

A photograph of a forest scene. In the foreground, there is a green grassy area with a small wooden bench. Behind the bench, a large tree with thick, moss-covered branches dominates the right side of the frame. The background is filled with other trees, some with bare branches and others with green foliage, creating a dense forest atmosphere. The title 'Being Well' is overlaid in large white serif font, and the author's name 'Keith Collins' is in a smaller white script font below it.

Being Well

Keith Collins

Being Well

Being well requires the attainment of well-being. I attain well-being when I can consciously choose to attribute well-being to my Self. Well-being is a conscious choice. Being unwell is a sub-conscious choice. This means until I consciously attain well-being there is always the possibility of my sub-consciously defaulting through ignorance to poverty & illness.

Ignorance, poverty & illness are the three primary indicators of the absence of well-being.

We live in a three dimensional world of relative dual reality. This means that every prime attainment has three aspects and each aspect has a contrasting duality.

The prime attainment of Well-being has three aspects of being wise, being wealthy and being healthy. Without wisdom, I remain ignorant; without wealth, I remain poor and without health, I get sick.

The main problem with being poorly is my ignorance of what Being Well means. Unless I can clearly define what wellbeing means to me, I cannot consciously choose it.

When well-being is an unconscious choice, I default to either being unwell or not being unwell.

Being unwell is the polar opposite of being well. Any opposing polarity causes a duality. When I am stuck in a choice of being either well or unwell, it is really a duality of illness & wellness; both of which deny my wellbeing.

Wellbeing & wellness are not the same thing. Wellness is a state of being relatively well as opposed to being relatively unwell. Neither is an absolute state of Being Well.

Being absolutely well requires a state of being wise, being wealthy & being healthy, not a state of not being relatively well or unwell. A state of not being ill is a negative statement, a state of being well is a positive statement and a state of Wellbeing is an absolutely beneficial state to be in. How I feel is always a matter of perspective, which perceives the current state of Being that I am experiencing. Choosing a positive state of being allows me to experience the beneficial feeling of Wellbeing. The question is: Which emotional states of being are beneficial enough for me to attribute them to my Self, in order to Be and to Feel Well?

“The Source of all beneficial feelings is the emotional 'Well of Being’”

How we fill our proverbial bucket with the well spring of vital emotional energy is both the subject and the object of this book. I fulfil my emotional potential when a I am emotionally filled full of Wellbeing.

“Wellbeing is a natural, quality, emotional attribute, which is personally attainable”

It is only personally attainable, as opposed to collectively attainable, because it comes from an individual, unique & exclusive Source, from within each of us personally.

We can share our wellbeing but only once we have attained it. Sharing my wellness with you is divisive & depleting, as is sharing my illness with you. This is because it is the same emotional energy vibration experienced from opposing polarities of perspective. To share my wellbeing with you, I

first have to attain it before I can choose to expansively share it with someone who has equally attained their own wellbeing. I cannot share my pure vibration of wellbeing with your impure perspective of wellness because they are not an harmoniously attractive match.

- I can only expansively share my wisdom with a wise Individual
- I can only expansively share my wealth with a wealthy Individual, so
- I can only expansively share my health with a healthy Individual

Two wise, wealthy & healthy people can harmoniously share the quality of their personal attributes & attainments in a mutually expansive way.

Sharing my health & wealth with the poor & sick is not a wise choice to make as I will only succeed in resonating in sympathy with their negative vibrational rate of being. It may please my ego and lessen the pain of my guilt but it will not help me to attain the purity of my state of Being Well. No matter how much I give to the poor, the sick & the needy, I will never make them well because the Source of their wellbeing lies within them, not within me. I cannot give my wisdom to another but I can guide and support them to connect to their own wise guidance & support. I can give my money & assets to another but I cannot give my emotional wealth to another as the source of their emotional wealth is within them; as mine is within me. I can share my illness with another, should they so choose it, but I cannot give my health to another because it is a quality that is innate within each of us. We can only share

good health when we are both experiencing it as an aspect of our mutual wellbeing.

Being Well is a personal choice that is available to each and every Individual who is willing to take personal responsibility for their own health, wealth & wisdom. Not taking responsibility for our own wellbeing can prove to be a very unwise, unwealthy and unhealthy experience.

“A quality experience of life is personally attainable with the emotional attribute of Wellbeing”

Attributing Wellbeing

Attributing wellbeing to another has no emotional effect. I cannot make someone else well. I can only attribute wellbeing to my Self. I cannot make another physically healthy, emotionally wealthy or mentally wise.

I can give another money and make them rich but I cannot give them my emotional wealth.

I can give another my knowledge and advice but it will never make them mentally wise.

I can medicate another and give them my care but it will never make them physically healthy. I cannot heal another, they can only ever heal themselves. When healing means curing illness, I will only preserve & prolong their unwellness.

The best service that I can be to other people is to be Well myself. The wealth of wisdom that allows my good health is an expression of my own wellbeing that I have attained and I can consciously attribute to my Self.

You can share my wellbeing when the quality of your health, wealth & wisdom resonates harmoniously with mine. I have no sympathy with your poverty, sickness and lack of wisdom but I do compassionately share your ability to be Well. It is not apathy that drives my inspiration to write this book but an empathy that knows we all have the potential to be Well.

“Wellbeing is our Destiny”

Illness, poverty and ignorance are our fate. Our fate is to believe what other people have told us. We believe that

illness happens to us, we believe that poverty happens to the poor and we believe that ignorance is a lack of education because we have been told it is so. Our destiny is to experience the physical, mental & emotional qualities of being Well by consciously choosing for it to be so.

When asked: How well are you Being? In truth, most people can only admit to not even starting to Be Well. We have been taught to Do well, not Be well. We have been told that doing well requires a good education, which is full of knowledge but devoid of wisdom. We have been told that with a good education, we can earn a good living and become wealthy. Wealth we are told is being rich in money & assets. We are told that if we are lucky, we can work hard without getting sick and become rich from the knowledge that we have been taught. The only alternative is to remain poor in our ignorance and poorly in our health. The society that offers us a good education, also offers us a good illness service when we get sick and a financial service to monitor our wealth and ensure we pay the taxes that are due and the debt that we owe.

Our Society in its ignorance has not yet awoken to the realisation that studying hard, working hard & competing hard, in no way contribute to our Creative Sense of Wellbeing. Our fate is to suffer the affects of our absence of wellbeing, which puts fate in direct contrast to our Destiny and in alignment with our doom. We are all causing our own downfall by simply doing what we have all been told, by our parents, our teachers, our ministers and our politicians.

It is possible to be rich and influential without being Well. Deep down, we all know that the success of being powerful

& influential does not guarantee our Wellbeing. It just helps to alleviate our pain, our problems and our fears.

Poverty is painful, ignorance is fearful and illness is problematic.

Attributing wellbeing requires the states of being pain free, fear free and problem free. I cannot ever live well in life whilst being in pain, in fear or tolerating a problem.

- Solving problems, I am in ignorance of the cause of the problem.
- Relieving pain, I am poorly advised to suppress its affect
- Suppressing my fear takes a terrible toll on my health

The cause of my problems is always my mental perspective, the cause of my pain is always my lack of emotional power and the cause of my fear is always a false belief that denies my authority.

With the ignorance, poverty & illness caused by my fears, problems & pain, there is little possibility of attributing wellbeing to my Self.

Attributing Wellbeing to myself requires the attainment of the personal power, authority & ability to be healthy, wealthy & wise.

Attaining Personal Power

Personal power is potentially abundant. It is also emotional. My emotional power is potent, and so is yours. Unfortunately, it remains a sub-conscious latent potential until it is personally realised. Attaining emotional aspects of personal power realises them as a conscious reality.

“I attain a potentially powerful emotional state of being by consciously attributing it to myself and expressing it as my true reality”

Being healthy, being wise and being wealthy allow the potential of my wellbeing to flow into my reality. Attaining personal health, wealth & wisdom is the way to release the potential of my being Well as my personal experience in life.

Emotion is not a physical phenomenon, therefore it remains undefined by my five physical senses. I may detect the presence of emotion with my eye-sight, my hearing or my touch and I may determine danger with my sense of smell or taste but I can only define emotion intuitively with my spiritual sense of seeing, feeling or knowing. Unless I can intuitively feel a particular emotion and intuitively name that emotion, I cannot intuitively see a way of choosing to attribute a particular emotion to my Self.

Without the intuitive awareness of definite emotional states of being, I cannot choose for them to flow through my life by choice. I am only able to experience the state of being affected by emotion by default, so being well is something that happens to me and so is being unwell.

This also means that my emotional power is not always there when I choose it to be. When my emotional power remains a sub-conscious instinctive reaction, I cannot proactively employ it in the most beneficial way that I choose. Employing the potential of my latent emotional power beneficially is the way to being Well. Employing my emotional power well requires my intuitive awareness of which emotions express my power well and which do not.

“Understanding the positive attributes of emotion requires also an understanding of the opposing negative aspects of emotion”

- I cannot truly experience wealth without first experiencing poverty
- I cannot truly experience health without first experiencing illness
- I cannot truly experience wisdom without first being in ignorance
- I cannot truly experience being Well without first being unwell

Without the experience of poverty, ignorance & illness, the attainment of wealth, wisdom & health has no meaning. I have no idea what wellness really means until I have experienced the extremes of being unwell.

The extremes of fear, pain & problems caused by illness together with the extremes of frustration, confusion & disorientation caused by ignorance and the extremes of acute scarcity thinking that cause poverty are all essential lessons in learning to ground, earth & anchor the

experience of Wellbeing into our physical, mental & emotional reality.

I cannot truly understand the potential of my own physical ability until I truly understand the potential of my own personal emotional power & mental authority.

“The attainment of personal emotional power allows the authority that enables wise personal choice”

Attaining Personal Authority

Personal Authority is a personal choice. We all have personal choice but are we authorised to use it well? Being well requires good authority, which is wise. Wisdom is the only good authority because knowledge has no authority at all. How I use knowledge is either authorised with wisdom or it is influenced by intellectual reasoning. There are no rules that govern wisdom. It cannot therefore be used to influence other people. It is my intellectual reasoning that influences other people, not my wisdom. When a personal choice is beneficial to oneself, it is wise. Wisdom is, by definition, making a wise personal choice. Any personal choice that is detrimental to oneself is unwise. Wise choices have authority and unwise choices do not. Unauthorised choices are neither inspired nor empowered. When I intuitively know that my choice is inspired, I intuitively feel that it is empowered. Attaining wisdom requires a personal connection to one's own intuitively wise inner Self. Everyone has a wise inner guidance system but very few know how to consciously connect with it. Everyone at some point in their life has felt inspired to do something. Inspiration is an intuitive feeling that is empowered because it has a divine authority. Inspiration is divine because it feels good, because it feels beneficially divine. Everyone at some point in their life has imagined an ideal scenario for themselves. Ideal scenarios never happen to me and rarely happen by me but they do occur through me, when I allow them to. Imagination is the source of creativity, which is always beneficially ideal; unless I see it as a destructive force, at which point it

becomes the affect of a cause that is not a creation. Blocking inspiration blocks creativity, which is never a constructive ideal. Without a clear intuitive vision, my insightful connection becomes lost and my creativity becomes frustrated.

“Intuition, Inspiration & Imagination are my Inner connection to my Inventive Innovation with the Insight to Initiate my Ingenuity and Induct my Initiative with the Innovation of my Innate Creativity”

When I know intuitively, feel inspirationally and see imaginatively, I am connected insightfully to my own Inner Genius by being Ingenuous.

We are all authorised to be effective Creative Beings. When our creativity is blocked, we can cause all manner of destructive affects. We can either create well or we default to becoming creatively uncreative. We are fated to experience our lack of creativity or destined to experience the creation of our own creative abilities.

“We are all Creative Creatures of our Physical Experience on Earth”

I attain creative authority when I am consciously creating my own authority through personal choice. Choice is authorised when it is empowered. This means that any choice that feels good for me has my personal authority.

The paradox of authority is that all choice is authorised whether it feels good or not, so even bad choices are authorised because all choice is authorised.

The question is: Under whose authority am I making a choice, mine or someone else's?

Whereas all choices are authorised, only my personal choices are empowered. Choosing someone else's choice, by defaulting to their influence, is never an empowered choice. When following someone else's choice, by deferring to their authority, I will need their motivation to compensate for my lack of empowerment.

I attain personal authority when my choice is accompanied by my own personal power and I feel empowered. Feeling empowered is an intuitive sense of feeling good. When my intuition is blocked, so is my emotional power and when my emotional power is blocked, so is my ability to make wise choices.

Procrastination & prevarication are both the inability to make wise choices well. The cause of my inability to make a wise choice is always my rational intellectual reasoning overruling my emotionally empowered intuition. It is my intellect that is influenced by an external authority, whilst my intuition is always internally guided. I am always guided by my intuitive knowing and supported by my intuitive good feeling. The question is always: Am I following my own wise authority or someone else's influential reasoning?

Following my own wise authority requires the attainment of Emotional Intelligence.

Attaining Emotional Intelligence

Emotional Intelligence requires both the personal attributes of being emotional and being rational. The ability to rate knowledge is called Intelligence. The ability to rate emotion is called Intuition. The only way to rate emotion is by feeling it. As emotion is not physical, I cannot physically touch it, I can only intuitively feel it. The intuitive knowing of my emotional feelings is how I define a particular emotion and have knowledge of it experientially, you see! Our education system teaches rational knowledge without intuitive emotional feeling. It measures rational IQ but not emotional EQ. Consequently, we are never taught how to make wise choices in school but told to follow the intelligent advice of the external Authorities that appear to govern our choices.

We live in a society of free choice without being taught the ability to use our free choice wisely.

“Physical Ability is relative to Emotional Power, which is relative to Mental Authority”

The ability to be physically well requires the intuitive emotional power of feeling good to accompany our wise choice of authority that flows with our certain intuitive knowing. When my certain intuitive knowing aligns with my rational intellectual reasoning, I attain both rational & emotional intelligence with the quality of conscious-awareness.

Intellectual reasoning alone has no distinction between consciousness & awareness. Rational Scientific Intellectual

thinking has no awareness of consciousness. It is still seen to be 'The Hard Problem of Science' that evades a rational explanation. Whereas most people are aware when they are conscious, called being awake, they are not yet conscious of their awareness. When Awake, I am conscious of the physical world with my five physical senses. When Aware, I am conscious of my emotional world with my three intuitive senses. When I am Alert, I am consciously-aware of all the wise choices that allow my beneficial opportunities to effortlessly occur in my life. Allowing beneficial choices to effortlessly manifest in my life is the most emotionally intelligent choice that I can ever make. Without enough rational intelligence, life happens to me in either a good or a bad way. With enough rational intelligence, life happens by me in either a right or a wrong way. With emotional intelligence, I allow life to effortlessly flow through me in a certainly beneficial way. This is the essence of and essential to the personal experience of Being Well.

Being Well is an emotional state of Being that cannot be attained with the rational intellect alone. The very reason that we become unwell is our unawareness of the true emotional nature of wellbeing.

The Nature Of Wellbeing

The nature of Wellbeing is that it is natural. It is natural for Human Beings to be well, but it is not normal. Being sick, ill or unwell is very common, so we experience our lack of wellbeing as normal. With the belief that illness happens to us, it follows that wellness must happen to us as well. When wellness fails to happen to us as quickly as we would like, we resort to an external service to make us well. The belief that an external service can be the source of our wellbeing is caused by our total disconnection from our innate wisdom.

Our disconnection from our innate intuitive wisdom is why we seek the services of an external Health Service. Without the wisdom to know that we are a self-healing entity, we rely on external advice and treatment to cure our ailments. Unfortunately, an external health service is an oxymoron because health is a personal attainment not a quality that others can provide for us. Our Health Service is in reality an illness service. It does not serve the healthy, it only ever serves the sick.

By the Law of Attraction, we cannot promote health by treating illness. In order to promote or enhance health, I first have to be healthy. When I focus on my good health that is what I experience. When I focus my attention on being unwell, I attract sickness, illness & disease.

The nature of wellbeing is that it is healthy. I cannot experience good physical health with an unhealthy mental perspective. Being unwell is an unhealthy mental perspective. Healthy people are never unwell. Healthy people may experience the symptoms of what other people

call illness but they just do not see themselves as being unwell. We all experience whatever we focus our attention on. When I focus on being unwell, that is what I experience and when I focus on being well, I am as well as can be expected given my present circumstances. It is normal for people to feel unwell and it is natural for people to feel well. Being ill is unnatural for a healthy human being. It is normal for human beings to become unhealthy when they are unwise and unemotional. My wealth of emotional power is an essential quality of wellbeing. I cannot feel well or be well when my emotional power is low or depleted. Being well requires a wealth of positive emotional energy. Positive emotional feelings flow naturally with positive mental thought. My positive mental perspective allows my positive emotional perception of feeling well. When my positive mental energy is flowing with positive emotional energy, I am experiencing the wealth of my mental wisdom and the wisdom of my emotional wealth. In the absence of my intuitive wisdom, I have been taught that my wealth comes from money and my wisdom comes from knowledge. It is no wonder that I believe the cure for my ailments is to buy the services of a knowledgeable health practitioner. In the belief that my health can only be restored by an external healing application, I am denying my own innate ability to heal myself. In my ignorance of my own self-healing abilities, I believe that other people have the ability to restore my sense of wellbeing. As my sense of wellbeing is intuitive, this defies the universal nature of wellbeing. The universal nature of wellbeing, or the one version of wellbeing, is that it is natural. Someone else cannot give me

what is already innate and part of my intrinsic nature - my wellbeing. If wellbeing is natural and innate to all human beings, then the cause of all unwellness is our own physical, mental & emotional ignorance. It is not wellbeing that is unnatural but illness. It may be normal to be ill but it is not natural.

A healthy body requires a healthy mind. An unhealthy mind is the cause of all unhealthy experiences in the body. An unhealthy mind thinks negative and unhealthy thoughts that are conveyed on negative and unhealthy emotions.

“Illness is a negative physical experience caused by the mental drama of traumatic emotional pain”

With enough emotional energy, pain is never a problem. It is just a sign that our present activity is not a positively inspired action. We may believe that other people cause our pain but we always cause our own trauma with our beliefs about whatever drama is unfolding. Trauma is trapped negative emotion. The problem with all trauma is that it can be as painful to release it as it was painful to first experience it. For this reason, the sub-conscious mind chooses to hold onto the negative emotional energy of a trauma rather than endure the pain of releasing it.

Pain is intensely negative emotional energy that can have a chronic affect on our physical wellbeing. Pain killers may appear to relieve pain but they do not release trapped emotional energy. They suppress it deeper and deeper within our emotional body. The more suppressed that trauma becomes, the greater the pain of its eventual release.

The only way to release the pain of negative emotional energy is to replace it with positive emotional energy. The only way to release our illness is to give it a huge dose of wellbeing. The biggest dose of emotional energy that I can give myself is Wellbeing.

“The Paradox of Wellbeing is that I have to first be Well to experience Being well”

Similarly, I have to first be wise to experience my wisdom, I have to be wealthy to experience my positive emotion and I have to be healthy to experience being healthy. I have to intuitively know that my mental thoughts are positive, intuitively feel that my emotional feelings are beneficial and intuitively see that my physical experiences serve me well.

Pain serves me well when I release it but serves me badly when I block it, resist it and suppress it.

Fear serves me well when I challenge it and change it for a more positive perspective. It serves me badly when I believe it's truth and bow to its false authority.

Problems serve me well when I see them as a latent opportunity but when I dissolve them in solution they appear to disappear.

Illness is a problem that never goes away, no matter how many solutions we find to relieve our ailments. Ailments are a problem and the more ailments we solve the more potential problems we seem to encounter. The more solutions we find to our unwellness problems, the more disease, sickness and ailments we seem fated to endure.

The Nature of Wellbeing is its potential for us all to experience the depth of our own Health, Wealth & Wisdom. But first, we are challenged to overcome our own ignorance, poverty and sickness with clarity, direction & presence instead of being lost, confused and frustrated by our recurring unwellness.

When I express my true nature through the experience of being well, wellbeing flows naturally through my life.

When pain is a fearful problem, I lack the emotional power to allow life to flow effortlessly and beneficially through me. The mere belief that I am less than Well, blocks the flow of wellbeing through me as my naturally innate experience. Wellbeing flows when I allow it. Illness is just my experience of how much I am blocking my own essential flow of beneficial opportunities by seeing life as one problem after another, in alignment with my own painful fears. When I assume responsible authority for my own wellbeing, I heal the pain by overcoming the fear that caused it.

Overcoming Fear & Pain

“Pain is fearful and fear is painful”

Fear is a perspective and pain is a perception of that experience. I always have a choice of the mental perspective and the emotional perception that causes my physical experience of life.

Fear is a false perspective that causes the effect of a really painful experience. It is a belief that a potential experience is painful that makes us fear it.

The belief that fear is a negative emotion is a false perspective and the belief that pain is a physical experience is a false perception. Life is not just a physical experience. Every physical experience has a level of mental consciousness and emotional awareness. For many people, the only level of emotional awareness they have is the pain that they are enduring. Categorising pain as either physical or mental is not emotionally intelligent. A high level of emotional intelligence is required to overcome pain. In the absence of emotional intelligence, we are prescribed painkillers. These block our mental ability to feel emotion, which make us even less emotionally intelligent and less emotionally powerful. The reason that painkillers are addictive is because the sub-conscious mind, responsible for our emotional energy, knows no other way of alleviating our absence of emotional energy. It sees it as the only effective way of slowing down our emotional energy drain. As the medical profession, in its emotional ignorance, only categorises illness as physical or mental, it treats physical

pain and mental torment in the same way; with negative emotion blockers.

Remember, being healthy requires a wealth of positive emotion applied with mental wisdom. Healthy people still experience pain but see it as a natural reminder that our way is blocked or a natural unblocking of negatively stuck emotion. Positive emotional energy flows unrestricted when we are on track. The pain of stuck negative emotional energy reminds us that we are resisting the natural flow of life.

When I stub my toe, it reminds me that my attention is not present. Pain gets my attention.

How I deal with pain is relative to my level of positive emotional energy. With enough emotional power, I let go of the pain and it goes away, because I allow it to. When I allow it to travel from my present to my past, it travels into my past and my pain passes. Any negative thought regarding my pain, locks it into my present and whatever I focus on in my present moment, I put into my future. Any negative perception of pain locks that pain into my future. Any thought of killing the pain sets up an internal mental battle that allows the pain to flourish.

Pain is the negative emotional effect of a negative mental belief. When I accept pain as a challenge to learn a beneficial lesson, it positively disappears. When I tolerate pain as a detrimental problem, it continues to reappear.

“I can positively be aware of pain or I can negatively beware of pain, the choice is always mine”.

Pain continues to reappear because I lock it into my future by not letting it go in my present. Pain from my past locked into my future is not a healthy present.

The really bad news is that pain locked in the past will be very painful to release in the future. Releasing negative stuck emotion from the past can be very traumatic because we are reliving the pain when we are relieving the pain. The only true pain relief is to replace the negative flow of emotion with a positive flow of emotion, which requires replacing a negative belief with a positively beneficial belief.

The paradox of pain is that when I block the flow of emotion it is painful and when I release the blockage of negative emotion, it is also painful. It requires a lot of positive emotional energy to do the work required to unblock painfully negative trapped emotion.

Every thought is transmitted & received on a wavelength of emotion. Whether the polarity of a thought is positive or negative is just a matter of personal choice. For my perspective to be my own choice requires a high level of emotional power, which requires a high level of emotional intelligence.

Remember: Health doesn't happen to me, it flows through me, when I allow it to.

Healthy positive thinking allows healthy positive emotion to flow through me. Illness happens to me when I block wellness flowing through me. Any thought of illness blocks the natural flow of wellbeing. It is always my choice of thinking, driven by my own belief system, that determines my level of health. Unhealthy thinking causes unhealthy feelings, which I fear are painful.

With the emotional intelligence to intuitively feel pain as being emotional and the rational intelligence to intuitively know that fear is mental, I intuitively see that changing my negative beliefs to positive beliefs changes my negative thinking to positive thinking and my painful experiences to opportunities of choosing to allow my beneficial emotions to naturally flow through me.

The belief that illness is a problem is a negative mentality that locks negative emotions into my experience. Pain is the intense feeling of the negative emotions that I am experiencing. Positive emotional feelings cannot flow in the presence of negative mental thinking. Intense negative thinking is fearful. Intensely negative emotional feelings are painful.

Positive mental thinking always feels good. Whenever I feel the pain of my fearful thinking, I can challenge the belief that is causing my fear and replace it with a better feeling thought. A new inspired thought empowers me with a good feeling that overcomes any previous fear. In the absence of fearful thinking, there can be no lasting painful feeling.

Wise thoughts are inspiring and wealthy feelings are empowering. Together they allow a healthy experience of life.

Negative thinking is fearful and negative feelings are painful. Together they cause an unhealthy experience of life.

Being Well is simply a matter of the polarity of our mental and emotional energy. Positive polarity is the natural flow of pure life energy. Negative polarity is the affect of a

personal choice of perspective aligned with a personal belief system, which causes detrimental experiences of life. As our painful fears are caused by our own mental belief system, it follows that our wellbeing can only be attained by creating our own positive perspective of life with a new positive system of beliefs. By challenging every belief that does not feel good and changing it for a new healthier belief that feels better, I am well on the path to becoming healthier, wealthier and wiser in creating my own ideal experiences of a better life.

Life really is as good or as bad as I believe it to be. My beliefs determine my perspective, which determines my experience of life. I really do have a better choice of experience when I choose my perspective with my own choice of beliefs.

Wellbeing is a Choice

“I choose illness by default and I attain wellbeing by choice”

On my ideal path through life, wellbeing is assured because it is surely ideal. I deal well-being for my Self when I am on track following my ideal path. On my certain path, wellbeing is certainly ideal. However, when I appear to be off track, things are certainly not as well as I would like them to be.

“The absence of wellbeing is a clear sign that my life is not on track”

On track and off track are opposing polarities of a relative dual reality existence. In a three dimensional reality, a choice of polarity or direction is always present. In actuality there are always three choices in a three dimensional reality, but it is common to only realise that there are two.

Two directions are essential to allowing a choice of direction. When I only see one direction, I have only one choice of direction; which appears to be no choice of direction. I require two different directions to be apparent in order to have a personal choice of which direction to follow.

Duality allows choice. Without duality there is no choice and without a choice, there is no apparent duality. Without duality, there is no polarity and without polarity, there is no choice of direction. Without a direction, there is no path to

follow and without direction, there is no way of knowing which path to follow.

In the absence of remembering my true path in life, I will need direction.

We are all born with a chosen path in life and it is our destiny to fulfil that personal life-path, through the experiential existence of our Self. Whether we experience our existence with conscious-awareness is another matter. We all have a sense of purpose but the sense required to remember that purpose is intuitive. In our disconnection from our innate intuitive senses, our true purpose in life remains unknown.

Intuition allows my spiritual sense of direction because it is my spiritual sense of direction. In the absence of my spiritual direction, I get very lost, confused and frustrated every time things do not go well.

Choice allows life to proceed well or badly. Duality allows experiences to be perceived as good or bad relative to a right or wrong perspective. I choose a good direction to be the right direction because it is apparently beneficial for me and I call it a positive choice, as it is a positive direction for me. When my perspective has a positive polarity, my path is a beneficial experience that I see as right for me because it feels good with a sense of wellbeing.

Without the presence of a clear direction, it is common to follow a path that is not aligned with my destiny. This is called my fate.

My fate can take me in many directions, with many choices open to me. I can proceed forward into my future or backward into my past, even though I am always in the present moment. Whereas my physical body is always in

the present time, my mental perspective is not always in alignment. When my mental focus is wandering in the past or the future, it is not present. In my present absence of presence, intuitive connection is lost and a clear direction is not apparent.

I have a choice of many directions, with no clearly present path to follow. I have no way of knowing whether I am moving forward or backward on my path. As the intensity of my experience rises and falls, my path becomes a roller-coaster of a ride. When I turn right ahead on my path, it is good but when I turn left on my path, I am left behind. I get very confused between right & wrong and right & left because it is all relative to whether I am in alignment with my path or whether I appear to be off track.

In actual reality, I am never off track. I appear to be off track when my perspective is in alignment with my belief system, which is not in alignment with my truth.

When I live my truth, all is well. When I follow a false direction, it is someone else's truth and not my own.

Everyone is eager to tell me their truth but their truth is that they are as equally lost and confused as I am.

“We all have own own individual, unique & exclusive path in life and our own personal perspective of experiencing it”

Someone else's personal perspective will never guide me on my true path. Following my true path requires my own true perspective of what is good, right, positive and beneficial for my Self. Any direction that seems wrong, feels bad, appears negative and proceeds detrimentally is almost certainly not my true path.

Aligning With My Truth

“Wellbeing is my true state of Being”

When I am on my true path, I feel well because all is well. In the absence of intuitively knowing my destined path, feeling an intuitive sense of well-being is a certain indication that I am on track.

“Intuition is the sense with which I intuitively sense my sense of wellbeing”

Science would have us believe that there is only one reality and therefore there is only one truth. It is only once we are following the destiny of our own unique path that we realise that truth and reality are not the same thing.

Whether I am following my true path or not, it is a real experience for me. It is my fate to experience reality whether it is in truth aligned with my destiny or not.

Whatever I experience as real becomes my current reality.

When my path is aligned with my destiny, it is true but when I am subjected to the doom of my false belief in my fate, I am off track; even though my experience is still very real.

I intuitively know when I am off track, on a false path and a fools errand, because when it doesn't feel good, things appear to go very wrong and my sense of feeling well disappears.

Aligning with my truth is essential to intuitively feeling well.

Feeling well is an intuitive feeling not a physical feeling. I cannot feel well with my physical sense of touch. There is no physical place where wellbeing exists, so I cannot experience it through my physical sense of touch; only my intuitive sense of feeling. Wellbeing is emotional, not physical. I may be touched by a positive emotion but I cannot physically touch my emotions, I can only feel them intuitively.

In the same way that I align emotionally with my feeling of being well, I align mentally with my truth. Nobody can tell me my truth. Nobody knows my path with certainty, only my Self. I can only know my path myself with intuitive certainty.

“How do I know my intuition is certainly true? I just intuitively know”

My true path in life is certainly beneficial, so when my life appears to be less than beneficial; I am certainly off track. In the absence of my intuitive senses, I can never be certain whether I am on track or not.

Following my true path requires my alignment with my truth. Aligning with my truth requires wisdom and aligning with my wisdom is intuitive. In the absence of a clear intuitive direction from my clear intuitive inner director, I default to the direction that everyone else is going in.

Following the herd appears to offer a safe & secure option but in reality, it may be secure without being safe.

My true path is certainly safe and without risk but the security of someone else's path denies my own freedom of

choice. Freedom of choice is an essential requirement to following my own path.

We all intuitively know that we always have a choice.

Personal choice is a given, even though it is rarely taken.

My Inner Guidance always gives my Self a choice. I always have the choice to follow my inner guidance or not. When I am not in alignment with my inner guidance, it is because my choice is to follow my external guidance.

Society has set up very important Institutions to serve as our external guidance:

- A Health Service serves our health issues
- A Financial Service serves our wealth issues
- An Education Service serves our wisdom issues
- A Legal Service ensures that these services are provided fairly to serve our wellbeing issues

We believe that if the Justice System serves us, all will be well.

We believe that with the knowledge learned in our Education System, we have the wisdom to realise our fortune.

We believe that the Financial System will maintain the good fortune of our material wealth.

We believe that our Health System will keep us well enough to become wiser and wealthier in the belief that knowledge is the power to ensure that money is the power to have influence over other people.

We believe that the ultimate power is to influence other people in the justification that our way is the true and right way for everyone and that the power of our money and the authority of our status in society ensures that this is so.

Alas, a wealth of riches does not allow us to follow our own true path, it just takes us out of poverty and aligns us with the hedonistic ways of other rich people.

Alas, a good education influences less educated people to believe that educated choices are wise. In truth, it does not align us with our own personal wisdom, it aligns us with similarly educated people who share similar views of common knowledge.

Alas a health service that treats illness is really an illness service in disguise. Healthy people have no need of a health service that serves only the sick. An illness service that strives to cure illness, only manages to preserve illness in a less acutely painful, yet more chronic form.

It is only with innate wisdom that we intuitively see that our health and wealth are not dependent on any external authority. On the contrary, physical health and emotional wealth flow naturally when mental wisdom allows them to do so.

When physical knowledge denies mental wisdom, it disconnects the flow of emotional wealth.

In our disconnection from our natural flow of emotional wealth and mental wisdom, our natural health becomes impaired.

The Truth is that we are not following our own mental authority, which is always the wise choice, we are following an external authority that is an educated choice.

The Truth is that we are not connecting to our own emotional power, which is empowered, we are using money as a currency of exchange to buy & use other people's emotional power. Money gives us power over other people to motivate other people to give their emotional power

freely for our own use. In the absence of enough money to buy other people's emotional power, we sub-consciously learn to steal it from people who are emotionally unintelligent enough to allow us to. We all sub-consciously compete with each other for emotional energy because our education system, being devoid of emotion, has not educated us with emotional intelligence.

The Truth is that what is really unhealthy in life is the absence of mental wisdom and emotional wealth. The absence of mental wisdom causes unhealthy thinking and the absence of emotional wealth causes unhealthy feelings. When unhealthy thinking causes unhealthy feelings, we trot off to our local illness service in search of a diagnosis that explains our feeling of being unwell. Every physical experience of being unwell is caused by an unhealthy belief in the need for a physical cure.

Curing is a process of preserving. My belief in the need for a cure preserves the experience of needing a cure for every experience of being unwell.

I never need to cure my good health, I just need to preserve it. Health is naturally pre-served unless I am led to believe otherwise by an unwise external authority.

Illness is a physical problem caused by fearful mental beliefs that cause painful emotional feelings:

- Healthy physical experiences are problem free
- Wealthy emotional feelings are pain free
- Wise mental thoughts are fear free

“The path to Being Well is less problematic when it is painless because I am fearless”

The problem is: It takes a wealth of emotional power to become both fearless and painless, so as to have less problems:

- Painless is the path from painful to pain free
- Fearless is the path from fearful to fear free
- Pain free & fear free is the path to problem free

Without emotional pain or mental fear there is no physical problem.

- Free of emotional pain, I am wealthy
- Free of mental fear, I am wise
- Free of physical problems, I am healthy

I intuitively know this to be my Truth because my true path and my true nature is the well being of my True Self. Unwellness is a reality in life when I am not in alignment with my Truth.

“Wellbeing is the actual thought, feeling & experience of being in alignment with my True Self”

My True Self

My True Self ideally creates a beneficial reality for myself to experience. The whole idea of life is to create beneficial experiences for oneself.

My ego sense of Self often experiences a less than ideal experience of reality. Choice allows experiences to appear to be detrimental.

Wellbeing is an ideal and beneficial experience of reality that is true for my Self. My true self is always being well. It is always creating ways of experiencing wellbeing.

The reason that my ego sense of self is not being well is the existence of Choice. It is my choice and my choice alone that allows my experience of being well or being unwell.

Choice allows my ego sense of self to experience a different choice from my true Self. It is a choice of perspective that allows the experience of reality to be beneficial or detrimental. It is a choice of beliefs that determine whether an experience of reality is true or untrue.

True means it aligns with my ideal perspective of a real experience and untrue means that it does not. My ideal perspective of a real experience is that it is truly beneficial. Any real experience of life that is not truly beneficial is a false perspective, which is out of alignment with my true self.

“The truth is that perceiving any experience of life as detrimental is a false perspective of the ego self”

This can get very confusing when I try to see a detrimental experience as a true perspective because my true

perspective is never detrimental. In absolute reality, there is no such thing as a detrimental experience. A detrimental experience is a relative perspective of a dual reality world. Duality allows choice and choice allows an experience to be perceived as beneficial or detrimental. A beneficial experience will be received as a good opportunity and a detrimental experience will be declined as a bad choice because it appears to be a problem.

My true Self always sees the opportunities for myself in life and my ego always sees the problems as a challenge in my life.

“The real challenge in life is to align the perspective of the ego with the perspective of its True Self”

With the perspective of the True Self, everything appears as an opportunity to experience life well. I am well on my way to realising every opportunity that life has on offer.

“When being healthy, wealthy & wise, I take every opportunity in life to actually experience them well”

When I experience my health, wealth or wisdom badly, from a false perspective, it is never good, positive, right or beneficial from the perspective of my ego sense of self because it is out of alignment with my True Self.

Aligned with the beliefs and the authority of Society's Health, Financial & Education Services, I will never have a true perspective of my own real sense of wellbeing.

My sense of wellbeing, how I sense my mental and emotional state of being well, is intuitive; not physical.

Aligning with my True Self is also intuitive as there is no physical connection between my True Self and my ego sense of Self. My physical senses cannot see, hear, taste touch or smell my True Self. I can only know, feel and see my True Self from my intuitive perception of reality.

My True Self is not real until I actually realise my own sense of true self. When I realise who my true self is, it becomes a reality in my experience and only then can I experience my alignment with my Truth.

Wellbeing is an expression of my True Self.

My True Self is my inner guidance system. The sense that allows true guidance is called Intuition. As my wellbeing is emotional, not physical, I can only experience it with a wealthy sense of intuitive feeling. When my mental knowing is intuitive wisdom, my wellbeing is certainly assured. With emotional wealth and mental wisdom, my physical health aligns my experience of absolute wellbeing with my True Self.

Physical Health

Physical Health is never a problem, it is a potential. All human beings have the potential to be healthy.

Good Health is a potent state of Being.

Bad health is a problem.

It is not healthy to see health as a problem. Health is not a problem, illness is. Seeing illness as a problem is a mental issue, not a physical issue.

In society today, mental issues are diagnosed by psychologists or psychiatrists; not physicians. Physicians deal with physical issues, Psychologists deal with mental issues and Psychiatrists deal with mental illness. Mental illness is determined as an issue that is beyond the remit of psychology. Psychology is the study of how the mind works and Psychiatry practices on minds that have been diagnosed as not working or not working properly. As modern medicine has no distinction between the brain and the mind, psychiatry is being replaced with neurology, which is the study of how the brain works.

The brain is analogous to a computer hard drive. If it is not working, it is because it has no power or because it is physically broken. The sub-conscious mind is analogous to a software programme, where the old adage of 'garbage in, garbage out' is equally relevant. The conscious mind is analogous to the computer operator. For the operator to operate a computer efficiently, the hardware, the software and the operator are all required to function healthily.

“Modern Society is programmed to promote wellness by fighting illness”

Fighting illness is not a wise mental perspective.

“Whatever we resist persists”

Promoting health from a place of bad health is not possible. I can only prolong my health when I am healthy. The reality is that when I am being healthy, I do not need to promote good health; I just choose to maintain & prolong it. Healthy people never consciously choose to maintain their good health because they have never been taught to do so. They have been taught to take their symptoms of ill health to a physician for a diagnosis of their illness. There is an automatic presumption by the medical profession that, when a patient visits a doctor, they are sick. The focus of every interaction between a potential patient and a doctor is not health but illness.

“It is our mental perspective of our contra-indications to good health that causes illness”

What I perceive to be a symptom of ill health is a personal perspective of whatever I believe to be bad for me. This determines ill health to be a mental issue because all beliefs are mental, not physical.

The real paradox of health is how can it be a physical attribute, yet have a mental cause?

Health does not have a mental cause, illness does. Health is a creation of the physical body. A healthy physical body creates the experience of being healthy. Health is an experience that is relative to the health of the physical body. Illness is an experience that is relative to the wisdom of the

mental mind. It is the absence of wisdom that causes the absence of health. An unhealthy mental perspective is unable to maintain a healthy physical body.

A wise perspective intuitively knows that a healthy body is self healing, when emotionally empowered to do so. The problem is that we are motivated to visit a physician with our symptoms of ill health because we are not empowered to self heal.

The professional advice of our Educators teaches us to seek the professional advice of our Doctors in order to be physically fit enough to continue working in our own profession and finance our professed living standard. The reality is that when we give away our own authority to self heal, in favour of an external medical authority, we also give away our power, which is our potential to heal ourselves. Our own innate healing potential is denied when we delegate our health to an external medical service.

Self-healing requires a wealth of emotional power and the emotional intelligence to use it wisely. In the absence of an education system that offers both emotional intelligence & wisdom, we have no alternative but to submit to an illness service that treats symptoms and not causes.

The cause of all physical ill health is a faulty mental belief system, which disconnects our own source of emotional power.

“Our beliefs orientate our perspective and determine our choice of behaviour”

A Healthy Doctrine

A Doctrine is a set of beliefs that is taught & indoctrinated. We are taught and indoctrinated with other people's beliefs from our inception in the womb. That doctrine contains, principles, morals, ethics and rules for how we are expected to live a good life, not a healthy life. Life in general is not expected to be a healthy experience. We are taught to tolerate and survive ill health. There is no official doctrine for healthy behaviour, only good behaviour. Unfortunately, enforced 'good behaviour' is not healthy, because it is emotionally unwise.

A Health Service that teaches an unhealthy mental doctrine cannot serve a healthy physical experience of reality. We all experience a naturally healthy life until we believe that we are ill. The sick are currently served with an unhealthy doctrine by their doctors. Our doctors have doctored the doctrine in alignment with their beliefs about our experience of ill health. But we cannot blame the doctors for trying to help those who seek their help. Doctors do not take away our ability to self heal; we do, with our emotional need to be cured.

An emotional need is the absence of emotional energy, which is the vital energy required for self-healing. Vitality is essential to being healthy. The reality of vital energy is that it is emotional.

Self-healing remains just a potential without the emotional energy required for it to occur autonomously. Our autonomous healing system works sub-consciously, which means the only way I know that it is working is instinctively. Self-healing is a sub-conscious competence

that is instinctive, unless intellectual reasoning takes over and blocks its natural efficacy. We all have an innate instinct to survive illness and live healthily.

Doctrine and doctoring are man-made practices aligned with professionally driven intellectual reasoning. The scientific medical perspective is entirely rational, which ensures that it is devoid of emotion.

The irony is that autonomous self healing is blocked by the absence of emotional wealth and in the absence of a wise perspective, we seek treatment from a doctrine that is devoid of emotional intelligence.

A Health Service that deems emotion to be unsuitable in the practice of rational medicine has no wise perspective of the benefits of emotional potential. The potential of emotional power in the healing process is essential. The emotional power to self-heal is the essence of a healthy experience of life.

A Healthy Doctrine is required to deliver a healthy health service. We deliver a healthy health service when we allow the physical body to heal naturally with emotional wealth and mental wisdom. That means diagnosis is intuitive, treatment is emotionally intelligent and healing is allowed to be instinctive.

The only doctrine that can ever be healthy is a set of beliefs that is personally owned because it is intuitively wise. I intuitively know it is right when it intuitively feels good for me. In this way I intuitively see that I am experiencing the wisdom of my own healthy belief system. We all intuitively know that self-healing is the preferred way to living a healthy life, we just don't have the faith in our own innate ability. The reality is that unless I believe that I have the

capability to self heal, I won't. Unless I believe that I have the emotional competence to self-heal, I can't. Unless I know that my beliefs have the capacity of innate wisdom, they don't.

- The wealth of my competence is emotional
- The capacity of my wisdom is mental
- The capability of physical healing is spiritual

Spiritual means energetic. Energetic healing in a three dimensional world is physical, mental & emotional.

“The physical ability to heal requires mental authority & emotional power”

My own mental authority emotionally empowers the physical ability of self-healing.

No external authority has the power to heal another human being. Healing occurs autonomously when the mental cause is identified and addressed. The cause of illness is always the belief in the illness, which is in mental alignment with the doctrine that I follow.

Healing requires a healthy belief system that is free of external doctrine & dogma, no matter how scientific its methods appear to be.

No medical professional would practice today with the medical beliefs & doctrines of two hundred years ago. It may take another two hundred years before the doctrine of self-healing is fully approved by a true Health Service. No doctor today asks the question: How can I help you to heal your Self?

Spiritual Healing

When Spiritual Healing happens to me by someone who is spiritual, it comes with a doctrine and a dogma. It is religious healing.

Religious Healers have no distinction between religion and spirituality. Even Reiki healers, who claim to have no religion, follow a doctrine and a dogma religiously.

Spiritual Self-Healing occurs when body, mind and emotion are in balance and alignment, without any external physical assistance.

“Physician Heal Thyself”

It is certainly not possible to assist in the healing of others unless we are ourself healed. Healed means physically, mentally and emotionally in balance and harmony.

Spirit means energy. Specifically, a triune reality of physical energy, mental energy and emotional energy.

Spiritual healing uses spiritual energy in a balanced and harmonious way to bring ourselves into alignment with our own truth. In truth; we are all absolutely healthy but in our own individual version of physical reality, we often are not. All illness is exclusively unique and personal to each Individual. This is because we are each out of spiritual balance and harmony with ourself, in our own individual way.

Where there are common beliefs, there are common ailments because we share a similar negative perspective. Beneficial things happen to people in totally different ways and so do detrimental things also occur individually. My

illness is never certain to make you sick, unless that is you really believe that it will.

In the Christian Religion, Jesus Christ is revered as a spiritual healer. Christians worldwide, practice his teachings and practice daily his reported ability to heal others. They overlook the true teaching of Jesus that clearly means that all Physical Beings can Heal Themselves.

The Resurrection of the Christ on Easter Sunday is a clear demonstration of Self Healing by a Human Being who has attained the personal power and authority to enable their own conscious choice of wellbeing.

To be well, even through the physical experience of a Roman Crucifixion, is indeed a miraculous achievement. Jesus clearly demonstrated that ‘You too, can be (well) like me’.

You too, can be a Spiritual Being having a physical experience of life. Alternatively, you can default to the belief that you are a Physical Being having a physical experience of life or the belief that you are a Physical Being having a spiritual experience of life. The choice is always ours.

Whether you choose to be a Physical Human Being having either a physical or a spiritual experience of life, spiritual self-healing will never be possible. Only Spiritual Beings can spiritually heal. The perspective of a physical being is that they will need a physical remedy or cure for their physical illness or ailments, preferably prescribed by a Physician.

Physical Beings with a more spiritual perspective tend to gravitate towards an alternative form of medicine.

Alternative medicine works from the same perspective as

traditional medicine, which is: I need a medication or a cure because I am sick. It shares the same belief that I am sick and I need someone else to heal me. There will always be many different and alternative beliefs as to what causes the affects of our absence of wellbeing and what can remedy or cure them.

The one thing that both traditional and alternative medicine share, is that neither understand the true cause of the absence of wellbeing and they are both attempting to remedy or cure the symptoms of their own negative belief system.

The belief in illness is not a positive belief, neither is the belief that I can cure another's illness. The best that can ever be achieved is the ability to allow others to self heal. Any remedy, cure or medication that allows the patient to self heal is beneficial. The most beneficial treatment for any patient, is patience. Spiritual self-healing takes time. It takes time to allow body, mind and emotions to naturally rebalance themselves.

Patience is a contrasting energy to anger. Anger is the mental reaction to insufficient emotional power. Patience allows a patient to replenish their emotional energy.

Positive emotional energy is the power of self healing. Sharing positive mental & emotional energy with a patient is a doctor's and a healer's best practice. Patience is the power to heal. The authority to self heal has to come from one's Self and that requires positive mental energy.

Being well is the state of having positive mental energy that allows our positive emotional energy to flow and be physically energetically experienced.

Spiritual Self healing repairs the blockages that are stopping our mental & emotional energy flowing effortlessly & efficaciously. The emotional blockages that limit our power are always the affect of mental beliefs that limit our authority. These limiting beliefs cause either an anxiety, a fear or a dread. An anxiety or worry is a minor power drain, a fear is a major energy drain and a dread is an emotional catastrophe. All three deplete the power of our emotional energy to a relative degree of intensity. Repairing mental blockages requires facing ones fears and replacing negative beliefs with positive ones. In the presence of a positive thought, emotion flows positively well. In the presence of any negative belief, my emotional energy drains away and I feel unwell. Spiritual healing means healing negative mental beliefs that cause negative emotional feelings to be physically experienced. In the absence of negative thinking, there are no negative feelings and all is physically well.

“The belief that I am unwell, is the primary cause of illness”

I am challenged to change my negative false beliefs for the positive opportunities that my true perspective can offer. Suppressing or denying a belief in illness, preserves that belief as a negative experience in my life.

The Belief In Wellbeing

The belief in wellbeing is relative to and essential to the experience of wellbeing.

We are indoctrinated from birth with the belief that life happens to us and we have to survive the bad things that occur. Illness is believed to be the nature of human life and we have no alternative but to fight it or endure it.

We believe that illness is a toleration that we have to accept.

With this belief, I have no distinction between tolerating and accepting. I have been taught to accept what I find unacceptable by tolerating it. I become a patient of my patience and a victim of my impatience. Impatience is how I react to my circumstances with intolerance. I tolerate life until it becomes intolerable. A life that is tolerable or intolerable is not acceptable. Any fear or pain in my life is a problem and any problem is a toleration. Pain, fear & problems are not acceptable because they all disallow the feeling of wellbeing. I tolerate the feeling of not being well even when that feeling becomes intolerable. It is the intolerable feeling of being unwell that causes me to seek external help for my problems.

We all love solving other people's problems because it gives us a good feeling and takes our mind away from our own problems. Involving ourself in other people's problems somehow makes our own problems seem less important.

The problem is that we believe in problems. We believe that problems are the nature of the world because we have no distinction between what is normal and what is natural.

Problems are normal but they are not natural. Opportunity is the nature of life, not problems. Problems are the norm

for people who believe that life happens to them. With the perspective that life happens to me, problems happen to me. I am a victim of the problems that happen to me and I am required to survive by tolerating and enduring them.

With the perspective that life happens by me, I try to find a solution to all my problems. With the ability to solve problems, I am challenged to solve every problem and solving difficult problems for myself and other people becomes my objective. Solving problems just attracts more problems. The more problems that I have the more solutions I need. Solutions water down problems but they do not allow me to become problem free. Solutions for my lack of wellbeing will never make me pain free or fear free. There is no solution to the problem of illness.

Today, illness is a bigger problem in society than it has ever been. We have more solutions to illness than we have ever had and we have more illness than we have ever had.

Problems and solutions are opposing perspectives of the same energy. The more problems we have, the more solutions we need and the more solutions we have, the more problems we encounter.

“Problems are a challenge that we never meet and opportunities are a challenge that we always take”

There is no such thing as an opportunity to solve a problem. By definition, when I see an opportunity, I take it because there is no problem.

The only opportunity that problems present is the opportunity to become problem free.

The only opportunity that pain presents is the opportunity to become pain free.

The only opportunity that fear presents is the opportunity to become fear free.

The opportunity to be healthy, wealthy and wise is always present. The opportunity to be well is always present.

I cannot accept the opportunity to be well whilst I am solving the problem of being unwell. When I am challenged to be well, I can succeed. When I am challenged by my illness, I will fail. When I am challenged by my pain, fear and problems, I fail the challenge when I run out of emotional power. I fail every challenge when I run out of emotional energy. Running out of emotional energy lacks the wisdom of emotional intelligence.

“Wellbeing is a healthy opportunity. Illness is an unhealthy problem”

The healthy experience of wellbeing requires a positively healthy perspective. When my perspective is that I am well, I can get better. When my perspective is that I am ill, I will get worse before I get back to normal. I may believe that when I am ill, I get better but really I just get back to normal. For most people, normal is as well as can be expected for someone who believes that they have to bear and endure the problems and tolerations of life. Wellbeing requires that this perspective is unacceptable.

The only acceptable attributes, for the attainment of wellbeing, are the physical health, emotional wealth and mental wisdom that allow the personal experience of being problem free, pain free and fear free.

Pain, fear & problems are all indications that something in life is being resisted and not being allowed to flow well. Any blockage to the flow of personal wellbeing is always a contrary belief to my own truth. When I have certain faith in my own beliefs, they are true. Just trusting my beliefs often proves them to be false. I always attract the experience of what I believe to be my truth. When I believe that pain, fear and problems are my truth, I experience them as real. When I believe that pain, fear and problems do not exist on my true path, they then become a clear indication that my perspective is aligning with a path that is not truly beneficial for me.

“When my life is off track, it can be very painful, frightening and problematic”

When my life is on track, wellbeing flows with the abundance of mental wisdom, emotional wealth and physical health. If I don't believe that everything in my life can be beneficially well, it can't. My belief that it can't disallows it being so.

Whatever I believe to be true in my life becomes my reality. I do not attract my truth, I attract whatever I believe to be true. I attract a reality in alignment with what I believe to be true. If my beliefs are not true, my experience of reality will not be a true experience, but it will appear to be very real.

The Healing Power of Attraction

The healing power of attraction is pure emotional energy. It is the purity of my emotional energy that enables self healing. It is the wisdom of pure thought that allows the power of emotional energy to flow in a beneficial way.

“Beneficial Thoughts attract Beneficial Feelings”

Healing is always beneficial, whereas cures, remedies and medications may prove to have either a positive or a negative affect.

Positive emotional energy attracts the positive healing ability of beneficial wellbeing.

The paradox is that I need to be well to attract wellness as my state of being. I need to be well to maintain my state of wellbeing. Focusing my attention on my present state of wellbeing puts that into my future and maintains it as my personal experience.

The most powerfully attractive emotions are the emotional feelings of gratitude and appreciation.

Emotionally feeling a wealth of gratitude for my state of wellbeing, my good health and my wisdom; attracts those states of being and those personal experiences into my future.

Emotionally feeling a wealth of appreciation for my present state of wellbeing increases the experience of being well, in my future. As I appreciate my wellbeing, my wellbeing appreciates. There is no limit to how well I can feel. The only limitation to my feeling of wellbeing is the impurity of the emotion that I am presently expressing.

Expressing pure emotional feelings attracts pure emotional experiences. Expressing my wellbeing with gratitude & appreciation attracts a pure experience of being well.

Being physically healthy, being emotionally wealthy and being mental wise are all pure emotional attributes of Wellbeing. The personal attainment of health, wealth & wisdom allows me to consciously express their purity as an expression of my Self being Well.

The Law of Attraction states that like vibrations of energy unto their self are drawn. When I express pure vibrations of wellbeing, I attract pure vibrations of wellbeing as my experience.

The paradox is that I am required to think well, feel well and be well, to attract the experience of being well.

Whatever we give or express, we shall receive or experience. This is the Law and it is very attractive.

So where does it all go wrong?

We live in a world of duality, which means for every right there is a wrong and for every pure vibration of energy there two contrasting choices of frequency & wavelength.

- Every pure frequency of mental wisdom allows a choice of impure positive or negative thinking
- Every pure wavelength of emotional wealth allows an impure choice of perception with a male or female gender
- Every pure vibration of personal health allows an impure choice of perspective with a physical intensity

When the intensity of my experience is positive, I experience the bliss, euphoria & ecstasy of my pleasure; but when the intensity of my experience is negative, I experience the anxiety, fear & dread of my pain.

Positive & negative are the polar opposites of the intensity of my impure emotional feelings caused by my impure mental thinking.

Physical consciousness believes that thought is whatever I think. Intellectual thinking reasons that thoughts are what I think.

Spiritual awareness intuitively knows that thoughts are absolute and thinking is relative to programmed beliefs.

Absolute thought is a pure frequency without any impurity or polarity. It is certainly absolutely true & beneficial because it has no personal judgment of being right or wrong. An absolute thought just is, and it is wise.

Spiritual awareness intuitively feels that pure emotions flow with pure thoughts. They empower pure thoughts.

The Law of Attraction clearly states that pure emotions unto pure thoughts are directly drawn.

The pure emotional experience of wellbeing can only be attracted to oneself with wise thoughts that are mentally pure.

Pure mental thinking requires that I own all of my thoughts with my own authority. Owning an impure belief never feels good. Only rightly authorised thoughts feel good. I may believe wrongly authorised thinking to be right, but it never feels good because it is not empowered.

Authorised thoughts inspire actions because they are empowered with attractive beneficial emotions that are pure.

Unauthorised thinking causes procrastination, prevarication & doubt because it is not empowered. It requires the non-attractive motivation of will power because it is not emotionally empowered.

Attraction has the emotional power to bring us the essence of our thinking, whether it be a conscious choice or not. Whatever we focus our attention on, in each and every present moment, is the point at which Attraction is energetically operating. It has unlimited power to bring us exactly what we are focusing our conscious and our sub-conscious attention on, irrespective of gender or polarity. This means that focusing my attention with a negative perspective will bring that reality into my experience. When I focus on being unwell, I get to experience being unwell and when I focus on being well, that is my experience; irrespective of any pain, fear or problems that I may think that I appear to have.

If I am focusing on the absence of my wellbeing, that is the experience that I am attracting, the presence of being unwell.

When I focus on the absence of illness, the essence of my focus is still illness, so it remains potentially in my experience.

When I focus on my wellbeing with the intuitive feeling of being in gratitude and appreciation, I can attract only more experiences of being well and being better.

The power of attraction is always in the potential of my mental thought regarding my present physical experience. The Law of Attraction works solely in the present moment and has absolutely no regard for the past or the future. It always delivers a present in the present moment and we each individually have a choice of how we perceive our experience, relative to the positive & negative polarity or the absolute purity of our perspective. We can perceive that which we are attracting as a blessing or a curse because we

all have an absolute choice which is relative to our own personal perspective.

Wellbeing is a Personal Perspective

“Perception is Reality”

Whatever I perceive to be real, I experience as real. Reality is a direct projection and reflection of my perspective. The polarity and orientation of my perspective is always in alignment with my belief system. My beliefs project my reality and my perspective of reality reflects how I experience it. How I respond or react to my experience of reality determines my behaviour. My behaviour is always relative to my beliefs, my beliefs are always relative to the attitude of my perspective and the attitude of my perspective reflects the degree of my perception. Reality is the personal experience of life that I perceive to be real. As my experience aligns with my perception and my perception aligns with my perspective, my reality is personal to me.

With the primary perspective that a choice of reality is unique and personal to each and every Individual, I allow my Self the opportunity to create my own experience of reality. Creating my experience of reality is not the same as creating physical reality. Physical reality is the same for everyone, it is the perspective, perception & experience of reality that is individually unique to each person. Unless that is, we choose to share the same perspective and perceive reality as the same experience as everyone else. My perspectives are the thoughts that I believe to be true about my reality and my perceptions are the emotional awareness that I have about my reality. Together they create the experiences that are real for me.

When my perspective is out of alignment with my truth, my perception is that it does not feel good. When all is well in my life, it feels good and I intuitively know that my path is right and true. When my path is wrong and false, I perceive the pain of a fearful perspective that assures a really problematic experience in my life.

I fear my life is going wrong because of the false evidence appearing real.

“FEAR is an acronym for False Evidence Appearing Real”

False evidence appears in my life because I am attracting it with my false beliefs about my life. I falsely believe that:

1. Injustice exists because life appears to be unfair
2. Uncertainty exists because I do not always have a choice
3. Poverty exists because there is not enough for everyone
4. Hatred exists because love is irrational
5. Inequality exists because some people are more equal than others
6. Disagreement exists because others do not follow my example
7. Confusion exists when I follow other people's example

When injustice, uncertainty, poverty, hatred, inequality, disagreement and confusion exist in my reality, nothing is going well.

When I depend on the Authorities that govern my Society to manage my wellbeing, I experience:

1. A Justice System that seeks revenge and compensation for victims of their own injustice
2. A Government duly elected to make my choices for me
3. A Financial System that puts the poor in debt to make the rich even richer
4. An Economic System based on Consumerism that causes more needs than it can ever provide for
5. A rational Education System that is divisive and elitist and emotionally unintelligent
6. A Religious Theological Moral System that is in conflict with an Ethical System of Professional Science
7. A Society lost and confused in the history of its past and the predictions for its future

None of the systems that run our society are working well. The Government is in continual crisis and chaos because it is trying to solve the problems of a malfunctioning system called Democracy. In the western world, we live in a so called Capitalist Democracy where the financial Capital of an elite influential minority is in opposition to the ethos of the people governing the democratic wellbeing of the people.

“The paradox is that everyone is required to take responsibility for their own wellbeing, but when only the rich appear able to do so, all is not well with Society”

Society is in deeper trouble when even the rich elite are unable to guarantee their own wellbeing.

In the absence of mental wisdom & emotional wealth, even the rich and the influential elite fear that they may become

ill and die. They fear they may lose their money and with it their power. The minority that can have more than enough of anything share the same fears as the majority who have less than enough of everything.

1. They fear the injustice of a world that is not under their control
2. They fear the choices of others will be detrimental to themselves
3. They fear the poverty of not having enough of something
4. They fear the irrationality of non-intellectual thinking people
5. They fear not being elite, special and chosen to lead
6. They fear being controlled by the will of other people
7. They fear the confusion that they cause with their own false perspective of life

These are not personal beliefs held by Individuals, they are beliefs held by the rich, the famous, the poor and the infamous. They are beliefs held by all members of society because they are the cornerstone of the beliefs that systematically determined the systems under which our society operates.

Like any operating system: Garbage in equals garbage out. When illness is a commercially viable enterprise, wellbeing is out of the question.

A Question of Being Well?

To get wise answers in life, we are required to first ask the right questions.

Asking: How do I become well? Is the wrong question! I cannot do being well. Being well and doing well are in no way related. It is very common to do well in spite of not feeling well. We are taught to use will power to do well. In the absence of emotional power, mental will power will have to do.

Asking: What do I have to do to become well? Is also a wrong question, for the same reason. I cannot do wisdom, wealth or health as they are emotional attainments that I attribute to myself. I attribute them to myself by being them and expressing them, not by doing them.

Asking: Why am I not well? Is the wrong question because a negative perspective assumes that I have a problem, which denies any opportunity for me to be well.

Asking Where or When will I be well? Are also wrong questions. Wellbeing is not time or space specific. There is no physical place where emotion originates and no specific time when wisdom appears.

Any question that begins with How? What? Why? Where or When? Is the wrong question to ask my Self with regards to being well.

Who am I Being? Is a good question. Who am I Being in relationship to what is presently occurring? Is a better question.

Answering those questions with an adjective emotion or an emotional adjective, is a good answer. An adjective is a describing word and an emotional adjective describes my

emotional state of being. Being adjectively emotional describes the emotional state of being that I am expressing and being emotionally adjective has the awareness of the emotional attainment that I am attributing to my Self.

“When my objective perspective aligns with my subjective perception, I become aware of my adjective experience”

I intuitively know who I am being and the emotion that I am expressing when I intuitively see the emotion that I am adjectively feeling.

Using a noun or a proper noun describes the role that I am playing. I am the Patient or the Doctor, the Patient or the Carer, the Patient or the Nurse. It doesn't tell me who I am being whilst playing that role, only what I am physically doing. Caring, Nursing, Doctoring are verbs that define what I am doing, not who I am Being.

Interestingly, in the Caring profession, I can be caring but in the medical profession, I can't be nursing or doctoring because they only describe what I do, not who I am being whilst I do it.

I can do doctoring or nursing well or badly. I can care well or not at all. Nobody really knows whether Doctors, Nurses or Carers really care, we just assume that they do. Without our intuitive emotional intelligence, we have no way of knowing with any certainty.

People who really care are relating to other people, in their care, with sensitive emotion. When caring for other people feels good, we care. When there is no positive feeling involved in treating other people, they do not see it as a treat but as a chore. Whatever I do not care about doing is a

chore. It's a chore because I am neither inspired nor empowered to do it.

When doing anything doesn't feel good, whether it feels either bad or indifferent, I will struggle to do it well.

When life is a struggle or a chore, the question to ask myself is: Who am I Being right now? Is who I am being now, right; for me and for those with whom I am relating? Is the relationship between myself and another person positively beneficial for both of us or negatively detrimental to one of us?

Any negative answer to these questions means I am not being as well as I am able and therefore not doing as well as I am able.

“My capability to fulfil the purpose of every relationship is relative to the emotional competence of my mental capacity”

Wellbeing is a Competence

“Being capable of being Well requires a capacity of competence”

- Competence is emotional
- Capacity is mental
- Capability is physical

Our Education System believes competence to be a mental skill and the more intelligence we have, the more intelligent we are and the more competent we become. It believes that the more knowledge that we have the greater the capacity of the brain. Experience shows that very intelligent people can be very clumsy, absent minded and incompetent; although many are clever enough not to show it to others.

Our Financial System believes capacity to be physical. The capacity to do whatever we want requires the physical presence of money, to do so. Money they believe has the capacity to influence other people. The more money we have the more capacity we have to get other people to do what we ourselves are not competent in doing. Financial capacity buys the competence of other people to achieve my objectives.

Our Health Service believes that capability is emotional. It believes that it is capable of caring. Caring is something the health service does because it believes that it cares. Health is seen as a caring profession that cares about other people

by taking care of their physical needs without caring for their emotional needs.

A Wellbeing Service believes that a wealth of emotional competence is essential to being well.

- Empowered with a wealth of emotional competence, I have the power to assist others to painlessly self-heal.
- Enlightened with the capacity of innate wisdom, I have the authority to guide others on their fearless path of self-healing.
- Inspired with the capability of natural health, I have the ability to be immune & exempt from a problematic life.

“Problematic means that life is automatically a problem when I believe it to be so”

“Wellbeing is automatically an opportunity when I allow it to be so”

Allowing wellbeing to be an automatic experience in life requires that:

- I approve the competence of my emotional state of being to be my choice of power
- I allow the mental capacity of my innate wisdom to be my choice of authority
- I accept the physical capability of my body to self-heal because my choice enables it

For self-healing to be a competence, it requires a wealth of emotional power. Connecting to my wealth of emotional power requires emotional intelligence, which requires intuitive wisdom. The capacity of my intuitive wisdom is relative to the competence of my emotional wealth. Together they determine the relative capability, or incapability of my innate ability to physical heal.

“It is those who are emotionally well healed, who physically heal well”

Innate Physical Health

Innate means that we are born with it. We are all born with the potential to be well and healthy.

The experience that all babies are not born healthy leads us to believe that our health is not innate. It is seen as a matter of fortune or misfortune. In the lottery of life, health is seen as a matter of chance. There is a chance that babies may not be born healthy, which is unfortunate.

“Health is innate, illness is hereditary”

We inherit our ill health from our parents. In the same way that we inherit our mental incapacity and our emotional incompetence, we inherit the belief that we are incapable of healing ourself. In the absence of believing that we can heal ourself, we suffer the problems, fear & pain of any disease that we believe that we contract. Dis-ease is a mental contract that I have with my belief system. Peace of mind is a statement of my wellbeing. In the absence of peace of mind, illness can happen to me at any time; or so I have been led to believe.

Physical Health is ensured with a healthy immune system. My immune system ensures that I am exempt from illness. Medical Science knows that the immune system is innate, we are born with it. The problem is that medical science doesn't know how it works, so it doesn't trust it. It knows that immunity works on two levels, at a cellular level and at an organic level but has no idea how the two interact in a healthy way. Operating with this level of ignorance is never wise, especially in the absence of emotional intelligence

and any understanding of what emotional trauma & mental drama every patient is personally physically experiencing. Mental dramas are not innate. They are normal but not natural. They are man-made and passed down through generations from parents to children. Emotional traumas are not innate, they are the consequence of mental dramas that cause the pain & suffering of negative physical experiences.

“Innate physical health requires the absence of mental dramas that cause emotional traumas”

Innate physical health occurs because we have an innate autonomous immune system. It is my autonomous immune system that ensures that I am exempt from any dis-ease that stops me feeling well and experiencing wellbeing. Immunity requires the intuitive wisdom of knowing that it certainly exists, irrespective of other people's beliefs to the contrary. If I do not know with certainty that I am exempt from disease, I am not. The only reason that I am denied immunity is my own denial of its existence. To be exempt from ill health, I am required to intuitively see what makes my perspective the exception rather than the rule.

“The cause of ill health appears to be our exemption from immunity”

Medical Science believes that we are prone to disease, instead of prone to dis-ease. Dis-ease is the discomfort experienced due to the apparent pain of low emotional energy. We get very uncomfortable with low emotional

energy. With sufficient wealth of emotional power, I am very well and very comfortable with my wellbeing. With insufficient emotional power, I am not feeling content as I am feeling uncomfortable. Physicians diagnose my physical discomfort as being due to some form of physical disease. They see the body's natural treatment of dis-ease as uncomfortable and diagnose a contrary treatment to allay the discomfort. The majority of treatments prescribed for Patients by Physicians are designed to relieve pain & discomfort.

Patience requires positive emotional energy because it is a positive emotion. It has the power to tolerate discomfort. A patient consults a doctor because they do not have the emotional power of patience to self-heal.

“We become a patient of our own impatience”

Dis-ease has become a disease of impatience that has become a viral belief that we are not healing quick enough, so we need a medical professional to intervene.

The real problem with medical intervention is that it is stopping self-healing, not complimenting it.

Complimentary Medicine should always compliment the personal ability of every Individual to self-heal. Sadly, complimentary treatments are only approved when they compliment modern medical practices and it is not modern practice to promote self-healing.

As the cause of discomfort is always emotional, a health service that treats only physical or mental illness can only see disease and is oblivious to the real cause of their Patient's dis-ease, discomfort and impatience.

An Uncomfortable Truth

The Truth of modern medical practice may be too uncomfortable to accept. For many people, trusting modern medicine to cure them is a more comfortable solution to their health problems than the discomfort of self-healing. The problem is that self healing requires the emotional energy to tolerate the discomfort of being apparently unhealthy.

The reality is that it is our own unhealthy practices that cause our own discomfort & dis-ease.

Whereas discomfort is emotional, I feel emotionally uncomfortable, my dis-ease is mental. My mental beliefs cause my resistance to a healthy flow of wellbeing, which causes my experience of dis-ease. I cannot be at peace and at ease with the negativity of my believing that I am unwell. My angry reaction to my low emotional energy when feeling ill is the intense impatience of not being well enough to do what I want to do.

The opportunity here is always to take the time to self-heal, but we never have enough time; so we go to the doctor to get a quick fix to our problem of discomfort and impatience.

Fixing our problem never addresses the cause of our dis-ease & discomfort, only the symptoms which appear to be the problem.

“With enough emotional energy, life is never a problem”

Low emotional energy is diagnosed as mental depression. When my mind in my ignorance is confused, my emotional

energy is depressed. My negative mental thinking suppresses my positive emotional feelings.

We are prescribed anti-depressants to suppress our mental thinking to relieve our emotional depression. Anti-depressants are not a healthy way to raise emotional energy to a positive level of feeling well. Instead of feeling well, I tolerate not feeling anything as better than feeling depressed.

Histamine is a medication that the body produces as part of its innate healing system. Medical Science knows that it is part of the body's natural immune system.

Inflammation is also recognised as fundamental to the self healing properties of the body.

Histamine & Inflammation often work together as part of our innate healing system that science believes offers immunity to disease.

In practice, the prescription of anti-histamine and anti-inflammatory drugs is promoted extensively within the commercial medical establishment. By relieving the symptoms of our self healing immunity to disease, they are causing our exemption from our own natural ability to self-heal. We are becoming exempt from our own natural immunity to infection. We are infecting ourselves with the inability to self heal and promoting a dependency on both the drugs and the medical profession to relieve our discomfort.

The reality is that by suppressing the symptoms of our acute dis-ease, we are unintentionally causing our own chronic diseases, which are in turn manifesting as a critical illness that is often terminal.

The definition of a terminal illness is one that modern medicine is unable to treat. When the treatment is terminated and self healing has been terminated, life expectancy is terminated and imminent death becomes the diagnosis.

Self healing starts with the belief in a healthy life and ends with the belief in the fatality of a critical illness.

We are only allowed to be critical of the illness and not critical of the medical science that is ultimately promoting our inability to heal our Self.

The uncomfortable truth is that there is no such thing as an uncomfortable truth, only an uncomfortable reality.

The reality of the medical profession is that it has only ever managed to make us more comfortable, whilst we get on with the natural ability to self heal. The major benefit of every hospital is that it immobilises us and gives us time as a patient to patiently address our own impatience at the time it is taking for our own self healing to operate effortlessly, efficiently, effectively & efficaciously.

The problem with the effort of modern medical practice, is that it falls a long way short of being efficient, effective & efficacious at promoting wellbeing, whilst being relatively affectively officiant. The official directive is to have a positive affect on the comfort of sick people, whilst the effective efficiency & efficacy of self healing is totally unrepresented in the medication of apparent ill health.

“The reality is that we are always comfortable with our own Truth”

Diagnosing the Truth

Science, including medical science, deals with reality not truth.

Reality is a shared perspective, whereas truth is a personal experience of a shared reality. Science collectively determines what it perceives to be real life. As reality is continuously changing through space over time, science can only ever present a current theory of what appears to cause a real experience.

Illness, sickness, disease, dis-ease and ailments are all different perspectives of what medical science has declared to be causing the collective unhealthy experience of being unwell. Being unwell is the apparent reality of not being well.

“ The Truth of Wellbeing is not an apparent reality in the medical profession”

In reality, the medical profession is not diagnosing our truth. Wellbeing is my truth, yet my doctor is diagnosing my absence of truth as my reality. Doctors do not diagnose wellbeing, they diagnose illness as the absence of wellbeing.

The truth is that when I focus on the negative aspects of my life, then that is what I personally experience. Doctors are confirming the negative focus of our perspective based on our shared negative beliefs about being unwell. Without any negative perspective of my physical wellbeing, I have no reason to consult a Physician. With no negative perspective of mental wellbeing, I have no reason to consult a

Psychiatrist. The absence of wisdom in my decision making is not believed to be a mental impairment or malady.

Apparently the presence of wisdom is seen to be a benefit but the absence of wisdom is not seen to be detrimental.

This is because we are overwhelmed with professional consultants eager to give us their advice when we are lost, confused and frustrated with our own procrastination, prevarication and apparent lack of knowledge.

The problem with medical diagnosis is that it is based on a real perspective but not necessarily a true perspective.

Perspective is a personal conscious thought that has a choice of polarity. All personal choice has a choice of a positive or a negative perspective. We always think that we are making a positive choice but negative beliefs always cause a negative choice of perspective.

Illness is a negative perspective. A positive belief in illness is an oxymoron as is a positive perspective of illness. It may be a real perspective but it is not a true perspective because it is not in alignment with my natural innate state of wise mental wellbeing.

When making any diagnosis, every doctor has a choice of perspective and every personal perspective has a choice of positive or negative polarity. It may be a fair assumption that every patient who consults a doctor has a complaint but it is never a positive assumption. There is no such thing as a positive complaint. I only ever complain about a negative experience. I never complain when offered a positive opportunity. The belief that a medical physician is offering me a positive healing opportunity may appear to be real but that does not make it necessarily true. The opportunity to

resolve a problem is still a negative problem, not a positive opportunity.

The polarity of a Physician's perspective of any illness is always negative and the polarity of good health & wellbeing is always positive. This contrast in opposing polarity of thinking is a continuing medical dilemma.

The Dilemma of Medical Diagnosis

A dilemma is being confronted by two choices, neither of which is guaranteed to be positively beneficial.

The worst case scenario for any medical diagnosis is for the practitioner to appear to have a dilemma. Professional Physicians are expected to make clear, confident and capable choices for their patients.

“To err on the side of caution is always a mistake”

Caring professionals are expected to practice carefully & cautiously. We always have a choice of 'being aware' of what is beneficial or choosing to 'beware' of what can go wrong. A negative perspective teaches us to beware of what can go wrong, not be aware of what can go right.

Self healing always goes right because it aligns with a positively empowered perspective.

Curing illness always preserves illness, so it can never be right. Curing fish and curing bacon preserves them, as does curing illness. The commonly held belief is that if we take away the symptoms of illness, we cure it. It is not commonly believed that suppressing the symptoms of illness preserves the illness.

Solving problems does not make a problem go away and curing illness does not make an illness go away. Like problems, acute illness returns as chronic illness when it is cured and preserved.

“Curing illness disempowers self healing”

Histamine is a part of a cell's natural immune response, according to medical science.

The prescription of Anti-histamines is a normal procedure to suppress physical & emotional discomfort and by doing so, they suppress histamine's natural ability to self heal. A classic case of treating the symptoms without knowing the real cause of the discomfort.

Coughing, sneezing, streaming nose, watery eyes and sweating are all positive symptoms of the body naturally detoxifying itself. Unless that is, we see it as an irritation caused by a negative perception of what is believed to be an allergy. Modern doctoring has an allergy to self-healing. Inflammation is the bodies natural defence against pathogens, according to medical science. Yet prescribing anti-inflammatory drugs is common practice in modern medicine. A negative perspective of inflammation assumes it is a sign of infection and prescribes both anti-inflammation and anti-biotic treatments, just in case it becomes infected. Doctors today have no clear distinction between inflammation and infection, so err on the side of caution. Seeing inflammation as an infection is contrary to the rational common sense of a truly healthy perspective. The general use of anti-biotics to stop infection, even before there is any sign of infection, is contrary to self healing. Killing healthy bacteria that co-exist in a healthy body cannot be a positive way to promote or maintain good health.

Auto-immune illness is a large group of diseases that cause the immune system to malfunction. This is the negative perspective of modern medicine. A positive perspective of self healing sees the cause of immune disfunction as

modern medicine. Physicians appear to have forgotten that the only difference between a poison and a medicine is the polarity of our thinking. If we think it will cure us, it's a medicine but if we think it can kill us, it's a poison. Either way, it will compromise our self healing ability because every medicine is a statement that I have lost my own innate ability to self heal. Whatever I believe to be true becomes my experience of reality.

Pain killers may or may not kill pain and relieve discomfort, but they never address the cause of the pain so they make no contribution to self healing. Pain is negative emotion. Pain killers do not promote positive emotional power but can cause negative emotional depression. The dilemma is: What is less uncomfortable, mental anxiety or emotional depression? The dilemma is do we prescribe emotional sedatives or mental stimulants; 'uppers', 'downers' or a mixture of both?

Today we have a magic pill for every complaint and the Pharmaceutical Industry has become extremely proficient at providing an answer for every form of dis-ease, a solution to every medical problem and a remedy for every symptom of illness, without any understanding of the true cause of our complaints and the true nature of our ability to self heal. The dilemma facing every prescribing Physician is do we have a remedy to address the side affects of the medicines that we are administering? If the side affects are less uncomfortable and more tolerable than the actual ailment, the remedy is perceived to have a positive result. A kill or cure remedy is perceived to be beneficial if the patient is going to die anyway.

We forget that all of science, including medical science, is practiced on the basis of keep experimenting until we find the truth; and the truth is always an accepted theory until replaced with a more acceptable theory. Medical research uses monkeys & mice in its clinical research. We forget that it also uses human guinea pigs to validate its theories in real life.

The Health Service has been in crisis for many years despite all its growth in medical knowledge and advancements in medical science.

“The more we focus on our absence of Health, the more absent our Health becomes”

The Mental Health Service however, has been slowly becoming extinct for the past twenty years.

Mental Wellbeing

“Mental Wellbeing is being wise”

At the beginning of the twentieth century, Freudian Psychology took control of our mental health whilst Psychiatry continued to control people with mental illness. It has always been believed that the mentally insane must be clinically controlled to ensure that they are not a danger to themselves; and more importantly, not a danger to others. Psychiatry isolated the mentally ill, whose brains weren't functioning correctly, by sectioning them by law under the Mental Health Act. In the absence of any known cure, their security and loss of freedom ensured public safety. Whereas psychiatry looked after apparent malfunctions of the brain, the stated aim of psychology was to make people happy. After a hundred years of psychological research, the best that was ever achieved was to make people less miserable.

“Mental wellbeing requires the attainment of wisdom”

Psychology is the study of human behaviour with the intelligence of rational intellectual reasoning. It believes that there must be a logical reason that is causing people to be unhappy. Alas it suffers from its own fears and limiting beliefs.

The belief that wisdom is how well one uses knowledge meant that wisdom could be taught by wise teachers. Wisdom became a synonym for the beneficial application of knowledge, which is called training. Wise teachers

believed that we needed to be trained how to use the knowledge that we are taught, skilfully.

“We train skills and we coach wisdom”

Bad behaviour was therefore due to our inability to use our knowledge well. It was considered unwise to behave badly because society took a negative view of bad behaviour.

Psychologists set out to understand why, in spite of all society's ethics, morals, principles, rules and laws that dictated good behaviour; some people still failed to behave well because they were unhappy with their life.

Training people to be happy assumes that happiness exists in the outside world, if only we know where to look.

“Happiness & Wellbeing are innate”

The problem is that happy people rarely have the emotional intelligence to know why they are happy. Psychologists have spent a hundred years looking for the answers and have failed miserably. We now know what makes people less miserable but the source of happiness remains a mystery.

“Our well of wellbeing is the source of our being happy”

Neither happiness nor wellbeing are a mental acuity, so they cannot be taught and they cannot be trained.

The belief that mental wisdom requires brain capacity, which increases with training, rather than emotional

competence; has caused mental confusion, not emotional clarity.

Mentally wise choices illuminate the polarity of our direction with emotional clarity. This means that I can only choose to flow in the direction of happiness when I am feeling happy and I can only flow in the direction of wellbeing when I feeling well.

When I feel well and I feel happy, I have my emotional clarity and my mental choice of polarity and my direction is open and clear, because I am not getting in my own way.

“Wisdom requires an open heart, not a closed mind”

A closed mind believes that the mind and the brain are the same physical organ. As psychiatry and psychology are both approaching the limits of their credibility, a new science called Neurology is competing for scientific validity.

Neurologists believe that the problems of the mind and the problems of the brain are all neurological. A magical cure for mental illness will be revealed when the hardware of the brain is explored to discover how the software of the mind is being generated.

The belief that mental problems have a physical cause has a scientific logic that is devoid of intuitive wisdom.

Wisdom is Intuitive

“Wisdom is a wise choice”

The wise choice is intuitive. I cannot prove this with rational logic but I can know it with spiritual logic. Spiritual logic allows me a choice of logic, a choice of knowledge and a choice of choices. I can choose a posterior Intellectual Reasoning, I can choose a priori Intuition or I can choose both. I can choose rational intelligence, emotional intelligence or the spiritual intelligence of both. I can choose a conscious mental choice, a choice of emotional awareness or I can use my conscious-awareness to make spiritually logical choices.

Intuition is certain but I cannot always be certain that my choice is intuitive. Intellectual reasoning is reasonable but never certain. Intellectually I can make a wrong choice or a bad choice, irrespective of how much knowledge or intelligence that I have.

When confronted with two choices, I have a dilemma. The wise choice is always my third choice. The third way overcomes the duality of mental choice and the dilemma of procrastination & prevarication.

The wise choice is to use my intuition with intellectual reasoning. My intellect reasons that when a choice emotionally feels good and I just know it is mentally right, then I can see in my mind's eye how it is most beneficial for me.

A wise choice requires the imagination to see it already as my reality, so that I know it is feasible and I realise how good it really feels as a real opportunity for me.

The problem is that we are taught that nothing is certain in life, logic is rational and our imagination isn't real. These are just three limiting beliefs that compromise the capacity of our mental wellbeing and our ability to make wise choices.

From a spiritual perspective, rational science believes that intuition is counter-intuitive. They actually believe that intellectual intelligence is intuitive, so they see their intuitive choice as counter-intuitive. When our perspective is negatively polarised we get very lost and frustrated in our own confusion.

A wise choice has clarity, direction & presence. When I have the presence to see and the clarity of positive emotional feeling, I intuitively know the true direction of my path.

“Why would I ever make a choice that does not feel good?”

Wisdom is certainly the right choice, every time. Without intuitive insight, I can only know a wise choice with hindsight because I have no benefit of imaginative foresight. Foresight is the super-conscious capacity of my Higher Mind that is beyond the confines of a relative duality of space-time-reality. I connect intuitively to the super-conscious capacity of my inner guidance, which accurately prophesies my wise choice of direction.

My rational intellect believes that it can predict my best course of action given sufficient knowledge. The problem is that I can never predict what other people may choose to do.

I may listen to another person's prophecy of what they believe to be my wise choice. It may or may not be best for them, or me, but it is never certainly ideal for myself.

Prophecy is my own wise choice, whereas Prophecy comes from an external Prophet; who cannot ever know my future with certainty. Without my own intuitive guidance, I can see no difference between my own prophecy and someone else's prophecy with any certainty.

Prophecy is revealed by divine inspiration. Inspiration is divine when it has the wisdom of personal inner prophecy. External prophecy is the sacred divinity of an ancient prophet, according to our religious belief in an external god. Choosing the religious prophecy of a divine prophet may be beneficial for the church but it is not intuitively wise.

Having faith in other people's prophecy, or another prophet's prophecy is not personally wise. The church asks its followers to have faith in their preachings. When the prophecy is wise, it is certainly beneficial and requires no faith or religious belief to follow it.

My faith is my path. When I faithfully follow my own path, all is certainly well because I have faith in my own path. I don't need faith because I am in good faith following my path. I only need faith when I don't have faith because I am off track following a false prophet who is foretelling their way for me. Without intuitive guidance, my religion will guide me with their prophecy, which they will tell me is my prophecy for me.

Wisdom is a divinely certain and beneficially ideal spiritual choice that has no religious affiliations. Its super-conscious capacity only communicates in the present moment of time. A wise choice can only be intuitively known in the present

moment of reality. There is no such thing as ancient wisdom, only stories of Old Prophets who in hindsight were believed to be wise. History forgets old prophecies that never came to pass and remembers only those that appeared and became true for their prophet.

A Wise Man or a Wise Woman is one who is exclusively connected to their own intuitive mental wellbeing, irrespective of age or Age. They connect effortlessly to the mental Well of Inspirational Knowledge that is available to all people individually.

It is when I become inclusively attached to a communal pit of intellectual dogmatic ethics and moral doctrine that I become disconnected from my own inner source of innate wisdom.

It is normal for people to seek the sanctuary of their church in times of hardship, chaos & confusion. Our churches are full of the poor, the intellectually challenged and the socially deprived & frustrated. It is the absence of wellbeing that drives us into the sanctity of their church.

We are faced with the dilemma of choosing the apathy of a rational, insensitive, unemotional, scientific perspective or the sympathy of an irrational, attached, inclusive, religious perception of reality.

The wise choice is a third way of faithfully following the lead of our own intuitive guidance, which is always a certainly beneficial, ideal & divine choice for every individual, unique & exclusive human, being well.

My compassion with my own wealth of emotional power and my empathy with my own wise mental authority, guarantees the certainty of my own healthy ability to live my life well.

Emotional Wealth

“Emotional wealth requires empathy & compassion”

The absence of emotional wealth has a lot to do with our misunderstanding of both empathy and compassion.

We commonly believe that empathy & compassion are qualities that we share with other people, which in reality is not true.

We may share a physical path and a physical passion, which brings physical wealth; but neither empathy nor compassion are physical, being purely emotional experiences of life.

“Being compassionate, in contrast to doing compassion, requires a passion that we share with another”

A True Passion has a true value, not to be confused with obtaining the pleasure of whatever I need emotionally.

We are required to meet our emotional needs to be sufficiently empowered to experience in life what we truly value.

Experiencing a true value alone is a true passion. Sharing a true value is compassion. Sharing an emotional need is being in sympathy with what I and another both need emotionally. When we share a passion for the value of what we need emotionally, we are being passionate about what we both need; without compassion for what we both share. We cannot truly share what we don't already have, even when we falsely believe that we share the same emotional need and we are passionate about getting what we need from someone else.

I have a passion for sharing my buttonhole with someone who has a button but there is no value at all in sharing my button hole with the buttonhole of someone else. Unless they have something to fill my buttonhole, they are of no value to me. Once my button is safely at peace within its own true buttonhole, I can compassionately share the complete oneness of my experience with another who has completed the union of their own button in its own rightful buttonhole.

Every button needs its own buttonhole to feel completely at one with itself. Every Self needs its own Soul to be completely at one with its Self. Every Soul is at one with its Self. With true compassion, the Self is at one with its Soul. Compassion means being emotionally at one with one's Self, knowing that the Soul is completely at one with its Self. The Soul has no sympathy with the negative feelings of the Self. Sympathy is the negative emotional resonance that I experience with another who is in negative resonance with their self. I am never passionate about a negative experience. Sharing a negative experience with another requires me to give half of what I have to them. Negative sharing is divisive. The positive sharing of compassion is always expansive.

“Being empathic requires an awareness of my spiritual path”

Empathy is my alignment with my e-path, my energy path or my spiritual path. Spirit means energy.

Being sensitive to the path of another is being sensitive, not being empathic. Sensing the awareness of my own true

spiritual path is true empathy. Sensing the awareness of another's path requires sensitivity but not empathy. I sense what people are doing with my physical senses. I am aware of who another is being emotionally with my intuitive sensitivity. I do not require sensitivity to be empathic, I require my own emotional, intuitive awareness of my own path; not the path of another.

My apathy is believed to be my insensitivity to another's emotional state of being. It is actually my unawareness of any empathy with my own spiritual values and true purpose for my life. Apathy is my negative expression of my unfulfilled purpose, in contrast to the empathy of seeing my true spiritual vision, mission & purpose for my own physical life.

I can have empathy with another when I am following my path and another's path flows adjacent to mine. I recognise the path of another as being close to mine. No matter how close another's choice of path is to mine, it is never the same path and will eventually deviate from mine on its own true course.

Of course, this is only actually true when we each allow the other to follow their own path. In the certain knowing that when I allow others to follow their path, they always allow me to follow mine. This is the Law of Attraction in action.

“Attractive Action attracts attractively active experience”

Unattractive action attracts detrimental experiences and non attractive action has no beneficial purpose.

Attraction in Action

Action is attractive when it is positively beneficial. Positive action realises a beneficial opportunity. Negative action realises a detrimental problem.

The Law of Attraction makes no judgment or discernment between right or wrong. It has no polarity and no perspective of good or bad. Any judgment of perspective is exclusively unique to each Individual. I can share the same perspective as another without sharing the same judgment of something being right or wrong. The Law of Attraction does not reward us when we are good and punish us when we are bad, we do that ourself.

The belief that I am good may be right or wrong but the feeling that I am well is always certainly true. The feeling that all is well in my life attracts the experience of all being well in my life. Until that is, I change my mind and align the polarity of my thinking in the opposite direction, which makes me feel bad. When I feel bad, bad things appear to happen to me in life. When I feel good and I am being well, everything in life appears to go well. This is the Law of Attraction in action.

“Like Energy unto itself is drawn”

Positive emotional feelings allow positive mental thoughts to draw positive physical experiences into my reality.

Conversely, negative emotional feelings caused by negative mental thinking block positive physical opportunities from appearing in my life.

Negative thinking motivates negative emotions to attract problems as a negative experience. It is the Law of Attraction in action.

The paradox is that I have to be well to attract wellbeing. Like energy unto itself is drawn. But when I am well, I don't need to attract it. The thing is, attraction is not an intellectual exercise of the ego's will. Remember, intellect is a matter of uncertain personal perspective, not certain intuitive knowledge. A certain knowledge of the Law of Attraction knows the absolute truth and certainty of how it works.

When Attraction happens to me: I perceive its affects as unattractive, negative & detrimental.

When Attraction happens by me: I am deluded by the reasoning of my intellect, which believes it is non-attractive until I personally activate it.

When Attraction happens through me: I allow it to certainly flow in an attractive and beneficial way.

I allow attraction to flow as a certain beneficial opportunity because when I am disallowing what I disapprove of as not being beneficial, I attract it as being detrimental in alignment with my negative perspective of a bad or wrong experience.

There is an attractive flow of beneficial opportunities ready with the potential to flow through each of us, when we individually allow it. That potential can only be realised with an ideal polarity of thought and a pure feeling of emotional energy. The potentially attractive properties, of my mental & emotional energy, exist irrespective of the polarity of my thinking and the gender of my emotions. It is my negative or positive personal perspective, of each

individual experience of attraction, that determines the personality of my feelings and the character of my thinking.

“With the perspective of a negative attitude, I attract the experience of my negative inclinations”

My positive inclinations are called intuitive inklings. My negative attitude causes an instinctive foreboding, which is my sub-conscious reaction to my forbidding the beneficial perspective of my own intuitive wisdom.

In an ideal world, I only ever attract beneficial experiences by seeing how well my experience is being right now.

“Wellbeing is the present that I experience when I am being well”

I attract wellbeing into my future experience by being well in my present experience. It is the feeling of wellbeing that has the potent emotional power to maintain wellbeing.

I do not attain wellbeing by having it, I attain it by consciously choosing to attribute it to my Self as a state of being.

Maintaining wellbeing is a simple matter of interest, gratitude & appreciation.

My Interest in Gratitude & Appreciation

- When being Accepting, I am in Gratitude
- When being Approving, I am with Interest
- When being Allowing, I am in Appreciation

The more allowing that I am being, the more I allow my allowance to appreciate.

The more approving that I am being, the more interested in life that I am and the more interesting that life becomes.

The more accepting that I am being, the more in gratitude that I am for what I am receiving in my life.

Being accepting requires the removal of any perspective in life that I have a problem that I am tolerating. Overcoming my tolerations and becoming problem free is the essence of being unconditionally accepting. Problems & tolerations cause the conditions in my life that I find to be unacceptable. They are caused by my limiting beliefs and fears.

Being allowing requires the removal of any fear or belief that is limiting my spiritual growth and the fulfilment of my purpose. Replacing my limiting fears and becoming fear free, with the truth of my core beliefs, reorients my Self in the direction of my truly chosen path in life. Operating in alignment with my truth, I am unconditionally allowing my destiny to effortlessly unfold, beneficially before me.

Being approving requires the removal of any perception of discomfort or pain that I experience whilst being sub-consciously driven to meet my need for emotional energy. Consciously meeting any need for emotional energy simply

& effortlessly, I am unconditionally approving of whatever opportunity is occurring because I have the emotional power to succeed and meet every challenge that I face. I approve of every challenge when I am emotionally empowered with the opportunity to fulfil it effortlessly, fearlessly & painlessly.

- My Interest is for my pain-free Approval of my perception of emotional wealth
- My Appreciation is for my fear-free Allowance of my perspective of mental wisdom
- My Gratitude is for my problem-free Acceptance of my experience of physical health

I have no interest when my emotional power goes into debt and I lose my clarity. My confusion causes an uncomfortable and painful disinterest.

I have no appreciation when my mental authority is disallowed and my personal choice is thwarted. I have lost my sense of direction and I fear my growth is stunted.

I have no gratitude when my physical ability is unacceptably blocked. My frustration becomes an intolerable problem.

- Clearly having an interest in life is joyful
- Directly having an appreciation of life is fulfilling
- Presently having gratitude for life is satisfying

Being Interested attracts interesting opportunities in life. Being in Gratitude maintains an experience as a physical reality.

Being in Appreciation grows and appreciates the experience in the future.

“I am always interested in the appreciation of my gratitude”

The more interesting I perceive my wellbeing to be, the more interesting my wellbeing becomes.

The more I am in gratitude for my experience of being well, the longer my wellbeing remains as my experience.

The more I appreciate my perspective of being well, the more my experience of wellbeing grows.

The more interest I take in my illness, the less interest I have in my own ability to self heal.

The more appreciation I give for other people's advice, the less appreciation I have for my own wise inner guidance.

The more gratitude I have for other people's support, the more ingratitude I have for my own incompetence.

The more interest, gratitude and appreciation I give to other people, the more disinterested, ungrateful and unappreciative I become in regard to my own emotional competence, mental capacity, physical capability & spiritual accord.

Spiritual Accord

Spiritual Accord is the attainment of:

- Emotional balance
- Mental peace
- Physical harmony

My Physical harmony requires the Emotional balance of Mental peace.

Mental peace requires the absence of inner conflict. The absence of inner mental conflict is called inner peace. Inner peace allows me to be at peace with whatever conflict is occurring in my outer world.

Inner conflict is caused by conflicting mental beliefs. My mental beliefs determine the character of my sub-conscious programming. My belief in the drama of external conflict causes that to become my experience. Inner peace requires my detachment from the negative drama of physical life. Any drama is the physical negative experience of a limiting mental belief, which is a fear. I am ever in mental conflict with whatever I fear will happen to me. With inner peace, conflict flows through me without resistance because I have no attachment to it.

Any attachment is emotional. My emotional need for energy sub-consciously attaches me to whatever I need emotionally and who or whatever meets my need for emotional energy.

Unbalanced emotional energy drains emotional power. An emotional energy drain causes a need for emotional energy, which is an emotional need.

An emotional need is how I sub-consciously replace the emotional energy that I need.

Balanced emotional energy is creatively powerful, whereas unbalanced energy can be intensely destructive. Recharging my emotional batteries with what I need is far less powerful than my emotional connection to my main source of potential power.

The main source of emotional power is the empowered inspiration of wise mental authority.

The wise mental authority of my inner peace always flows effortlessly with emotionally balanced power.

The balance of potential power flows with pure emotional feeling.

Bad feelings are a sign of impure, mental thinking causing inner conflict.

Good feelings are a certain sign of creative thoughts being emotionally balanced and empowered.

Emotional balance requires the emotional intelligence to understand the contrasting extremes of the wavelength and frequency of personal energy.

A wavelength of emotion divides an energy vibration by male or female gender. This allows a contrast in focus with a choice of male perspective or female perception. I can choose the assertive sins of my male perspective or the submissive virtues of my female perception.

A frequency of mental thinking divides the same energy vibration by positive or negative polarity. This allows a right or wrong mental belief to feel good or bad emotionally.

Thoughts and feelings are relative to the personal experience of each Individual. Limiting beliefs cause fears

and bad feelings. Inspired thoughts are transmitted & received with a pure frequency of mental energy and conveyed on a pure wavelength of emotional feeling. Pure thoughts have a peaceful quality that is conflict free. Pure emotions have a balanced gender, which is an emotional marriage in holy or whole communion with the pure thought that is its vibrational partner.

- Undivided by gender, my emotions are balanced
- Undivided by polarity, my thoughts are at peace
- Undivided by intensity, my harmonious experiences are without either drama or trauma

Drama is the entropy of chaotic experience that is caused by the limiting perspective of my fears.

Trauma is the inert experience that is caused by my perception of my emotional need for energy.

Spiritual well-being is the experience of the effortless flow of emotional power that is created by the balanced emotional competence of my wise mental capacity. The physical capability to live in harmony with my Self and with the Planet Earth requires my spiritual accord with my Soul.

Spiritual accord is the physical harmony of the peace of mind that allows emotional balance. With the emotional balance of mental peace, I am in physical harmony with my spiritual accord.

Spiritual accord is the oneness of my Self and my Soul. It is the holy communion of the unity of my ego self with my Soul Entity.

My Soul is my spiritual Beingness. Spiritual Beingness is the essence of the Soul.

“Being Well is my essential nature”

The purpose of my physical Self is to experience the essential nature of my spiritual Soul. In this way , I emotionally explore, mentally discover and physically experience the intrinsic nature of my Soul/Self.

Being in spiritual accord is attractive. Attracting the experience of wellbeing requires my creativity to flow, without the chaos of entropy or the resistance of inertia. The entropy of my chaotic problems is caused by my negative mental perspective. This is unattractive action. The inertia of my emotional potential is caused by my negative emotional perception. This is non-attractive activity.

The flow of physical opportunities is created with the active creative attractivity of my spiritual accord.

The emotional activation of my mental creativity is physically beneficially attractive.

Negative beliefs and fears cause unimaginative mental thinking, which detrimentally affects positive emotional potential.

Creativity thrives with positive emotional power. Neither intellectually constructive thinking nor unintelligent destructive thinking has the power to be potentially creative.

“The potential source of all creativity is Imagination”

Imagination is the Source of Wellbeing

“Most people cannot imagine how well they can be”

Can you imagine how wealthy you already are?

Can you imagine how powerfully you can express the purity of your emotional state of being?

Can you imagine how wise you already are?

Can you imagine how wise your intuitive choices can be?

Can you imagine how healthy you already are?

Can you imagine how healthy your body is capable of being?

- To become more wealthy and emotionally powerful, I am required to feel how wealthy I already am.
- To become wiser and more mentally at choice, I am required to know how wise I already am.
- To become healthier and more fit for purpose, I am required to see how healthy I already am.

“My Soul is omnipotent, omniscient & omnipresent”

Imagination is my personal connection to my all feeling, all knowing & all seeing Soul. It is the intuitive connection between my Soul and my Self.

The process of creating mental pictures with the memory of my intellect is called Visualisation. When I put different pictures from memory together, I can visualise what they create. I am manufacturing a visual picture from memory. I am not initiating a new innovation or invention. I am just putting the pieces of the jigsaw together in a different way.

They may taste different, smell different, feel different, sound different or appear a different size, shape or colour but they are not inspired by my imagination.

Imagination is the creative genius of the Soul. I'm a genie when I create something new in my imagination.

Everything that has ever been created into physical reality started life in the imagination of the Creator. I am the creation of my Soul as I imagined my Self to be.

My Self cannot imagine itself as a Creator of itself. My Self has no idea or inkling how to create itself anew. Only the Soul has the imagination to see its Self as a Creator of its Self. Only an awakened & enlightened Self can see itself as the Creator of its own Reality.

“My Real Self is the Creator of my Self and my Reality”

Only the Soul can imagine how the creation of its Self will manifest.

Imagination is the insight of my 'third eye'. My third eye sees with the intuitive imagination of my Soul. When I intuitively see with the imagination of my super-conscious insight, I am in alignment with the creative ability of my Soul.

My Soul is creating, in every present moment, a divine experience of Happiness & Wellbeing for its Self to experience.

For my Self to choose the imaginary experience of happiness & wellbeing in physical reality, I am required to remember what my Soul has chosen to create for its Self. When I realise in my imagination what my Soul has created for its Self to experience, I make that spiritual connection

(inspired thought energy) a physical reality. I can visualise what my sub-conscious mind thinks is my real experience or I can imagine what my super-conscious thought is creating as my true reality.

My super-conscious, omnipotent, omniscient & omnipresent Soul is creating the experience of wellbeing, which it imagines as a divine experience, for its Self.

Unless I realise what my Soul imagines, I cannot experience it as a reality. I have no idea what being well looks like, feels like and is like, until I experience the imagination of my Soul as a physical reality.

Once I have experienced well being as a physical experience, I can then visualise how well my life can be in future. Imagination is a present connection with my Soul.

“My Soul always presents its Self with a Present in the present moment”

Visualisation is a future projection of memories from the past into a projected future. I call this a project. Future projects require the visual ability to rearrange the present. My current assignment is to realise the imaginative creations of my Soul, which allow my experience of wellbeing. I have no interest in a future project called wellbeing. I choose to be well now, not in the future. When I put my wellbeing in the future, I am left with my lack of wellbeing to experience now. Visualising my wellbeing in the future has no emotional power, so it is unwise. My wealth of emotional power is present in my gratitude & appreciation of being well right now, not ill yesterday or unwell tomorrow. When I visualise how bad my illness can

become, I cannot imagine ever being well again. When I remember how bad my illness was yesterday, I cannot imagine ever being better tomorrow.

“Wellbeing is a present that is acceptable every day”

My Soul never stops presenting me with opportunities to experience my wellbeing. I cannot take those opportunities whilst I am seeing illness, ignorance & discomfort as a problem. Problems, fear and pain are the biggest challenges in my life.

Overcoming fear, pain & problems is the gateway to Wellbeing.

I cannot overcome fear with intellectual reasoning. I cannot intellectually reason my way out of pain. A solution is an intellectual reason for avoiding the fear of pain, not overcoming the pain of fear.

I overcome fear with the wisdom to confront it and replace it with my truth. That requires imagination. It requires the genius of my magi. The magic of genuine wisdom in the form of an inspired revelation.

I overcome pain with a wealth of emotional power. The pure emotional power of a prime, a natural or a divine attribute overcomes any feeling of pain. The natural attainment of happiness contains the emotional attribute of divine joy, which is the complete absence of any pain.

I overcome problems with a healthy mental perspective and a healthy emotional perception of life. A healthy physical experience of life is attained with the attributes of a wise perspective and a wealth of perceptual awareness.

The Awareness of Perception

With no distinction between being conscious and being aware, I have no distinction between my perspective and my perception. I am unaware of my emotional perception because I am limited to being conscious of only one perspective.

With only one perspective, I have no choice. I see one choice as having no choice but to take the only choice that I have. When my mental perspective is fixed because my mind is closed to other options, my choice is severely limited by my choice of a closed mind.

An opinion is a belief that is open to debate. A belief is an opinion that is a sub-conscious truth. What my sub-conscious mind believes to be true is the attitude of my perspective. A conviction is a belief that is not open for debate and my sub-conscious will defend it steadfastly. It knows from past experience that it will be convicted of its convictions unless they are strongly defended. A defensive attitude to a convicted belief is a staunch attitude of both scientific theorists and religious theologians.

The problem is that neither scientific theory nor religious theology recognise the perception of spiritual awareness as being distinct from their physical perspectives of life.

Neither science nor religion allow the creative imagination of a wise Individual to disprove the intellectual rationale of their particular professional logic.

Neither intellectual rationale nor professional logic has the individual creative genius of wisdom. Although wisdom is a mental choice, it requires the awareness or emotional perception of intuition to be able to choose it. Professional

intellect is devoid of imagination, which means that it is unable to perceive choices with wisdom. The best it will ever achieve is a best guess, which is the intellectual definition of intuition. They have not yet realised that their best guess is intuitive. Their perspective is a guess because in the absence of perception, they are unable to perceive it to be anything else. The reason that they consult the wisdom of ancient philosophy is because modern philosophy is devoid of wisdom, being full of intellectual reasoning. They have no perception of the 'scients' of the Gnostics or the 'gnosis' of the Alchemists. Turning base metal into gold was the alchemical metaphor for turning knowledge into wisdom. Knowledge is the basis of perspective and wisdom is perceived to be golden.

- Mental Ethos has a golden rule
- Emotional Pathos has a golden mean
- Spiritual Logos has a golden ratio.

A wise perception of these ancient philosophical terms is lost to modern science:

- As a Golden Rule, I can be unto others as I choose for others to be unto me; or I can do unto others as others have done unto me
- As a Golden Mean, I can be emotionally balanced with mental peace and physical harmony, or in chaotic entropy, with the inertia of my resistance to flow
- As a Golden Ratio, I can choose the conscious awareness of mental perspective & emotional perception in equal

quality and quantity, or the closed mind of a convicted unshakeable logic

With the wisdom of intuition, I perceive ethos to be my mental influence, pathos to be my emotional influence and logos to be my spiritual influence. With all three influences in accord, my choice is always golden.

With a wealth of intuition, I perceive Eros to be sexual erotic love, I perceive Philos to be romantic platonic love and I perceive Agape to be pure divine Love.

With all three aspects of love in accord, my emotional experience is powerfully golden.

How sex, romance & love influence our life is a mental, emotional & spiritual mystery; to most rationally intellectual people.

With my healthy intuition having a wealth of wisdom, I see that:

- Eros & Philos are the influence of our individual sub-conscious emotional needs. What I need emotionally, and my partner needs emotionally from me, determines the nature of our attachment to be romantic, erotic, sexual or platonic.
- Ethos & Pathos are the influence of our mental programmes & beliefs. I am influenced by the ethos and the ethics of the behaviour of similar minded people. I am influenced by the pathos and sympathy of those who are sensitive to my beliefs.
- Agape & Logos are the influential power & authority of my Soul. When my Soul is the primary influence in my

life, I am spiritually enlightened, aware and inspired by the pure light of my Soul's pure love for its Self.

- The Pathos of Philos causes the non-attractive inertia of similar genders of energetic wavelengths of unique emotional feeling.
- The Ethos of Eros causes the unattractive entropy of opposing polarities of the vibrational frequency of our personal thinking.
- The Logos of Agape allows the pure potential of life to attractively flow into the experience of our individually exclusive, physical reality.

The Ancient Greek Philosophers did not gain this as a posteriori knowledge from their own physical experience of life. They sensed this a priori knowledge intuitively and were challenged to live it experiential with full conscious awareness.

Their wise intuitive perceptions allowed their unique spiritual perspective of life in Ancient Greece.

The origins of philosophy are in the love of Philos and the wisdom of Sophia. As the philosophy of the Alchemists lost its spiritual perception, it morphed into the Physical Sciences of the modern day.

The emotional perception of our awareness has devolved out of our mental perspective of physical consciousness.

Consciousness has become the hard problem of neurological science due to a complete absence of emotional intelligence, creative imagination and any spiritual sense of intuition.

Wellbeing is an Energetic Experience

Wellbeing is an energetic experience that requires:

- The Mental capacity of an energetic mind called Wisdom
- The Emotional competence of an energetic heart called Wealth
- The Physical capability of an energetic body called Health
- The Spiritual connection of an energetic Soul being Well

Without a spiritual Soul to imagine its Self being well, the experience of wellbeing remains an unrealised potential. In our logical, scientific, religious, intellectual, theological & theoretical mind, realising the potential of wellbeing is unrealistic. There is no perception of the truth of the experience of being well. Wellbeing remains a fact that is unproven with empirical data. Whilst our beliefs remain an untrue expression of what we truly value and our emotional needs remain the reality of our experiential mood, the fact is that the story that we are telling ourself of being well, remains a fiction.

Eastern Philosophy tells a story of wellbeing requiring the spiritual balance of 7 Chakras or energy centres in the body. These chakras, wheels or Tora of vibrational energy spin and rotate in a balanced & harmonious way when we are in alignment with our energy centre or Source.

Western Physicians have a limited knowledge of the 7 physical glands of the Endocrine System. They treat diseases of the endocrine glands without any concept of bringing them into balance, harmony or innate health.

Modern medicine treats its patients as being innately unhealthy, with no conscious-awareness of the physical & spiritual balance, harmony & accord of the:

- Pineal Gland of the Crown Chakra
- Pituitary Gland of the Third Eye Chakra
- Thyroid Gland of the Throat Chakra
- Thymus Gland of the Heart Chakra
- Adrenal Gland of the Solar Plexus Chakra
- Pancreatic Gland of the Sacral Chakra
- Gonad Glands of the Base Chakra

The experience of being well requires our personal energy to physically flow. Philosophically, we call this life force energy:

- Qi or Ch'i, as in Chinese Qigong life energy
- Ki, as in Japanese Reiki healing energy
- Prana, as in Sanskrit life force
- Aether, as in Greek essence of life
- Holy Spirit, as in Christian theology

Flow is the natural state of wellbeing. In the presence of a clear direction of flow, all is well. In the absence of a clear direction of flow, we experience being lost, being confused and getting very frustrated with our life.

Frustration is the affect of being lost & confused, which causes the entropy, inertia and resistance that we experience as our reality.

- Entropy is the chaos of our mental ignorance, due to the absence of our wise thoughts
- Inertia is the poverty of our insensitive emotion, due to the absence of beneficial wealthy feelings
- Resistance is the physical discomfort (dis-ease), due to the apparent absence of healthy experiences

Sh!t happens and life is hard because that is what we believe, so that is what we attract as our experience and that is what convicts us in our belief.

- When I am lost, I become inert and unable to make a mental choice of direction
- When I am confused, my entropy disallows any clear emotional feelings
- When I am frustrated, my resistance is an indication of my not being present

My life force energy can only be flowing well, when I overcome the inertia of resistant entropy caused by the poverty of ignorant discomfort and become clearly wealthy in the wise direction of my present health.

- To experience being healthy, my physical health is required to be present as a beneficial present
- To experience being wealthy, my emotional wealth is required to clearly support me
- To experience being wise, my mental wisdom is required to directly guide me

Wellbeing requires that physical reality is an energetic experience of mental thought and emotional feeling being in balance & harmony.

Being lost, confused & frustrated by the inertia, entropy & resistance of the poverty, ignorance & disease of an unemotional, insensitive & inclusive experience of a traumatic & dramatic version of life, is the negative perception of an untrue perspective, called not being well.

With clarity & presence, I find my direction in the innate natural flow of emotional wealth, exclusive wisdom & sensible health that I experience with the positive perception of my true perspective, when I am just Being Well.

To Be Well, I just have to be my Truly Real Self by exploring, discovering & experiencing who my True Self Really is.

Consciously Being Well

Consciously being well requires the ability to choose my own personal experience of wellbeing. It is choosing what is wise, wealthy & healthy for my Self, relative to whatever is occurring in my life.

I always have a choice of perspective in relationship to whatever I am perceiving to be happening in my life.

“My level of mental Consciousness (relative wisdom) determines my level of emotional Competence (relative wealth) to consciously & competently Create my own chosen experience of physical reality (relative health)”

My level of mental consciousness determines my perspective of how I see my life happening. I can perceive my life to be happening:

- To Me
- By Me
- Through Me
- As Me

The consciousness of my perspective, relative to the competence of my perception, causes:

- The sub-conscious incompetence of chaos
- The conscious incompetence of problems
- The super-conscious competence of lessons
- The supra-conscious competence of opportunities

The awareness of my perception, relative to the capacity of my consciousness, causes:

- The Accidents of unattractive Intolerable Entropic Chaos, without a comfort zone
- The Incidence of non-attractive Tolerable Inertia, within my comfort zone
- The attractive Resistance of Acceptable Challenge, outside my comfort zone
- The super-attractive Flow of Creative Opportunity, when I am in the Zone

Raising the level of my Consciousness, the competence of my attraction and the attitude of my perspective requires the Enlightenment of my own Personal Path of Ascension.

“I am ascending on a path of enlightened wellbeing”

My wellbeing becomes more enlightened as I ascend on a spiritual path of raising my perspective from:

1. Life happens to me as an intolerable accident, caused by the entropic chaos of my sub-conscious incompetence, to:
2. Life happens by me with the inertia of a tolerable solution to the problems of my conscious incompetence, to:
3. Life happens through me as an acceptable challenging resistance, which comprises the lessons that allow my conscious competence, to:

4. Life happens as me with the inspired revelation of a creative opportunity flowing into my reality with unconscious competence.

To experience the creative experience of Being Well, I am required to be the Creator of my own experience of wellbeing, as well as being the creation of my own creative creativity. Without the creative creativity of my Soul in creating the experiential experience of my Self, wellbeing is just an unrealised potential.

Wellbeing exists when I am being well my Self. Being well exists when I create the experience of being well enough, myself.

Being well enough is a relative experience of the absolute state of Wellbeing.

Wellbeing is a joint creation of the true reality of my Soul/ Self. It requires a wealthy heart, a wise mind and a healthy body to fully experience the creation of my own creative potential.

“My Well is the Source of my health, wealth & wisdom. I cannot draw from my well with a bucket that is full of holes”

Keith Collins
February 2021