell. What I fear will make me ill, will. Ill will, which opposes wellbeing, is the major cause of being ill. Curing illness preserves the state of being unwell. It is being Well that preserves my wellness and promotes my wellbeing.

The cure for all illness is to preserve personal wellbeing. I preserve my well being by being well, not by being sick. My perspective of being either well or ill, causes the experience of being either well or ill.

When I think I am sick, I am; and when I believe I am well, I experience wellbeing. When I am well, I can get better; and when I am unwell, I can only get worse.

Well Being is the body's own internal health system. To understand how wellbeing works, requires an understanding of what wellbeing is:

Physical Wellbeing is called Health. When I am being physically well, I am Healthy. My internal health system is working efficiently & effectively well, to maintain my naturally healthy state of being Well. Maintaining physical health requires positive mental beliefs that authorise and sponsor positive emotional power. I cannot be in a positive emotional state of being, with a positive mental perspective, and be ill. Mental Wellbeing is called Wisdom; which is intuitive & innate, not learned. In my disconnection from my inner source of wisdom, my negative beliefs cause fear, which is the cause of all mental illness. Fear is the absence of owning one's own wise authority, so it is not positively emotionally empowered. With disempowered mental thinking, I can be neither emotionally empowered nor mentally inspired and I am not wise enough to know how to be mentally well. Emotional Wellbeing is called Wealth. My wealth is a measure of the quality emotional attributes that I have attained. Emotional wellbeing requires the ability to choose one's own emotional state of being. A wealthy human being has attained pure emotional states of being that are attributable consciously to their Self. They have the emotional intelligence to be aware of how powerfully well they can be through their own emotionally intelligent choice. They are aware that the only pain that is ever experienced is the effect of the low state or quality of the emotional attributes that they are expressing. Well Being requires the attainment of three quality attributes that are: Being Physically Healthy, Being Emotionally Wealthy and Being Mentally Wise.

- Being Wealthy is the empowered feeling of emotional Power called Wealth
- Being Wise is the inspired revelation of mental wisdom called Authority
- Being Healthy is the attainment of being enabled with both the power of emotional wealth and the authority of mental wisdom
- Being Well is the experience of being physically healthy, by being mentally wise and emotionally wealthy

Disconnected from my intuitive mental wisdom, I default to an external mental authority, which disempowers me emotionally and I become physically unhealthy and unwell.

My Inner Health Service is guided by my inner wisdom & supported by my inner wealth; which together sponsor my Inner Wellbeing Service.

Our external physical & mental health services, default to rational intellectual scientific logic instead of innate intuitive wisdom. In the absence of any emotional intelligence, there is no wealth, only relative degrees of pain & misery. It serves only to relieve pain and preserve mental illness by trying to cure it.

An Internal Health Service promotes Inner Healing, without any need for external medication or cure. The fate of every medical practitioner of the present day, is to be seen as a Quack from the past, by medical practitioners of the future.

The State Of Society

The State of Society is determined by its Government. How a Government governs and controls its society, determines the state of that society. When the Government is the State and the People are the Society, the state of society is divided into those who control and those who are controlled. This is the current state of all societies, countries and nation states in the world today.

The role of Government is to introduce laws that control its people. This ensures that the state of society, as defined by government, remains secure and under control. When the State remains secure, Society loses its freedom. In a secure society, the government is free to control the people, to ensure that the State is secure at the expense of personal freedom.

Laws are boundaries imposed on people in society, to ensure that the state of their behaviour is acceptable to the government. The controllers of the State remain above the law, with their own political standard of behaviour. This is called Political Correctness, which is a standard not a law. The standards of the privileged few, who control the State Government, are determined by etiquette or political correctness, whilst the common standards of the people are determined by family principles, religious morals, society ethics and common Law. The privileged state of the Controllers securely controls a controlled society, with an Official Secrets Act. Society is directly and covertly managed, administered and supervised by a Directive

Government, whose directives are directly enforced by Law.

In a free society, its people are free of State control, as the state of society is freely stated. When freedom is secured and freely stated as an equal standard, the state of society is in unity with itself. There can be no freedom in a society where freedom is insecure, because society and the state are following opposing agendas. When the State needs the people to be securely controlled, they do this by freely imposing laws and restrictions on freedom.

In a Free State, Society has Self Control, with neither a controlling State nor a controlled Society. The state of being self controlled within society, requires everyone's personal standards to be aligned with their personal boundaries.

A controlling government uses directive management to directly manage, control & govern its people. It manages directly by issuing proclamations of standard operating procedures, either as a policy, a rule, a statute or a state law.

A self controlling House of Representatives or Parliament, facilitates agreed standards of personal behaviour for its people. It follows one Golden Rule of personally ensuring that personal standards always align with personal boundaries. When personal standards are agreed and align with personal boundaries, there is no insecurity and everyone remains within the safety of one agreed societal comfort zone. Any citizen of the society, whose standard of behaviour conflicts with the agreed common boundaries, is invited as a golden rule to receive guidance for their realignment with their

society's standards. All citizens are free to remove themselves from a society, with whom they are unable to agree and implement the required standard of behaviour.

The state of society today is one of insecurity, caused by a controlling government who deems itself responsible for public security. This state of society will only change when the people in society are free to agree a common standard of behaviour, in alignment with the standards of behaviour that they deem to be acceptable by other people. When we all agree to do unto others as we would have others do unto us, we take responsibility for our own self control of our own freedom, comfort & security.

A Golden Society as a rule, is required to adopt the Golden Rule as its Standard.

Duction

Duction translates as Guidance. When water flows through a duct, it is guided in a chosen direction.

When guidance flows, our choice of duction determines its path.

Choices of guidance include: Induction, Introduction, Deduction, Retroduction, Abduction, Reduction & Conduction.

Induction initiates inner guidance and innovates initiative. It induces, brings about or inspires revelations of guidance with higher truth. Intuitive thoughts are induced through meditation and inducted into the conscious mind. Induction is the guidance of inner inspired thoughts, intuitively revealed in the present moment of awareness.

Induction is inner reflection that attains present guidance.

Introduction is initial guidance. In a spiritual awakening, it is a baptism of water with an awareness of higher guidance. It is the initiation into one's personal, individual, unique & exclusive life path. My personal vision, mission & purpose for my life introduces me to the destiny of my spiritual path. Introduction is an awakening to a spiritual life and the beginning of spiritual reflection.

Deduction is intellectual reasoning, which is the discernment of rational intelligence. Deduction rates physical data or intelligence, to discern best choice of guidance; for oneself & others. In our disconnection from induced guidance, deduction by rational logic is the best source of external guidance. Navigating a

path through physical reality, using only the five physical senses, requires an intellect that is trained with the reasoning of deduction. Deduction is non-spiritual or physical reflection that takes away all unreasonable & unwanted choices.

Retroduction uses information, data or intelligence from past experience to guide present choices for the future. It rates past experiences as either suitable or unsuitable for future experience. My perception of what occurred as my past experience, is my guide to what I choose to be my future experience.

Retroduction is often based on external influence, inference, hypothesis, conjecture & presumption. It is backward physical reflection to achieve forward conscious guidance.

Abduction is the loss of guidance. When freedom is hijacked and held to ransom, personal authority is kidnapped and choice is withheld. Abduction is a negative physical or mental force, which is subject to an external authority. The purpose of abduction is to force our authority onto another and enforce their loss of sovereign choice. It is personal freedom of choice that is hijacked, kidnapped and held to ransom; unless the guidance and demand of a negative external physical force, are followed to the letter. Abduction is the enforced loss of reflection, when we believe that we have no choice.

Reduction is the lessening of personal authority and freedom of opportunity. When I miss an opportunity, I face a challenge to learn a lesson. When my internal intuitively induced guidance is reduced; my external guidance, by other people, is needed. External guidance that is deductive, retroductive or abductive,

lessens my opportunity to learn my spiritual lessons. Reduction is the cause of all my problems, fears and pain. As the plot thickens, the dramas become more intense, my perspective becomes darker and my thinking becomes more dense; my freedom of choice becomes abducted, redacted and reduced. Reduction is the gradual loss of reflection. As reflection is reduced, we are guided more and more by our customs, our habits and our addictions.

Conduction is the guidance of a Conductor. A conductor guides all elements of an ensemble that are sympathetically flowing together for one desired purpose. The Conductor of an Orchestra guides all the instruments to play their part in sympathy, symphony & harmony. A conductor of electricity guides a magnitude of electro-magnetic force, to fulfil an electrical potential. Without a conductor, neither music nor an electric circuit will flow in phase.

Lightning, without a conductor, can be a very unsympathetic and destructive force.

Reproduction reproduces the same choice over and over again, so it offers no guidance. Without the introduction of our induced spiritual imagination as our guide, we are fated to reproduce the same thinking, the same fears and the same negative emotions, over and over again. This experience reproduces spiritually disconnected human beings; who believe that their only purpose in life is to reproduce spiritually disconnected human beings, as their children.

Now & Flow

Now & Flow are properties of Time & Reality.

In the Now of Reality, life happens to me. I experience the effect of other people's perceived reality, which is called the status quo. Reality is presented to me, relative to my beliefs about the past and the future. I can be either lucky or unlucky and experience either my fate or my doom.

In the Flow of Time, life happens by me. As time flows by, I become the cause of my own reality. What I cause to happen by me, takes time. Time is a precious gift or present, which often runs short. It runs out when I spend too much time in other people's reality, conforming to their deadlines. I can be fortunate or unfortunate and experience my fate or my destiny.

In the Now of Time, life happens through me. I am the Observer of my own reality. My only reality is whatever is occurring right now, in each and every present moment. Whatever is happening right now is right for me, in this moment called now. What is right for me is presented as a present, a gift and an opportunity in the present moment of now. In the Now of Time, my Reality Flows effortlessly through me; when I observe it and see it as so. In the now of time, my destiny effortlessly unfolds.

In the Flow of Reality, life happens as me. I am the Creator of my own Reality. In the reality of Divine Flow, I present my ideal presents in each present moment, with Presence. Presence has the divine power & authority to enable creative ability. Presence allows the awareness of my own ability to create my

own experience as a Flow of Reality, Now in Time. In the flow of reality, my destiny is created.

Utopia

Utopia translates as No Place. It is defined as an ideal state.

Utopia is not a place. It is an ideal state of Being. It is a state of Being, shared by a person or a society.

A Utopian Society exists for the sole purpose of expansively sharing positive emotional experiences. It thrives on the powerful attributes of a society that flows with Love.

A Dystopian Society, in contrast, exists to allow the divisive sharing of negative mental dramas caused by a restrictive authority, due to limiting beliefs and relative intensities of fear. It suffers with a need for power that causes a competition for control and influence over other people. It thrives on lust, greed, avarice & gluttony.

In a Utopian Society:

Wealth is a measure of emotional intelligence and quality attainable personal attributes. The pure quality of personal emotional wealth means that the attainment of quality attributes is very attractive, as it allows abundance to flow as enough of everything for everyone. Serving other people is a privilege not a duty, as it is inspired by freedom of choice and the desire for mutually beneficial sharing. With the privilege of serving others, the currency of exchange is gratitude & appreciation, and no monetary exchange is either required or necessary.

Wisdom is innate & intuitive, so it does not need to be taught. Education is a creatively relaxed system of personal learning that has no strict discipline imposed

by any teaching establishment. Knowledge is learned through individual experience and initiative, with the unique guidance of personal intuition. Coaches guide & support the process of individual learning, as no teaching of knowledge is ever required.

Health is a natural process of the human body. A healthy physical body aligns with a healthy mental perspective, with positively beneficial mental beliefs. A healthy body naturally & instinctively knows how to remain well; when it is mentally centred, emotionally balanced and physically grounded. Wellness Centres promote health to healthy people. In the presence of wellbeing, there is no dystopian drama of illness or disease. Mental Re-alignment Centres promote a grounded experience of emotional balance, which allows health to be a natural process of the physical body.

Wellbeing Centres serve a Society who choose to individually develop & expand their own Physical Health, Emotional Wealth & Mental Wisdom, in mutually beneficial ways.

The stated purpose of a Utopian Society, is the expression & experience of Happiness. Everyone is content because everyone has everything that they personally need, and want only what is necessary to maintain their happiness. In a happy society everyone wants for nothing and knows the instant way to have everything that you want, is to want for nothing. In an abundant society, there is no wanting. In an emotionally wealthy society there is no emotional need. There is nothing anyone needs, either physically or emotionally, as everyone is personally empowered with the joy of their own fulfilled contentment.

In a Utopian Society, the Justice System is the Universal Law of Attraction. An emotionally positive society is empowered to attract beneficial experiences, relative to the truth & alignment of their own mental perspective. When personal perspective is in alignment with a unique vision, mission & purpose; the True Self is experiencing the True Value of their own personal Truth. Laws, rules, ethics, morals & principles are all unnecessary as personal standards are aligned with personal boundaries. When personal standards & boundaries both align with the Golden Rule, everyone relates to other people in the way that they choose other people to relate to them. In an ideal society, this is always in a beneficial way as boundaries are very extensive, expansive and all encompassing. This one mutually shared personal standard of the Golden Rule allows one common boundary to be the Golden Rule. As I be unto others as I choose for others to be unto me, by the Law of Attraction, others behave unto me as I choose for others to behave unto me. This is always acceptable to me and is my one all encompassing boundary. The Law of Attraction is unambiguously attractive when the Golden Rule is unilaterally & freely upheld as the universal choice of everyone in society. In a Utopian Society, there are no inclusively divisive religions. Spirituality is exclusively personal and unique to each & every Individual. Everyone intuitively knows their own unique & exclusive spiritual vision & purpose for their life and everyone expresses it with empathy & compassion, in relationship to all other citizens in their society.

An Empowered Society has no need of inclusive attachments to an assertive leadership, as everyone is following their own lead on an exclusively connected path. Everyone is individually connected to their own source of inner guidance and sensitively detached from the possibility of any external physical, mental or emotional dramas.

Seeing A Clear Direction

Seeing a Clear Direction on a physical journey requires a map and sign posts. I view a map and sign posts with my physical sense of sight.

Seeing a Clear Direction on my spiritual journey requires intuition. Intuition is my insight, inner sight, inner vision or inner tuition. I intuitively see with the inspired imagination of my higher mind. It is the imagination of my higher mind that allows my choice of vision and purpose for my life. It is also the intuition of the higher mind that perceives the sign posts that are present and presented on my spiritual journey through physical life.

A Clear Direction requires a clear connection to the source of my Spiritual Guidance. Spiritual guidance is my direction from my Spiritual Director. My Spiritual Guide, my Inner Tutor & my Spiritual Director is my Soul. The Higher Mind of my Soul sees the bigger picture for my life and the life path for my destined journey.

The Soul guides its Self on a path, without telling its Self the way. The Soul gives its Self sovereign choice to create the journey itself. I can journey on my path, with or without the perception of a Soul. The perception of the Soul is non-judgmental. With no judgment of right or wrong, there is just the way of effortless flow. The Soul guides its Self on a path of no resistance, which is experienced as the effortless flow of beneficial opportunities. The Soul knows the path of expansive growth, which is the sole purpose of each experiential Self.

The Soul always sees a clear direction for its Self in life, just as it sees a clear purpose for its Self in life. Learning the Soul's vision & purpose for its Self, is intuitive. Without intuition, I cannot learn my unique, individual and exclusive purpose for my life. Without intuition, I have no knowledge of my Soul, my sovereignty, my vision or my reason for taking this journey through life.

Seeing a Clear Direction for my life requires me to intuitively see what my Soul has chosen for its Self, on purpose. With this inner vision for my life, I am able to experience only what has True Value for my Self. The true value of life is experienced with the intuitive awareness of seeing one's own individual, unique & exclusive reason, meaning & purpose, with clarity & direction.

Solving Problems, Fighting Fear, Relieving Pain

Solving Problems, Fighting Fear & Relieving Pain are all negative strategies designed to overcome intense personal dramas. These strategies are negative because they are all a short term fix, not a permanent remedy.

The Permanent Remedy for Problems, and the dramas they cause, is to become problem-free. I will never become problem-free by trying to solve all of my problems. Focusing on problems attracts more problems. The more I see problems in my life, the more I attract a problematic life. The only permanent solution is to see everything in life as an opportunity. When everything in life is an opportunity, there are no problems to solve and I am problem free.

The Permanent Remedy for Fear, and the trauma it causes, is to become fear-free. I will never become fear free by fighting my fear, so courage & bravery are a negative strategy. What I fear most is losing the fight and becoming a victim of my own fear. The more fearful I am, the more I attract what I fear and the more intense my fearful negative experiences become. Becoming fear free requires me to confront the false beliefs that are sponsoring my fears, without conflict. When I embrace the opportunity to overcome fear, there is no fight, so there is no conflict. What I am in conflict with is the false truth of the belief that is causing my fear. When I confront the fear by challenging the belief, I can change the belief and

embrace a new beneficial belief that truly serves me. When I am served with only true & beneficial beliefs, there is no fear and I am fear free because I am following my own Truth, by owning it.

The Permanent Remedy for Pain, and the depression it causes, is to become pain-free. I will never become pain free by relieving my pain. Relieving pain means reliving pain. No matter how much pain relief I take, the pain always returns. Becoming addicted to pain relief is very emotionally depressing and painful.

Becoming pain free requires the emotional intelligence to realise that pain is the absence of emotional power. Pain is the consequence of a fearful & problematic life because I waste my emotional energy solving problems and I drain my emotional energy being anxious, worried & fearful about all the problems that I cannot solve. In the absence of owning my own Truth and knowing my own intuitive path of opportunity, I am disempowered from my own source of emotional power; which is a pain. When I realise that pain is emotional, not physical, I can learn to express only the emotional attributes that empower me and allow me to be permanently pain free. The Truth is that Inspired Opportunities are always Empowered.

Inspiration is fear-free, Empowerment is pain-free & Opportunities are problem-free. Being empowered with inspired opportunities is a permanently beneficial strategy.

Simple, but not easy!

Disapproval

Disapproval is my negative emotional state of being that is caused by my belief that bad, wrong & detrimental things are happening to me. When I perceive that I am being wronged and experiencing bad or detrimental occurrences, I express my disapproval of what I believe to be happening to me. When bad things happen to me, I express my impatience, my anger or my fury in a way that is relative to the intensity of my disapproval.

When things do not work out the way I intended, I express my frustration with blame, shame & conviction. I either suffer self guilt or blame, shame & convict others for my own frustrated experience.

When other people do not do things the way that I believe is right, I am critical, sarcastic or cynical of their ability or their actions. Others see my negative judgments as arrogance, self-righteousness, sanctimony & parsimony.

When others serve or mistreat me in a detrimental way, I complain, condemn & denounce them as being sinful, wicked & evil.

My expression of disapproval is relative to my belief of how bad, wrong or detrimental what is happening to me, is. I only ever disapprove of the problems that I appear to be tolerating and the challenges that I believe that I fail. When I meet every challenge, learn every lesson and take every opportunity, there is never any disapproval of either myself or other people.

When I allow life to happen through me, it is always beneficially opportune and only good things

materialise, in divine time. I allow life to happen through me when I am unconditionally approving of whatever occurs.

In the absence of disapproval, there are no negative things happening to me in my life.

Centred, Balanced & Grounded

Being Centred, Balanced & Grounded allows the vital personal energy of power, authority & ability, to effortlessly flow.

When I am mentally off-centre, my fears and limiting beliefs are the cause. I am leaning towards a negative attitude, which is leading me to an extremely polarised perspective of reality. My judgment of good or bad, right or wrong, positively beneficial or negatively detrimental, takes me out of alignment with my central vision & purpose in life. My centre of mental gravity is the gravitas of my authentic integrity. When I move out of judgment, into a state of unconditional Acceptance, my perspective of my reality becomes mentally centred and in alignment with my core Truth.

When I am emotionally unbalanced, the magnitude or power of my emotional state of being is divided by a contrast in gender. When I prefer to express either a male or a female gender of emotion, I am emotionally out of balance. My yin is out of balance with my yang and my sins are out of balance with my virtues. I come into emotional balance when my yin is equal to my yang, my sins are in equality with my virtues and my male energy is in equanimity with my female energy. When I choose the purity of a divine, natural or prime emotional attribute, my state of being always has my approval. When I move out of my inherent prejudice, I attain a balanced attribute of being Approving. When I am ungrounded, I have my head in the proverbial clouds; where I am lost, confused and I get

very frustrated. Being frustrated disallows the clarity & direction to make my own choices. The reason that I am not physically grounded is because I am either not mentally centred, not emotionally balanced, or both. Physical ability requires both emotional power and mental authority. When my mental authority aligns with my authentic central core beliefs, I am centred. When my emotional power is a pure, genuine emotional expression, I am balanced. Allowing my mental authority to flow from my centre, in balance with my emotional power, allows my Self to be grounded and enabled in physical time-space-reality. I ground my Self in physicality for a purpose and that purpose is to fulfil my purpose for being alive.

Human Potential

Human Potential is the physical ability to emotionally experience, mental choice.

Mental choice is relative to personal force of authority, and emotional experience is relative to personal magnitude of power.

Human potential is relative to mental authority, called choice, and emotional power, called experience. All Human Beings have the potential to choose their own personal experience, in a physical reality called life.

When either mental authority or emotional power are either limited or compromised, human potential is either limited or compromised. When mental authority is compromised, choice is restricted. When I defer my authority to another's choice, I compromise the potential of my emotional experience.

When mental choice is limited, emotional experience is compromised. When emotional experience is compromised, emotional power is limited. When emotional power is limited, mental authority is limited and personal choice is compromised.

This is the downward spiral of diminishing personal power & authority and a restriction of personal choice of experience. When our personal choice of experience is limited by our compromised power & authority, our human potential remains unfulfilled.

Our Potential is to spiral upwards on a journey of expansive growth & fulfilment. There is no limit to the growth of human potential, other than the limitations that humans impose on their own experience of life.

There is no limit on personal mental choice, other than the limits of our own mental capacity to choose. There is no limit to human emotional experience, other than the limits of our own emotional competence to experience.

In a rationally logical, intellectually intelligent society, emotion is believed to be irrational. Giving emotional experience a negative perception, causes a society to become insensitive to others, spiritually disconnected, feeling unemotional, socially inclusive & emotionally attached. From a spiritual perspective, this is a very irrational state of being.

An emotionally intelligent choice of positive emotional experiences is my perceived preference. Being sensitive to others, spiritually connected to source, exclusively choosing my own path and detached from other people's dramas, is my rational choice of preference.

Rating my positive emotional experiences, requires my emotional intelligence to be in co-operation with my rational intellect. This allows my conscious-awareness of my own mental choice of emotional experience.

This is my potential and the Potential of all Human Beings.

Personal spiritual development and growth allows our human potential to be personally realised and individually fulfilled.

Staying Power

Staying SANE requires the intuitive insight of Wisdom.

Staying SAFE requires the intuitive guidance of Direction.

Staying IN THE FLOW requires the effortless Presence of being in the Now of Time & the Gap of Space.

Staying ALIVE requires the Awareness of being intuitively connected to Source.

Staying POSITIVE requires the Clarity of being intuitively sensitive to our feelings.

Staying CALM requires the E.Q. of Emotional Intelligence.

Staying GROUNDED requires the I.Q. of Rational Intellect.

Staying CONNECTED requires the S.Q. of Spiritually Creative Imagination.

Staying Power is my emotional connection to Source Energy.

My Energy stays powerful, when I am in Gratitude for Being: Sane, Safe, In the Flow, Alive, Positive, Calm, Grounded & Connected.

My Energy is Alive, Positive & Flowing, when I am switched On and Connected to the Main Source.

I am Calm, Grounded & Connected, when my Intellect, Intelligence & Imagination is rational, emotional & spiritual.

I am Safe, Sane & Sound, when I hear my intuitive messages of direction & guidance with clarity & presence.

Core Beliefs & Personal Standards

Behaviour is driven by personal beliefs in alignment with personal standards. My personal standards are what I believe determine my good behaviour. My Core Beliefs determine my essential standards of personal behaviour.

Because Life Just Is, I forgive those who trespass against me. I know that all life is fore given and my standard is Forgiveness. Judgment, pride, hubris, humility & modesty all sponsor unacceptable sub-standard behaviour.

Because We All Have Choice, I make my own choices. I am truly selfish and confident in the choices that I make, which are never detrimental to another. I am certain that Confidence is my standard. Envy, covetousness, jealousy, kindness, nicety & nastiness all sponsor unacceptable sub-standard behaviour.

Because There Is Enough, I serve others as I choose others to serve me. I allow providence to provide and abundance to flow expansively with appreciation to my Self and all others, as Expansive Sharing is my standard. Gluttony, avarice, extravagance, poverty, misery & scarcity all sponsor unacceptable sub-standard behaviour.

Because Love Is The Way, I approve of the behaviour of all people who I come into personal contact with. Approving of my own self-worth acknowledges my personal standard of Approval. Lust, need, yearning, hate, loathing & dislike all sponsor unacceptable sub-standard behaviour.

Because We Are All Equal, I relate to all others with equality as I equally relate to my Self. My personal standard is Equanimity. Prejudice, greed, bigotry, intolerance, pleasing & appeasing all sponsor unacceptable sub-standard behaviour.

Because I Allow All Others To Follow Their Own Path, I am accepting of the behaviour & standards of all others. I accept that all others follow their own beliefs & standards, which are not necessarily mine. My personal standard is Acceptance. Anger, wrath, arrogance, assertiveness, meekness, patience, humbleness & servility all sponsor unacceptable sub-standard behaviour.

Because I Follow My Own Path, I do so with effortless ease. On my own path there is no dis-ease as my standard is Effortless Flow. Sloth, laziness, inaction, due diligence, loyalty & duty all sponsor unacceptable sub-standard behaviour.

My Golden Rule is to Be Unto Others as I would have Others Be Unto Me. Overcoming the duality of my male sins & female virtues, I experience the neutrality, balance, harmony & wholeness of my own ideal & divine life.

Forgiveness, Confidence, Expansive Sharing, Approval, Equanimity, Acceptance & Effortless Flow are my Seven Core Essential Personal Standards. They are the Essence of my True Self.

The Paradox Of Mindfulness

Mindfulness requires the Mind to be both full and empty.

Mindfulness is a mental state, of being both present & aware. Being both mentally present & aware attains the emotional state of Presence & Awareness.

Attaining Awareness of my emotional presence allows the emotional power to free my Mind.

My Mind is confined by and restricted by the poor quality of my sub-conscious programming. A mind full of sub-conscious fears & limiting beliefs, disallows the attainment of Mindfulness.

It is my sub-conscious mind that takes my conscious focus into my past memories and my future desires.

Presence requires my conscious focus on the present moment.

I attain presence when I stop thinking about my past & my future. Presence is an emotional awareness, not a physical experience. A conscious physical perspective of the present has no emotional awareness of my spiritual nature.

My spiritual presence requires an awareness of my True Self. An awareness of my true Self can only be attained through the super-conscious mind of my Soul. An awareness of my spiritual Soul, allows my spiritual reality to be present, as a state of Present Awareness.

The consciousness of my physical ego sense of Self, disallows any awareness of the presence of my Soul.

Mindfulness is not about an awareness of the physical presence of my ego. It is about being mindful of the

super-conscious nature of the Soul. Connecting with the presence of my super-conscious Soul requires an awareness of what is disconnecting myself from my Soul. My super-conscious Soul connection is filtered through my sub-conscious Id. My sub-conscious Id is the mental operating system that allows me to experience physical life in my disconnection from Source.

The paradox of mindfulness is that I need to empty my sub-conscious mind of false limiting beliefs & fears, in order to connect with the true fullness of the super-conscious Mind of my Soul. I do this through meditation.

Meditation is the practice of emptying the sub-conscious chatter of the lower mind. This allows the awareness of super-conscious thoughts as messages to flow effortlessly & unrestricted from the Soul to its Self.

The paradox is that I need to empty my mind of negative mental beliefs to fill my mind with the truth of my own innate wisdom.

Enforcing Boundaries

There is only one certain way of ensuring that my Boundaries are effective and that is with the Law of Attraction.

My Boundaries are the standards of behaviour of other people that I deem acceptable to me. When someone behaves in a way that I find intolerable or unacceptable, they are crossing or invading my Boundaries.

A boundary, the standard I find acceptable from others and a Personal Standard, which is my own acceptable standard can be the same or different. Problems arise when my boundaries are different and out of alignment with my standards. Unless I have clear personal standards and clear boundaries, I cannot clearly ensure that they are in alignment.

Aligning the personal standard of my behaviour with the boundary that I find acceptable, ensures that I positively receive that which I positively give out.

When my positive standards align with my positive boundaries, there can only ever be a positive outcome. This is why the Golden Rule is of primary importance. Having positive standards of behaviour towards others allows their positive behaviour to be reciprocal. Doing unto others as you would have them do unto you allows this to become a mutually beneficial experience.

The Law of Attraction states that like energy unto itself is drawn. This means that our standards dictate the effectiveness of our boundaries because what I give out, I will experience in return.

When my standard is to do no harm to other living Beings and my boundary declares it unacceptable to do harm to me, then my standard aligns with my boundary and no harm can befall me because I am attracting no harm to my Self. Only when I forgive others unconditionally am I unconditionally forgiven by all others.

When my standard is 'an eye for an eye' and justice, revenge & compensation for any harm done to me; and my boundary is 'it is unacceptable to do harm to me'; then my standard is out of alignment with my boundary and I am open to receive other people's revenge as my justice.

When my standard is to enforce my standards on to other people because I have no clear boundaries; then other people, who have no clear boundaries, will force their standards onto me. It is the Law and the Golden Rule. When I do unto others as they have done unto me, this becomes my standard and I have no effective boundary, to stop them doing unto me as I have done unto them. I cannot enforce my boundaries by forcing my standards onto other people.

With the Law of Attraction, no force is necessary. I neither need to enforce my boundaries, nor force my standards onto others. When my own standards are clearly in alignment with my own boundaries, the Law of Attraction is working for me automatically, in a mutually beneficial way. Attraction is the beneficial force that operates when standards & boundaries are in alignment.

Be aware that Attraction is also the repulsive and restrictive force, which is operating in a negative &

detrimental way when personal standards are misaligned with personal boundaries.

Attaining Quality Emotional Attributes

Attaining Quality Emotional Attributes:

- Raises my vibration
- Reveals my intuitive genius
- Is the way of Ascension
- Makes me whole/holy
- Empowers me
- Allows my life to flow effortlessly
- Connects my Self to my Soul
- Aligns me with my True Path
- Allows my inspiration to flow
- Detaches me from other people's dramas
- Moves me out of sin
- Balances my yin & yang
- Puts me in the gap with space
- Brings me inner peace
- Reconnects me to Source
- Allows presence to be present
- Is my life purpose
- Gives my life meaning
- Transforms my life
- Is emotionally intelligent
- Allows me to create my own ideal reality
- Brings abundance into my life
- Reveals the magic of my super nature
- Opens the door to opportunity
- Meets my every challenge in life
- Prevents pain
- Dispels fear
- Overcomes problems
- Allows synchronicity to flow

- Develops conscious-awareness
- Reveals who I really am
- Identifies my true identity
- Raises the quality of my life experiences
- Is an absolutely positive experience
- Reveals my divinity
- Allows my life to be creative
- Reveals my special gifts
- Gives me clarity
- Allows my idea of an ideal life
- Makes imagination real
- Lifts the veil of illusion
- Allows providence to provide
- Is spiritually wise

Beliefs & Behaviour

Behaviour always follows belief.

Our beliefs determine the standard of our behaviour.

This is why other people choose to control our belief system, because it determines our standard of behaviour. When I conform to other people's beliefs, I automatically behave to their standard.

This is how parents control their children, religions control their churches, society controls its people and governments control the public.

Our beliefs are stored in our sub-conscious mind, which means that we are not conscious of them and therefore mostly unaware of what is causing our behaviour and our actions. As long as we conform to what we as a society deem to be acceptable behaviour, there is no problem for society; or so it is commonly believed.

The real problem in society is that conforming to other people's standards is a toleration and every toleration is indeed a problem. When tolerations become intolerable, society is forced to enforce its standards with a policing force. A police force is appointed to police and enforce standards by law.

I tolerate the beliefs that other people have given me, so as not to be seen as a trouble maker. Tolerating anything is a toleration, which is a problem for me. All my problems in life are caused by other people's beliefs limiting my behaviour and disallowing my own personal choice of action. They disallow my choice of personal standards in favour of their choice of standard for me. I am led to believe that their choices

are my own choices, even though I do not own them as my own conscious choice.

Whenever I am conforming to what I believe that I must do, ought to do, should do or have to do, I am tolerating someone else's standard of behaviour that is controlling my actions.

The standards of behaviour that I adopt in my family are called Principles. Principles are what I believe that I have to conform to, to be accepted by my family.

The standards of behaviour given to me by my religion or church are called Morals. Morals are what my church deems to be acceptable behaviour by its congregation. My church determines what I ought to do, to behave in an acceptable manner to them.

The standards of behaviour given to me by my society are called Ethics. Ethics are what my societal group's culture has grown to believe to be acceptable behaviour within their society. Society determines what I have to do to be a good citizen. Whether as a student in school, an employee at work or attending a social group for recreation, I am expected to behave in an ethical way by conforming to the ethos of the creed of my particular society.

The standards of behaviour given to me by my Government are called Laws, Bye Laws, Rules & Etiquette of good conduct. The ruled classes are governed by laws and the ruling classes are governed by etiquette. Government determines what I must do to stay licit, lawful & legal.

Whether I conform to a principle, a moral, an ethic, a law or a rule of etiquette, it is someone else's belief that is determining my behaviour by dictating what I should, ought to, have to and must do; in order for my

life to be tolerable, bearable, endurable, sufferable & survivable.

Peace Of Mind

Peace of Mind is a mental state of being. It is a mental state of mind, being without conflict. With no mental conflict, I have peace of mind. Removing mental conflict is the pathway to peace.

The Way to Peace of Mind is an inner mental journey. Mental conflict occurs between my sub-conscious mind and my super-conscious mind. My super-conscious is the mind of my Soul, which is never in conflict. When I harmonise with another at the Soul level, I have peace of mind because there is no conflict. Peace of mind allows mental clarity. Mental conflict causes chaos & confusion. It occurs when my belief system is out of alignment with my Truth. The truth is that peace of mind is my true state of being. It is my true mentality, my true mental reality.

My true mentality is the wisdom of my higher Self, my Super-conscious Soul. In the absence of a true connection with my innate wisdom of the Soul, I default to stored beliefs in my sub-conscious that have been given to me by other people.

My sub-conscious mind has stored other people's beliefs in my memory since my birth into the physical reality of this lifetime. My reservoir of stored mental beliefs determines my instinctive, habitual behaviour, my physical activity and my emotional reactions. It determines what I believe that I should do, ought to do, must do and have to do; to tolerate what is occurring in my life. These are my beliefs but they are not my truth.

The truth is that tolerations are the cause of mental conflict. When I am tolerating what other people have taught me I should, ought to, must & have to do, I am in conflict with the peaceful nature of my Soul.

Tolerations are always a problem because they are out of alignment with my personal truth. My personal truth is my true faith that illuminates my own path in life. This is the path of my Soul, which is my truth and my true way that is exclusively mine.

Everyone has their own truth when they have faith in their own unique life path. Following someone else's true path is always a toleration that causes mental conflict and disallows peace of mind. Having faith in another's path is being unfaithful to my own path.

I attain peace of mind when I allow all other people to follow their own path. When I allow others the faith of their own beliefs, then they allow me to faithfully follow my path with total peace of mind and no conflict exists between us.

I am never in conflict with other people, I am only ever in conflict with what they believe to be their truth. When I realise that I am creating my own reality in alignment with my own truth, I attain complete peace of mind.

Dominion

Dominion is Sovereign Choice.

Every sovereign entity has choice. Sovereignty is the Authority of Choice. Sovereign authority allows freedom of choice.

As a sovereign entity with freedom of choice, I am free to cede my sovereignty, freedom & choice to a higher authority than myself.

In our unawakened disconnection from our own sovereign entity, which is the source of our own power & authority, it is common to give away our power to an external authority.

British Imperialism declared itself a sovereign entity with control & authority over other dominion states within their protectorate. This was the imperialistic choice of the British Sovereign Monarch to take dominion over other country states in order to control and protect them. Apparently, you invade another unprotected country in order to protect it from invasion.

Christian Religious Theologists declared Humans to have dominion, elite status and control over all of the animals. This allowed the beasts of the field to be enslaved to Man for the purpose of hard labour and food production. Apparently it is necessary to tame the animals to become farm animals so that they are no longer wild and need to be hunted and killed for food.

Dominion , sovereignty & choice are all individual freedoms of all free Individuals. Every Individual Human Being has the dominion of sovereign choice as

their potential. When I use the authority of sovereign choice, I am empowered as my choices are under the control of my own authority. I am sovereign when I choose the power of my own authority.

As a sovereign entity, my authority is sovereign, my power is sovereign and I have dominion over my own personal choice for my life.

When I abdicate my authority to an external entity because I believe them to have sovereign power over me, I give them dominion over me and I become subservient to their authority and their choice for me.

The paradox of freedom of choice is that I am both free to make a choice myself and free to allow others to make my choices for me. I am free to state my own dominion of choice and I am free to be enslaved to another's choice of domination. Domination is a state of declaring dominion over another's sovereignty.

When I inhabit the dominion of my own Soul, I have the authority invested in me by my own sovereign entity. With my own highest authority, I am empowered to act under my own dominion. Under my own sovereign authority, I am always under Self control. My higher Self is always in control of my dominion, with total freedom through choice.

My Soul is free because it chooses freedom for its Self. It has free dominion under the control of its own power & authority. The Soul is free to make choices that are truly in the interest and domain of its Self.

Pain & Fear

Pain & Fear are relative experiences of the same energy vibration.

A negative mental frequency of fearful thinking causes a negative emotional wavelength of feeling pain.

A fear is a negative thought because it causes an uncomfortable or painful feeling. When I am comfortable with my thinking, there is no pain.

A pain is a negative emotional experience because it causes a feeling of unease and discomfort, by being the effect of a fearful thought.

As long as fear persists in my mental belief system, pain will remain in my emotional aura. When pain persists in my emotional body, it will manifest as pain in my physical body, giving the illusion of physical pain.

Pain is not physical, it is emotional.

Fear is not emotional, it is mental.

Physical symptoms of fear manifest in the same way as physical symptoms of pain. Both cause unease and discomfort.

I can be paralysed with fear as well as paralysed with pain. Paralysis is the inability to flow effortlessly with life.

I flow effortlessly with life when I am pain free and fear free. When there is no fear, there is no pain and when there is no pain, there is no problem.

Being problem free allows me to be both pain free and fear free; which allows me to be physically, mentally & emotionally healthy.

Mental wisdom is free of fear

Emotional wealth is free of pain.
Physical health is free of problems.
The well-being of my health, wealth & wisdom is
always a positively beneficial experience.

Service

In a spiritually unawakened world, where everyone is disconnected from their own source of emotional power & mental authority, everyone needs help.

Anyone who is lost, confused & frustrated in their life needs help. Being lost, confused & frustrated is a problem that everyone needs help to solve. The problem is compounded when help is confused with service.

Being in service to others supplies what they need physically & emotionally, when they need it.

Unfortunately, this doesn't solve the problem, it just meets their needs, so it doesn't really help. Solving problems doesn't make the problem go away and meeting needs doesn't make the needs go away. We remain lost, confused and frustrated with the problem of not getting what we need and so are those who try and help.

When I service a problem it remains a problem, with or without a solution. Many spend most of their time solving other people's problems and they see themselves as being of service. Serving other people keeps them disconnected, unawakened and unaware of their own beneficial and problem free path in life, which doesn't help.

My true journey through life is a spiritual adventure that is guided and supported, so that it is potentially problem free. Ironically, other people are not there to show me the way but to show me when, where and how I am off track.

Problems only occur when I cannot see my own personal connection to my inner guidance & support. When I am lost, confused & frustrated, external help will never give me the clarity, direction & presence that I need to truly re-align my perspective. When I have clarity, direction & presence, I am connecting with my source of inner guidance & support, which provides my true perspective.

True Service is Self Service, which is truly selfish. It is being in spiritual alignment with my True Self.

Paradoxically, my true Self is the one that both leads me on my path and follows my path. My ego sense of physical Self is on track when guided & supported by my spiritual sense of Soul.

The Soul guides & supports its Self on its journey through life, always and in all ways. The Soul is always in service to its Self. When I intuitively know, feel & see that my Soul is always in service to its Self, I do not need any external help. Other people are then only there to show me when I am off track, not when I am on track.

To allow the Soul to be of service to my Self, I am required to be of service to my Soul. True Service is an experience shared equally by the Soul & the Self. It is a mutually beneficial co-operation of spiritual endeavour, with the sole intention of discovering, exploring and experiencing Life in a beneficial way. The Soul always serves up opportunities in life, never problems.

Remembering My Vision

Remembering my Vision for my Life requires a spiritual connection with the source of my vision. The Soul is the innovative, inventive, imaginative & creative source of every personal, individual & unique vision for life. Every individual vision that the Soul imagines for its Self is experienced in physical reality by an individual Self.

An Individual Self is called a Human Being. Being human is the experience of being an individual spiritual Self in physical incarnation.

The Soul Entity currently has over 7 billion individual different aspects of its Self experiencing human existence with their own unique vision for their life.

This allows the Soul potentially seven billion ways of experiencing its Self through physical existence.

My ego sense of Self is just one of seven billion different perspectives of physical reality, which may or may not remember its current vision for its life. Living my vision for my life with spiritual awareness requires a spiritual sense of intuition.

My spiritual intuitive senses are how my Soul communicates with its Self.

My physical senses are how I communicate with other incarnate physical Beings. With my physical sense of sight, hearing, taste, smell & touch, I experience the physical reality of being a separate entity.

With my intuitive spiritual senses of seeing, feeling & knowing, I experience my connection to the source of my Beingness and my spiritual origins. Intuition

connects me with spirit. Physicality separates me from spirit.

Separated from spirit, I forget my spiritual vision for my life. Remembering my vision for my life requires my reconnection with spirit via my sense of intuition. My Soul creatively imagined my vision for its Self and remembering my vision for my life requires my reconnection to my creative imagination. I cannot continue to re-imagine my vision without my intuitive spiritual senses. I intuitively see my vision for my life as an image of my imagination.

When my imagination becomes disconnected by my perspective of physical reality, I lose my sense of intuition and I forget my vision for my life.

Remembering my vision for my life gives my life purpose. I remember the meaning of life and the reason I am here. Without the fulfilment of my vision, I will not feel the joy of being content with my innately happy life.

Being Spiritual

Being Spiritual is having a personal vision of the purpose for one's life. When I have a vision & a purpose for my physical life, I am being spiritual. My Vision is my spiritual focus for my physical life. Without a vision for my life, I am just a physical human being, doing life. With a vision for my life, I am a spiritual being experiencing a physical human existence.

My reason for choosing a physical human existence is to experience my spiritual vision, on purpose. In spiritual reality, I imagine who I choose to be in my physical life. In actual reality, I experience who I have chosen to be in physicality. Who I imagine my Self to be in Spirit and who I experience my Self to be in human form, are the same thing when I am living my vision for my life.

My vision is to live and experience an aspect of my spiritual reality in physical form. When I do so, I am living my Truth. In truth, I am not a human doing when I am being a human being. I cannot do human Beingness, I can only experience being a human expression of my Spiritual Essence.

My Spiritual Beingness is the essence of my vision for my life. Living my vision is essential to my experiencing my true spiritual nature. The essence of physical reality is that it allows the experience of not being spiritual and being out of alignment with one's spiritual vision. In essence, it allows me to be an untrue expression of my spiritual entity. An untrue

vision of my Self is one that only sees my physical sense of Self because it is without any spiritual vision. My physical sense of Self is called my ego. When I see life from only the perspective of my ego self, I have no vision for my life; just a to-do list of physical objectives.

When I am awakened to spirit and reminded of the spiritual vision of my Soul Entity, I am able to bring my ego sense of Self into alignment with the Spiritual Essence of my Soul. When my ego is in alignment with my Soul, I am living my vision for my life with clarity, direction & presence. Without a vision for my life, my ego becomes lost, confused and very frustrated with the actuality of physical existence.

Three Creative Attributes

Creative Attributes are attributable to being a Creator. Three Creative Attributes are Being Present, Being Potent & Being Scient.

Creative Attributes are intuitive attainments, which means that I attain them and attribute them to my Self, intuitively.

- I intuitively see, when I am being present
- I intuitively know, when I am being scient
- I intuitively feel, when I am being potent

Potency is the emotional feeling of attractive power. It is the power of attraction that I intuitively feel.

Scients is the mental knowing that my authority is attractive and my attraction is authorised. It is the authority of attraction that I intuitively know, without any prior knowledge.

Presence is the ability to see my creativity enabled.

Creative attraction is enabled in the present moment of my presence.

The force and magnitude of my creative potential is the medium through which attraction is evident. I intuitively see my creative potential when I intuitively know the attractive force of my mental authority and I intuitively feel the magnitude of my attractive emotional power.

Being potent allows my emotional power to be creatively empowered with effortless flow.

Being scient allows my mental authority to creatively flow with inspiration.

Being present allows my physical ability to creatively experience my creative creations.

My Soul is my creative Genie. When I am being soul-like, I connect with the creative genius of my imagination. My imagination is the creative genius of my Soul.

My ego sense of Self visualises with a limited knowledge learned from past experience and projects it into a possible future. A visualisation of the future based on a limited knowledge of the past has no presence of mind to be intuitively attractive. My visualisation of the future, based on my limited knowledge of the past, disconnects the presence of my imagination. My intellectual knowledge of the past disconnects in the present, my intuitive knowing what is in my future.

My inability to physically touch what is not yet present in my reality, disconnects my feeling of being a powerful creator. A powerful creator has no feeling of absence or feeling of need, just a feeling of being powerfully, attractively potent.

An authorised creator intuitively knows that they are attractively scient and an enabled creator intuitively sees when they are actively present.

I intuitively see how my creativity has presence when I imagine my creation to be already present and already presented.

I intuitively know my creation is being created when I imagine that I am being scient.

I intuitively feel the power of my creativity when I imagine that I am feeling potent.

When I am unable to attribute my potency to my Self, I am uncreative, unimaginative & unattractive.

When I am unable to attribute my sciences to my Self, I have no knowledge of my creatively inspired authority.

When I am unable to attribute presence to my Self, I am unable to access the creative ability of my insightful imagination.

The Need To Feel Special

The Need To Feel Special is a special feeling.

A special feeling feels good. When I feel good, I am empowered and I am on track; fulfilling my path with a special purpose in life. It is really my special purpose in life that makes me special. As we each have our own unique, individual and exclusive purpose in life, we are all special in our own way.

Living life in my own way is what allows my speciality to materialise. A speciality is a special reality, which manifests as I live my own life on purpose.

Humanity is a unique species. What makes humanity unique is its dominion of choice. The choice of a unique purpose in life is what makes our species individually special.

The need to feel special is caused by our disconnection from the source of our inner guidance & support. With intuitive inner guidance & support, I know that I am special because I intuitively feel special, you see! I feel special because I know that I am guided & supported on my own special mission in life.

In the absence of knowing that I have a special mission, vision & purpose for my life, I become inclusively common & ordinary. It is common & normal for inclusively ordinary people to lose their feeling of being special. When I lose my feeling of being special, I do not feel particularly good and I will feel that I need to be special.

In my disconnection from my source of special guidance, I will seek the feeling of being special in the outside world. When I am disempowered and

emotionally low, I will need other people to remind me how special I am. Unfortunately, other people are only able to tell me how special I am to them, not how special my unique self really is.

Feeling special is a personal intuitive feeling, which is a special feeling. When I close down my emotional feeling centre, I have no way of feeling special and I will need to feel special when life reminds me how normal and ordinary I am in my disconnection from my very special Self.

I Follow My Own Path When:

I am Intuitive
I am Aware
I am Awake
I am Alert
I am Connected
I am Exclusive
I am Detached
I am Sensitive
I am Emotionally Intelligent
I am Accepting
I am Approving
I am Allowing
I am Open
I am in the Gap
I am in the Now
I am in the Flow
I am in the Zone
I See my Vision
I Feel my Purpose
I Know my Mission

When I Follow My Own Path:

I am Guided
I am Supported
I am Safe
I am Provided For
I am Healthy
I am Wealthy
I am Wise
I am Content
I am Fulfilled
I am Joyful
I am Creative
I am Authentic
I am Sovereign
I am Expansive
I am Complete
I am Destined
I am Fortunate
I am Alive
I am in Integrity
I am of Service

Degrees Of Certainty

There are no degrees of certainty, only degrees of trust.

The state of being absolutely certain is called Faith, which is different to trust, which is relatively certain or uncertain. When I mistrust something, it is because I have a relative degree of uncertainty. When I think that I am relatively certain, I am in fact relatively uncertain.

A degree of uncertainty is relative to how much I trust my own choice. When my choice is based on someone else's judgment, there is always a degree of uncertainty.

When I have faith in my own choice, it is absolutely certainly beneficial for me.

There are no degrees of certainty because there are no degrees of intuition. Intuition has no degree of intellectual reasoning or rationally intelligent knowledge. I either intuitively know my choice to be right or I do not. It either intuitively feels good or it doesn't. I either see it as an inspired choice or I don't. Whenever I do not intuitively see, feel or know it to be a good & right choice for my Self, it certainly is not. The right choice for me is always presented with a certain knowing and a good feeling, you see!

Intellectual reasoning dilutes a good feeling with degrees of uncertainty, which override any certain knowing. With rational thinking there is no intuitive certainty. When intuition is confronted with intellectual reasoning, it is lost.

When intuition is supported with the intellectual awareness of emotional intelligence, it is absolutely the certain choice for me.

Faith Is Being Absolutely Certain

Faith is Being Absolutely Certain because without faith, there is just trust. When my faith relies on trust, it is never certain.

I am faithful when I am certain. When I am uncertain, I become someone else's disciple. I follow my own path with certainty when I am faithful. With certainty, I faithfully follow my own path.

My own path is intuitive. Intuition is absolutely certain. My intuitive path is never uncertain. I have certain faith in my own intuitive path. I never follow another's path intuitively. Being the disciple of another's path is never certain.

I follow another's path with loyalty, not faith. I follow another's direction because my intellect deems it reasonable. An intellectual path can prove to be both reasonable & unreasonable, certain & uncertain.

Only my own exclusive path allows my true purpose to be faithfully fulfilled. My faith fulfils my path with certainty. Without intuitive guidance, I have no way of being faithful. I am faithful to my way because I am certain of its benefit for my Self. Only my intuition can assure me of the beneficial path that is ensured.

My Soul has certain faith in its Self. It instils faith in its Self intuitively. The Soul faithfully guides & supports its Self with certainty. Guidance & support is provided in every way, on every step of the journey, with certainty.

Without intuition, there is no certainty and without certainty, there is no faith; and the best I can hope for is hope.

Too Good To Be True

True defines every chosen life path.

In a relative world of truth & untruth, the only thing that is absolutely true for me, is my chosen life path.

I have a true perspective of my path, when I am on track and aligned with my chosen vision for my life.

The only thing that is ever true or false is my own personal perspective of whatever is occurring to me, in my life.

I am never off track, as my path is always ready to unfold before me. The only thing that is ever misaligned is my perspective of how my personally created reality is unfolding.

To follow my path, I am required to be centred, balanced & grounded. Grounded and balanced in the centre of every duality is the alignment of my path.

When I explore my balance and discover my grounding, I experience being centred on my true path in life.

Too Good is not good enough. It is not enough, it is more than enough, which is not good enough. My path of life is always true, it is always good and there is always enough of everything provided for my Self.

Too good to be true is a statement that something is too good to last, so it doesn't. When I believe that something is too good to be true, I am stating that I am unworthy of keeping it in my experience of reality, so I lose it.

Too good has a dual reality opposite of not good enough, which is why too good is not good enough to

be my true path. When I believe that something is too good, my perspective is not good enough.

Everything that is provided for my Self, on my path, is both Good & Enough. There is always sufficient provision provided for my Self on my path and everything that is provided is good from my highest perspective, my Pro-Vision.

Everything that is provided on my path is Good, not too good. When everything on my path is seen to be good and acceptable, then I experience my path as true for me. The truth is that my path is always good, and so it is, when that is my perspective. My path can only be experienced as good when I allow it to be so because I believe it to be so.

My reality is a true experience of whatever I perceive it to be. I always perceive the truth of my own real experience. I perceive an experience of the truth of my own belief system, which determines my perspective of reality.

When I believe that something is too good to be true, I fail to accept that this is the path for me and I disallow it remaining in my experience. When I believe that something is good enough to be acceptable, I accept it gracefully with gratitude & appreciation.

Gratitude and appreciation allows whatever is acceptable to remain in my experience because I know it to be good enough.

Good enough to be true is a statement that whatever is occurring is unfolding along my path in a beneficial way. It is good enough to be, what I have ideally chosen for my Self to belong to me, in this present moment of time.

Ingenious & Ingenuous

Ingenious is being connected to my source of genuine mental genius.

Ingenuous is being connected to my source of genuine emotional power.

Ingenuity manifests genuine thoughts as real and true thought as genuine.

Ingenuousness expresses pure emotion as a real and genuine feeling.

The genuine source of ingenuity & ingenuousness is the genie that I call my Soul.

The authority of mental ingenuity flows effortlessly with the power of emotional ingenuousness.

I am the genuine genus of my Soul. We are all genetic manifestations of our Soul Genus and our Soul Genius.

When I express a genuine emotional aspect of my Soul genus, I am being ingenuous. I am being my inner genus when my emotional heart is open.

When I imagine a genuine mental thought of my Soul's super-Consciousness, I am being ingenious. I am in my genius when I am aligned with my Higher Mind.

The source of my ingenuousness is my spiritual heart. My ingenuous heart expresses aspects of pure, natural, divine Love; which are undivided by male or female gender.

My ingenious mind expresses thoughts of pure, divine Light; which are undivided, unfiltered and unpolarised by my sub-conscious autonomous programming. The ego Self is always free to choose

the divine path of its Soul or the autonomous path of itself.

Both ingenuity & ingenuousness require an intuitive connection to the genius of the Soul. I connect with the genius of my creative genie with my mental ingenuity and my emotional ingenuousness.

My Ingenuousness is never naive, artless or innocent; even though an insensitive, unemotional, unawakened mind might believe it to be so.

My Ingenuity is never clever, intellectual, rational or intelligent; even though an unaware, inclusively disconnected, counter-intuitive mind might believe it to be so.

Affection, Efection, Infection

Affection is the positive or the negative affect of emotion.

Efection is the creative power of emotion.

Affection is an emotional need.

Efection is emotional power.

Emotional need is the cause of attachment.

Emotional power is effectively connected.

The need for affection attaches me to whatever or whoever supplies my emotional need. Sentiment is an affective attachment to a person, object or event; which meets my emotional need affectionately.

Efection is beneficially effective.

Affection is emotionally beneficial.

Efection is powerfully certain.

Affection is needed to affect a cause.

My emotional power is always effective.

I affect other people when I am emotionally needy.

Efection is the creative effect of empowered inspiration.

Affection is emotion that I give to others and receive from others.

Efection is the emotional power with which I empower my Self.

Affection is the emotional power that I use to motivate others and others use to motivate me.

Negative emotion is never effective but can be very affective. I can be negatively affected by other people's emotional state of being. Negative emotion is causative but not creative, affective but not effective.

Affection can be positive or negative, beneficial or detrimental, depending on who I am emotionally affecting.

Effectation is always creatively positive & beneficial.

I effect a change when I change an effect.

I affect an outcome with my positive or negative actions.

Infection is a negative occurrence that happens to me or by me. When I am negatively infected, I can negatively infect others. Others are negatively affected with my negative infection.

Infection causes illness, which is bad.

Affection can be felt to be either good or bad relative to what I feel that I need. When life happens to me, it affects me and when life happens by me, I affect it.

Effectation is always positively good because it is effectively my competence to create change. I always effect change effectively when I allow change to creatively flow through me.

Affect & Effect

Affect is the objective of a subjective cause.

I subjectively cause an objective affect. I affect an objective with a subjective cause. I am the subject and the cause of every object that I affect. When I am the subject of an objective, I cause the affect. When I object to the subject, I affect the cause.

When I learn a subject, I discover its cause. When I explore an objective, I experience its affect. In a world of dual reality, every cause has an affect and every affect is the result of a cause.

Physical Science studies the cause of every physical affect.

Metaphysical Sciences understands super-natural effects.

An effect is created and an affect is caused. Creation is an effect that has no cause. I cannot cause creation to happen. Affect happens to me, cause happens by me and creation happens either through me or as me.

When life happens to me, I blame or praise other people for the negative or positive affect that they cause. When life happens by me, I am the cause of the affect that I experience. When life happens through me, I allow beneficial effects to occur. When life happens as me, I am the creator of the effect, I am the effective creator and I effect the creation. There is no separation either between the creator & the effect nor the creation & the effect. I am effectively both the creation and the creator. I am effective with every choice that I make and I effect change in every choice that I choose.

A choice without change is not creative. When I choose the same choice, I cause the same affect. When I change my choice, I create a new effect.

A creative effect is always positively good & beneficial.

A caused affect may be seen as good or bad, right or wrong, positive or negative and beneficial or detrimental because it is an objective view of a subjective perspective.

Being Spiritually Focused

Being Spiritually Focused connects me to Source Energy.

When I am physically focused, I am disconnected from Source energy, as my attention is concentrated. Paying attention to the authority of others, concentrates my mental energy and disconnects my emotional power.

When spiritually focused, I am a three part spiritual Being with a physical body, a mental mind and an emotional heart; experiencing expansive growth. Being spiritually focused puts me in the Zone as I am connected to all aspects of my Self.

When I am 'in the gap', I am emotionally aware of being centred in my space. My space contains the emotional power of my magnetic aura.

When I am 'in the now', I am mentally mindful that I am grounded in my time. My time synchronises with the gravity of my own authority of choice.

When I am 'in the flow', I am physically unrestricted and genuinely free. My personal reality is electric and currently flows through me with authentic ability.

In my mental authority and my emotional power, I attain my physical ability and I am spiritually enabled. In the gap of space, the now of time and the flow of reality, I am in my spiritual zone.

When I am emotionally centred, mentally grounded and physically unrestricted, I connect with my spiritual focus.

When I am emotionally aware, mentally mindful and physically free, I am spiritually focused.

Conscious, mindful, awareness puts me in my spiritual zone of being in the flow, in the now and in the gap. I am realising the spiritual nature of my time-space-reality when I am being spiritually focused.

Brain Waves

Brain Waves are the channel through which the brain processes mental programmes.

Mental programmes are levels or densities of consciousness of the mind, which are received as thought.

The brain transmits & receives thought waves on a spectrum of different wavelengths, relative to the source or the destination of the communication.

The wavelength on which thought is transmitted or received is measured as its frequency, in cycles per second called hertz. The brain processes the transmission of thought as thought waves, relative to their frequency. In a dual reality existence, wavelength is always relative to frequency.

The brain is the processor of thought, not the originator. The origination or source of thought is the Mind. Different levels or densities of consciousness allow the mind to have different sources and different destinations for thought.

The conscious mind experiences a physical reality, which the brain processes as particular data and transmits to the sub-conscious mind for storage as memory. When the brain recalls data from the sub-conscious mind into the conscious mind, it is called remembering from memory.

Transmission between the conscious and the sub-conscious levels of mind occurs at the frequency of theta brain waves.

Experience of conscious physical reality, with our physical senses, occurs at the frequency of beta or conscious brain active.

When the brain goes into standby mode in deep sleep, it operates on a frequency of delta wavelengths.

Transmission between the conscious mind and the super-conscious mind of the imagination occurs at the frequency of alpha brain waves. It is in an alpha state of brain active that I have inspired revelations of the imagination, commonly known as a brain wave.

Alpha brain waves are the frequency of the meditation state. My purpose for meditation is to connect with the super-conscious imagination of my Soulful Mind.

Theta brain waves are the frequency of the sub-conscious mind or trance state. Hypnotic trance is the state in which I am mesmerised and my mind is operating on instinct. Hypnotic trance is a sub-conscious connection to the time-line of our past experiences of this and previous lifetimes.

Transmission between theta and beta levels of consciousness is called personal thinking. This may range between rational logic and irrational fear, intellectual reasoning and unreasonable stupidity. The quality of the data stored sub-consciously has a direct effect on the quality of our conscious thinking.

Theta brain waves are the level on which my mind sub-consciously reacts instinctively. It is the level on which I sub-consciously plan how to meet my need for emotional power.

Beta brain waves are the level on which I use my five physical senses to assess my current physical reality. It is the level of conscious choice and conscious intention.

Gamma brain waves are the level of pure Light (c), on which I mentally connect with the universal macrocosm of Higher Intelligence or ascended densities of Consciousness, which are the Source of all channelled spiritual information.

Alpha brain waves allow personal communication at an intuitive or Soul level. This is the level of personal guidance, inspiration and imaginative creativity. An awareness of alpha activity requires theta thinking to be tuned out to allow higher thought to tune in. In alpha meditation, a sense of calm peaceful relaxation is attained to allow the intuitive senses to become freely connected.

Delta brain waves are the level at which I temporarily switch off my brain. It is my sleep mode.

Cognition

Cognition is a Mind Connection.

I connect with my conscious mind cognitively, whilst I am awake. Whilst asleep, my cognition moves into my sub-conscious dream state. I recognise my dreams when I awake.

Recognition is recalling my cognition from my sub-conscious or my unconscious mind. It is reconnecting my conscious focus to another state of mind.

My sub-conscious mind stores my memories. When I am conscious of recalling a memory from its sub-conscious store, I recognise an event that occurred in the past. When I reconnect with a memory, I recognise an event that I experienced in the past and stored in my sub-conscious memory.

Precognition is my connection with my super-conscious mind, which is called my psyche, my psychic mind or my Soul.

My Soul's perspective is beyond space & time.

Through my psychic perception, I can see the truth of both the past & the future. I recognise the reality of my past and my future in my present moment as a revelation or a precognition.

Precognition is psychic recognition or recognition with a 'p'. In order to connect with my precognitive mind, I am required to recognise the omniscient nature of my Soul's super-conscious mind. Omniscient means 'all knowing'. Precognition is my connection with the omniscient and all knowing mind of my Soul. I am cognitive when I am aware of the focus of my conscious mind.

I am recognitive when I recognise past events and future projections of my sub-conscious memories as hindsight or foresight.

I am precognitive when I pre-cognise with my super-conscious insight.

Anger & Intolerance

Anger & Intolerance are both negative emotions expressed as an emotional reaction. A rational perspective may see them both as an irrational reaction or an irrational emotional reaction. Irrational is the negative polarity of a rational perspective. Emotion is a female perception, in contrast to a male rational perspective. From an emotional perception, anger is intense or extreme impatience.

Impatience is my sub-conscious reaction to being low on emotional power. Being patient requires positive emotional energy. When I run out of emotional energy, I run out of patience and I become impatient. When my emotional power is greatly depreciated, I get angry very quickly.

From a rational perspective, intolerance is the conscious inability to be clement, lenient or merciful. Although the perspective is positively rational, it is based on a negative belief. I am intolerant of what is occurring because I believe it to be intensely detrimental to me. I am unable to be positively merciful, lenient or clement because of my negative belief in the severity of another's behaviour.

I react in an inclement & unmerciful way when I am unable to tolerate another's behaviour, due to my negative beliefs about whatever is occurring.

I react in an angry or impatient way when I no longer have the emotional energy to remain patient in the presence of whatever is occurring.

Due to our general lack of emotional awareness, we are mostly unaware of the cause of our emotional anger, whilst we may be totally conscious of the cause of our mental intolerance.

The antidote to both anger & intolerance is an intuitive awareness of who we are being in relationship to whatever is causing our emotional reaction.

Being unconditionally approving of others, I never get angry and being unconditionally allowing of others, I never become intolerant. Being unconditionally accepting, my own life path is never frustrated.

Charity

Charity is the act of giving to others what they believe that they desperately need. A desperate need is one that puts me in despair, when I do not get what I think that I desperately need.

The purpose of charity is to limit despair.

People only genuinely ask for charity when they are desperate.

Charity has become institutionalised and is now run by charitable institutions, which are governmentally controlled. Ironically, the biggest charitable Institution is the Government itself, although it sees itself as a public service rather than a charity.

The Public Health Service is a prime example of what many people believe that they need when they are desperately ill.

The Government relies on publicly funded charities to pay for what the public desperately needs and the government is either unwilling or unable to provide.

As a charitably minded institution itself, the Government encourages public charities, run on private donations, with tax concessions and merit-able awards for generous donors.

Charity is generally seen to be virtuous work by both governmental and religious organisations. Both have come to rely on charitable donations by generous people for them to operate as a not for profit business in a profitable way.

At election time, political parties desperately need the charitable donations of generous sponsors to fund their election campaigns. The Christian Church has a

long dependency on charitable donations from its congregation; to fund its grass roots operation and to be seen as a charitable concern, itself.

Charity is desperately needed by all victims who believe that life is happening to them in a desperate way. When I am being a victim of a desperate life, I need charity to allay my despair.

Shelter for the homeless, food for the poor, medicine for the sick, and relief for those facing disaster, are all seen as being in desperate need of charitable assistance.

The greater gift that a desperate person can receive is hope, not charity. Unfortunately, hope can neither be given nor donated to another. Hope only works when I take responsibility for my own actions. When life happens by me, hope works wonders. When I hope charity will happen to me, it is charity I seek, not hope that I have. When I believe that good things happen by me, I create my own good fortune and I no longer need charity.

Charity is not a long term solution to the problems of despair. Desperate people will always despair and will always need charity, when there is no hope of them helping themselves.

The only thing that charity ever relieves is the guilt of those who hope that their generosity will do some good.

Charity endorses, but never changes, the belief that when life happens to me in a desperate way, I need charitable people to be kind to me.

Charity begins and ends at home, when I take responsibility for whatever is occurring in my life and

I take personal action in the hope of a better experience of life.

When we stop compensating the victims of their own desperate belief system and start to encourage their hope in the fortunes of their own endeavours, charity will hopefully become an unnecessary evil; rather than the necessary evil that is commonly believed to be.

Submit Or Surrender

When life happens to me, I have no distinction between submission & surrender. I submit and surrender to whatever I become a victim of.

When life happens by me, I submit, surrender or give up, when whatever I am trying to do fails.

I submit to another's superior force and I surrender to another's superior authority.

With spiritual direction, I always have a choice of authority. I have a choice of guidance & a choice of support. I can choose the empowered inspiration of my Soul or the will power of my ego Self.

With will power, I submit to my own sub-conscious programming. My sub-conscious Id believes itself to be the leader of my mission. Under my own sub-conscious direction, I will experience my fate. This can be the fate of my fortune or the fate of my doom.

My ego consciously questions whatever my fate appears to be submitting. I do not always submit willingly to the discipline, doctrine or conscience of my sub-conscious mind. My sub-conscious mind directs me with the fears and limiting beliefs with which, I have been indoctrinated from birth. It supports me by driving me to meet my emotional needs, in the only way that it has learned how.

As most of my sub-conscious programming was formulated before the age of four years, I have the sub-conscious rationale of a three year old. Hence my need to consciously question the leadership quality of my sub-conscious mind.

Whereas my ego submits to the whims of my sub-conscious Id, I can consciously choose to surrender to the wisdom of my super-conscious Soul. I surrender whenever I render my focus above my conscious level of awareness.

I communicate with my sub-conscious mind on the wavelength of an Alpha frequency of conscious thinking.

I communicate with my super-conscious mind on the wavelength of a Theta frequency of pure thought.

My super-conscious Soul is always available to guide me, whereas my sub-conscious Id is always there to lead me on a path of righteous temptation.

I surrender to the Destiny of my Soul.

I submit to the fate of my Id.

When I surrender, I render my Self under the guidance & support of my Soul. I connect to my wealth of abundance and I am fulfilled with wisdom. I surrender to the innate happiness & wellbeing of my expansive Soul.

When I surrender to the effortless flow of opportunities in life, I allow my beneficial providence to flow through me, unrestricted and without submission.

Submission is a false mission in life.

Surrender renders me above reproach.

Caring Is Not Being Bothered

It is a common belief that when you are not bothered, you do not care.

When I am not bothered, my emotional energy is positive because I am not tolerating whatever I am caring to do. Tolerating anything is a problem, a toleration and a bother.

When caring for another, I am bothered when they are a problem that I am tolerating. Eventually, all tolerations become intolerable, usually when I lose my patience.

Patience allows me to tolerate a Patient, patiently, without being too bothered. When I am too bothered, I become impatient & intolerant. When I lose my patience, I also lose my Patient.

When I am bothered, my patient is patiently tolerating my care. When I lose my patience, I bother my patient and we are both bothered.

When we both err, we are both in bother.

Dementia patients especially, do not like to be bothered. When a dementia patient doesn't know that they are ill, they do not know what all the fuss and bother is about. Bothering to care for someone who is peaceful & content in their own mind, causes a problem for them; which bothers them.

Caring is never a problem, a toleration or a bother when delivered with sensitivity, gentleness & kindness. Giving care is only acceptable when given carefully. For the client to be accepting of the care, the Carer is required to be accepting of the Patient.

Accepting a Patient without conditions is an expression of unconditional love. When care is administered without conditions, there is no problem to tolerate and no bother is experienced. When the Carer stops bothering the patient, the patient is no longer bothered.

On Reflection

Reflection allows me to see who I am.

When I look in a mirror, I see a physical appearance of who I appear to be. I see my physical reflection in a mirror. I can also reflect on my physical appearance in a photo or a film.

Reflecting on my reflection is a mental reflection on my physical reflection. When I believe that my physical reflection is who I am, there is no need for mental reflection. When I see on reflection that my physical body is a vehicle for my mind, I see the purpose of my apparent physicality. My physical entity becomes a reflection of my spiritual entity.

I cannot reflect on my spiritual entity in a mirror. I reflect on my spiritual entity through the eyes of my mirror image. My mirror image is a shadow of my Self that I project into physical reality.

From a physical perspective, I am the subject of my physical reflection.

From a spiritual perspective, I am the object through which objective reflection becomes possible.

I can reflect on who I am being with an objective perspective. The objective of the Self is to see on reflection, who the real Self really is.

The subject of every spiritual reflection is the Soul.

The Self allows the Soul to reflect on whether it is expressing a true reflection of its Self or not. It is through reflection that the Soul/Self discovers, explores & experiences who it really is.

The still waters of a lake allow a physical reflection of myself. The still waters of the mind allow a spiritual

reflection of my True Self. My True Self is always reflecting on the expansive growth of my Soul. The expansive growth of the Soul becomes a true reflection of who I really am.

Who I really am is an expression of who I choose for my Self to be in an experience of subjective reality.

The True Nature of the Soul is reflected in the Light, which the Soul shines along its own path. My True Path in Life reflects the true nature of my Soul.

On Reflection, I am a true reflection of my Soul's choice for its Self.

Survival Of The Fittest

Survival of the Fittest is the perspective of people who believe that life happens to them. With this belief, I need to be the fittest that I can be to survive whatever happens to me in life. Whereas this belief may or may not be true in the Animal Kingdom, it has been longer than 10,000 years since Modern Man has had to hunt and compete with animals for food.

The Evolution of Man has never been about physical fitness but about Man's ability to fit into the Physical World as defined by Science. Fitness is the ability to fit into the physical environment and Modern Man has learned how to change the environment to fit into what Man wants or needs. Animals become extinct when they no longer fit in to their environment on Earth.

Modern Man is no longer learning how to survive on Earth but how to live, thrive & prosper. Unfortunately, the more Man thrives and prospers, the more the Earth appears to suffer as a consequence. Future thinking Man is now planning how to survive in Space, so that one day we may live, thrive and prosper on other planets, once the Earth's resources have been depleted.

From a perspective of life happens by me, my actions are planned and designed for my prosperity in life, not my survival. Prosperity is a measure of relative comfort and security. The more comfortable and secure that I make my life, the more I appear to prosper.

Instead of fitting into the natural physical environment of Earth, Man is making the physical environment fit for the purpose of comfort, security & convenience. We now rely on mental fitness, rather than physical fitness, to ensure our comfort, security and prosperity.

Prosperity of the Fittest is a mental achievement, not a matter of physical attributes. Fitting into the modern world requires educated knowledge, intellectual reasoning and rational intelligence. Mental strength is now superior in every way to physical strength.

The Evolution of Man is a process of evolving mentally & emotionally, not physically. Geneticists have discovered that Early European Modern Man, formerly known as Cro-Magnon Man, has not physically changed in the past 200,000 years. Evolution is therefore not a physical change but a mental & emotional one.

Even though Man has not physically changed as a species, we have certainly changed the environment in which we live. When the human perspective evolves from 'life happens to me' to 'life happens by me', everything changes very quickly in our physical environment.

The present crisis on Planet Earth is believed to be caused by Modern Man due to wrong, bad or negative choices. We are globally seeking positively right choices to change a negatively bad situation in the environment.

In the modern world, where life happens by me rather than to me, the Planet appears to be evolving into Survival Mode. The pursuit of comfort, convenience &

prosperity appears to be to the detriment of a planet that is fighting back.

The question is: Who will be the fittest to survive, Man or the Planet Earth? Is the Mass Extinction of Man, the only way to save the World?

Everything Will Be All Right!

Everything Will Be All Right is a present statement about a future event. In the future all will be right. This is a perspective that is most common when things are not alright now. When things appear to be not alright now, wanting them to be so in the future is a wish.

When life happens to me in an apparently wrong way, I wish for it to change and become alright.

Unfortunately, wishes are granted by a genie and if the genie is firmly contained in a bottle, wishes never come true. When life is happening to me in a bad way, I do not have the emotional power to release the genie that grants my wishes. As a victim of life appearing to go wrong, I have neither the mental authority nor the emotional power to make things be alright in the future.

When I take responsibility for choosing my own future, my perspective is that life happens by me, instead of to me. When life happens by me, I have to hope that everything will be alright because I am never sure that what I want to make happen, will happen. My belief, that everything will be alright, is a hope that I have made all the right choices for myself. Unfortunately, when life happens by me, everything often goes wrong.

Everything will be alright when I allow everything to be all right. My life flows in the right direction when I allow it to. I allow my life to flow effortlessly in the right direction when I have faith in my life. Faith is my

certain intuitive knowing that my life has a purpose because I have a clear vision for my life.

My faith is my true path in life. When I faithfully follow my path, it is true, beneficial and everything is all right. When my life is on track, I intuitively know that everything will be all right because it intuitively feels right. I intuitively see that everything is all right now and I intuitively get that everything that ever occurred in my life had a true meaning for me.

Everything will be all right in the future when everything intuitively feels right now because when everything feels right now, I feel good. When I feel good now, I have the emotional power to imagine that my life will be all right in my future. I have the emotional power to release the genie from the lamp and allow its light to shine brightly, through me, on my path.

I am never limited to three wishes, nor do I ever need hope, when I have certain intuitive faith that everything will indeed be all right. Everything will be all right is a statement of truth when I am following my true path in life. When I am on track and flowing effortlessly with life, everything feels good right now. I can only ever feel good about the future, right now. That good feeling that is present right now, allows the emotional power of gratitude & appreciation to project good and better opportunities into my future. My future won't just be all right, it will be all good as well. My right knowing allows my certain confidence in my own authority to create the right future for my Self. My clear vision of my meaningful purpose is the reason that I am certain everything will be beneficial, all good and all right.

Certainty flows with my intuitive connection to the genius of my Genie. When I'm-a-genie, I imagine that my life will all ways be all right. With the emotional power and the mental authority of my imaginatively creative Genie, I am certain that everything will all ways be all good and all ways be all right.

The Source Of Inertia

The Source of Inertia is Source.

The Source of Stillness is within each of us. To connect with Source, I connect with the stillness within me.

Pure thoughts of inspired revelation come from the stillness within. They originate from the inertia of the inner stillness. Pure thought just flows, when it is allowed to.

When I connect with the stillness within, I become at one with the source of inertia. I connect with my pure thoughts and release the power of my pure emotional energy. Emotional energy is inert, until realised by active thought.

Pure wavelengths of emotion flow from Source in alignment with pure frequencies of thought. Emotion is inert until activated by the consciousness of a mindful thought.

Pure thought is the authority of the Mind releasing the power of Emotion within a Physical Entity.

Wavelengths of emotional power are released with the authority of pure mental thought.

As impure thinking resists the flow of innate emotional power, it requires will power to motivate action. When actions are not authorised at Source, emotional power remains inert as it is not empowered to flow.

When emotion is empowered to flow, it is authorised by expansive thought. Expansive thought is aligned with the Soul's direction for its Self. The Soul's direction always flows in the direction of expansiveness.

Impure thinking is a contract made with my sub-conscious Self. My sub-conscious Id contracts to manage my emotional power, when I am disconnected from Source Energy. It is my sub-conscious will that needs will power to carry out unauthorised actions, when I am not emotionally empowered with my Soul's authority.

Expansiveness flows from a point of inertia. Inertia is the point of nothingness from which everything flows into the reality of existential experience.

Inertia is the Source of Everything and the potential for something and anything to be created as a real experience. Creative energy is an inert potential until realised in the form of the imagination of its creator.

Inertia is the source of imagination. It takes imagination to realise the potential of something from nothing. Imagination is inert until made manifest in material form. From the inertia of the imagination spring forth the vibrations of physical energy.

Imagination is the realisation of the innate & inert potential of the Human Mind realising the Source of its own Creation.

Chaos Theory

Science currently believes that the Universe is chaotic and their job is to bring order and meaning to life.

This is a view of people who need order because they are experiencing chaos, which they call entropy. From their world view, they see entropy as the natural way that the universe descends into chaos.

Entropy is a creation of a disordered mind that believes itself to be at the effect of chaos, not the cause of their own chaotic world view. It is a disordered mind that causes the chaos it calls entropy. Entropy is not an external natural scientific system but an internal mental perspective.

In a relative dual reality world, my mind sees chaos as happening to me and believes that order needs to happen by me. When chaos is out of control, I need to put order into my life. In actuality, I am required to put my life back in order.

Life appears to be chaotic and out of control whenever I experience resistance. Resistance is the experience of life appearing not to flow. In the absence of effortless flow, I believe that I need to exert some effort to make it flow. When I see life as inert, I blame inertia for the absence of flow in my life. When I believe that inertia is at work, chaos usually ensues.

Inertia, which is the very source of flow, has in theory become the cause of chaos. Inertia is seen as the resistance to flow when it is actually entropy that is the cause. Without a clear distinction between entropy & inertia, chaos will naturally reign as our dominant experience because it is our dominant nature.

Chaotic thinking sees flow as a physical motion. It believes that physical life flows and inertia is the absence of flow and the absence of life. It believes inert gas has no motion, no reaction and no active purpose in life. It sees entropy as the nature of a chaotic life that flows without order and inertia as the neutral effect of having no flow.

Chaos Theory is based on the false premise that flow is physical and that motion is energised matter, as opposed to inert matter.

In a metaphysical world view, energy flows as thought & emotion. It is the flow of thought & emotion that is the cause of physical experience.

Entropy is the resistance caused by negative thinking, which is opposing the natural flow of pure thought.

The nature of pure thought is flow. Pure thought is empowered with flow. The nature of impure thinking is entropy & resistance because it is disempowered.

The only power that entropy has is the negative force of its own resistance.

In actuality, we cause our own chaotic experiences with our own impure thinking and we cause our own entropic experiences with our own chaotic belief system.

The Nature Of Attainments

The Nature of Attainments is that they are attained. Attaining a Natural Attainment is attaining my True Nature. Attaining a human attainment is human nature.

My True Nature is an inherent aspect of my True Self. I cannot lose an aspect of my True Self but I can lose or forget my connection with it. In my disconnection from Source, I forget my True Nature and adopt my Human Nature. I attain an aspect of my True Nature when I consciously remember to connect with it.

A True Attainment has no polarity. It has no choice of direction because it is just true. Human attainments are neither true nor natural, they are man made in the nature of human beings.

I can attain any emotional attribute by consciously attributing it to my Self. Any emotional attribute that I consciously attribute to myself, I attain as an attainment. It is the nature of an attainment that it is attained by becoming a consciously attributable attribute.

An attribute that is attained becomes the nature of a Human Being. Human nature is an expression of an Individual's attributes. Whereas it is the nature of attainments to be objective, human nature is individually subjective.

The objective of personal development is to individually attain natural attributes. Every natural attribute that I attain is an expression of my true nature.

It is the nature of true attainments to be only expressed one way. As they have no polarity, they can only be expressed one way as an expression of one's true self into the outside world.

My True Nature is an expression of my Inner Beingness. It is an inner state of being, expressed outwards. It flows through me into the outside world as an expression of who I am being.

When I remember the true nature of who I really am, I allow it to be expressed from within. I express the human nature of who I think I am, when my true nature is forgotten & suppressed. I have to truly remember who I really am to attain the level of spiritual vibration that allows the expression of my true nature.

Happiness & Well-Being are Natural Attainments. I attain happiness when I remember to be physically content, mentally fulfilled and emotionally joyful.

With the attainment of happiness, I can consciously express how happy I am by allowing it to flow through me as an expression of my true Self.

I attain wellbeing when I remember to be physically healthy, emotionally wealthy and mentally wise. With the attainment of wellbeing, I can consciously express being well by allowing it to flow through me as my true state of being.

Any resistance to my natural state of happiness & wellbeing blocks my ability to expansively flow because of the negatively reversed polarity that it causes. The opposing polarity of flow is resistance.

Any opposition to my natural state of happiness & wellbeing is caused by the resistance & entropy of my own limiting beliefs & fears. My false beliefs & limiting

fears are what cause my disconnection from my inherent source of happiness & wellbeing.
The Nature of any True Attainment is its ability to positively and beneficially connect me with my source of Expansive Happiness & Wellbeing.

Oneness & Nothingness

Oneness & Nothingness are the basis of every binary system. All computers run on a binary system of ones & noughts, which allows a choice of direction or polarity that goes this way or that.

Life runs on a system of reality that allows a choice of direction or polarity that goes this way or that. I can choose a life path towards oneness or a life path towards nothingness.

In relative reality, everything manifests from nothingness. Energy is not a thing until it manifests as something, either physically, mentally or emotionally. Choice is only realised once I choose it as my reality. In a relative duality, or dual reality, I have a choice of direction. I can choose to go from a duality towards a triality or I can choose to go back to a singularity. My first choice makes singularity the first way and my third choice makes triality the third way. My second choice is to remain in duality and not follow a choice of spiritual path.

A spiritual path is a choice that the Soul makes for its Self. As the Soul has sovereign choice, so does each individual Self have their own choice of direction.

At the present time, most Individual's choose to follow either someone else's spiritual life path, called a religion, or be agnostic by not knowing that a choice of life path exists.

Spiritual Oneness is deemed by most to be a unification with the universal source of creation, universally known as God. Those who seek God

outside of their Self, usually go without. Those who go within may find either oneness or nothingness.

A Oneness with God that means a Oneness with the Creator requires one to become the creator of one's own life. When God is creating my life for me, I am in a duality of myself & god. When I am creating my own life as the Creator, I am at One with God and I realise that my Soul is always at one with my Self. My Soul is God because, by definition, my Soul is the Creator of every experience for its Self.

My own life is the something that my Soul/Self is creating from nothing. The Creator did not create the Nothingness. The creation of duality created the dual reality of creator & creation, and Soul & Self was created as something. Something called duality allows for choice and for choice to be creative.

Without a creator, there is nothing. With a creator, there is always a creation. Without a creation, there is no creator. Nothingness is a potential creator without a creation. The something that the creator seeks to create is called Oneness between the creator Soul and its own Self-creation.

The Creator seeks to create Oneness with its Self from nothingness. Without its Self, the Soul has no One and nothing to create with. Nothing can create oneness without One to create it with. Without its Self, the Soul has only the experience of nothingness, which is no experience at all.

The Soul created its Self out of nothingness, in order to experience Oneness with its Self. Oneness with everything is an experience that requires many individual somethings to exist as separate entities.

Nothingness is not who the Soul is. The Soul creates its Self as something, not nothing. Nothingness is the Source from which the Soul realises something and everything. The Soul cannot achieve Oneness with Nothing, so it cannot attain oneness with the Source of everything. When I start at Source and remain at Source, there is no journey, there is no experience and there is no creative potential realised. Source is nothing but a potential waiting to be realised. Oneness is the realisation of everything being connected as one version of one universal Soul. When I realise nothing, there is no reality, no version of something and no connection to anything. Attaining oneness with the universe requires realisation, versatility & connection; which are indeed something. Being, doing & having nothing is the definition of nothingness, not the way to Oneness. Potentially having everything is being without nothing. Oneness as a Creator allows infinite potential to flow from Nothing.

I cannot deny my Self and become at One with my Self. I cannot be the Creator without realising that I am also its Creation. As the Creator creates it Self, to attain Oneness, the Creation is required to see itself as its own Creator.

The triality of life is attained when the duality of creator & creation is overcome with a third perspective of Pure Creativity. Pure creativity is attained when the Id, the Entity & the Ego all create their own reality as One Version of the Truth of their Soul.

Pure Creativity has no duality, it is the third way following a third choice that overcomes the duality of

the id & ego and unites the Soul as its True Id-Entity. This is the Path of Infinite Expansion of the Oneness as opposed to a return to the nothingness of our Source of infinite potential.

I cannot have Oneness with Nothingness. The Oneness I have is called a Holy or Pure Communion between my Soul and my True Self.