Daily Life Lessons 2007

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Sarcasm, Criticism, Cynicism

Sarcasm is bitter, caustic irony that sees the bad in others good. It is a form of anger created by a negative perspective of life that highlights incompetence.

Criticism is a detailed negative analysis of a situation or of an action. The critic seeks to eradicate imperfection by highlighting it. It is frustration created by the inability of others.

Cynicism seeks to destroy the stronghold of social conventions. A cynic is intolerant of the authority of society in general and suffers the intolerance of its own inability to act from its own authority. Sarcasm, criticism and cynicism are the three weapons of the Interrogator that are designed to cause embarrassment, shame and humiliation and send the Aloof scuttling off to their cave.

We are critical of a person's inability; we are cynical of a person's incapacity; and we are sarcastic about a person's incompetence. Criticism undermines our ability and destroys our self esteem; cynicism undermines our authority and destroys our self-confidence; and sarcasm undermines our power and destroys our self-worth.

Low self-esteem through criticism is shame; low self-confidence through cynicism is embarrassment; and low self-worth through sarcasm is humiliation.

Shame experienced through criticism creates frustration; embarrassment experienced through cynicism creates intolerance; and humiliation experienced through sarcasm creates anger. Sarcasm is fed by the resentment of non-approval; cynicism is fed by the remorse of non-acceptance; and criticism is fed by the regret of non-acknowledgement.

The need for approval is without power and attracts sarcasm; the need for acceptance is without authority and attracts cynicism; and the need for acknowledgement is without ability and attracts criticism.

JULY 31, 2007

The Critic

The 'critic' needs to be right and to justify their own perspective of reality as being the real truth.

The critic believes that there is only one perfect reality that we all seek and the critic becomes the guardian of that singular reality. One singular reality cannot exist in a dual reality world created for the purpose of experiencing extreme polarities of opposing reality, and everything in between.

Duality, or relative existence with dual polarity, cannot by definition have one fixed reality. This three dimensional realm, of Space-Time-Reality, has infinite spaces, eternal times, and multiple continuous realities. 'Multiple continuous realities' means that we each have created and exist within our own reality, as we exist within our own space and our own time.

Our reality is very valuable and is defined by our True Values and is as unique and valuable to us as is our valuable 'time' and our valuable 'space'. We appreciate how valuable our time is when we run out of time, and we appreciate how valuable our space is when we are deprived of it. We appreciate our reality, and our reality appreciates, once we appreciate that we create our own reality. The critic, however, compares their reality to the reality of another in order to make a valued judgment of which reality is real, by virtue of its superior existence. The criticism of a judgmental critic may be valued but is never appreciated.

Superior and inferior are just a subjective judgment of what is good, better or best as opposed to what is bad, worse or worst. They measure a scale of relative perfection in a world that is designed to be relative and imperfect.

In a truly 'perfect world', criticism is not possible as everything is perfect and cannot therefore, by definition, be criticised.

It is the imperfection of this world that allows the critic to exist and to make judgments of relative imperfection that exist as criticism. If perfection is being right then the critic can never be 'right', except of course from the perspective of their own reality.

JULY 30, 2007

Obsessive; Possessive; Compulsive

- Obsessive is the need to do.
- Possessive is the need to have.
- Compulsive is the need to be.

An obsession is an unreasonable behaviour that we are driven to do as a pre-occupation that disables us.

Possessiveness is a demeaning belief that we have to have or have to own as a possession, without which we will become incapacitated. Compulsion is an in-essential, un-necessary need to be who we think we should be, lest we be seen as in-competent.

Our obsessive incapability is due to our disconnection from our ability and causes low self-esteem.

Our possessive incapacity is due to our disconnection from our authority and causes low self-confidence.

Our compulsive incompetence is due to disconnection from our power and causes low self-worth.

Our obsessive acts become our dramas.

Our possessive words become our beliefs.

Our compulsive thoughts become our emotional needs.

Dramas are obsessive acts that disable us.

Beliefs are possessive words that own us and incapacitate us. Needs are compulsive thoughts that disempower us.

When we feel the essence of our power, we are empowered and inspired with self-worth and no longer need to be compulsive and incompetent.

When we know the meaning of our authority, we are authorised and authenticated with self-confidence and no longer believe that we are possessive and incapacitated.

When we see the reason of our ability, we are enabled and infused with self-esteem and no longer act obsessively, pre-occupied and disabled.

JULY 29, 2007

The Sub-conscious & the Unconscious

The Unconscious holds our Truth, whereas the Sub-conscious holds our truths or beliefs. Our Conscious Mind determines our personal truth based on our beliefs and this becomes our reality.

The Unconscious resides in the Realm of the Absolute, where only Absolute Truth exists. The sub-conscious resides in the realm of the relative, where everything is either conscious or sub-conscious and is seen to be either a truth or an untruth.

Relative truth is either subjective, a truth that we have personally experienced as real, or objective, another's experience that we share or they have shared with us.

Absolute Truth is Adjective, which is the Truth of who we are Being or who we really are.

To use the analogy of a computer: Our physical body is our 'hardware' and is a reflection of our physical reality. Our mental and emotional states of being are a result of the 'software programmes' that we are running on our hardware. Regular programmes are believed to be the truth and anything that is not within our mental and emotional programming is thought to be untrue or false.

Our Truth resides within our 'Operating System'. If we are alive our 'system' is 'operating', although unless we are awakened, we will not be aware of it.

How well our operating system functions depends on the quality of our hardware – our health; the quotient of our mental beliefs – our wisdom; and the magnitude of our emotional needs – our wealth. Our sub-conscious programmes run our conscious reality on our unconscious operating system.

Who designed the operating system is 'the mystery'!

JULY 28, 2007

Fulfilment

Fulfilment is the conscious manifestation of our dreams into physical reality.

When our dreams become realities, we experience fulfilment. There can be no fulfilment without first dreaming of an intention or intending a dream that we desire to manifest into our reality.

A subconscious dream is one that we experience whilst asleep that we may or may not remember.

A conscious dream is a future reality that we conceive in our imagination. When we imagine a future desire it becomes our dream to bring it into our present reality.

When we live our dreams we are focused on bringing an image of our future into our present reality.

When our reality is filled full of our past dreams that we imagined in our future, we become fulfilled in that present moment of time. Success is an achievement that disappears in the next moment of time.

Fulfilment is a feeling that we carry forward as an emotional state of being, in the presence of our dreams.

We achieve physical goals and tasks.

We are fulfilled with heavenly or divine revelations.

Fulfilment is an emotion that we experience with the Joy of realising a dream.

Joy is the emotion on which our dreams are delivered and is the emotion on which we travel into the future space in which our dream is already a reality.

Manifesting our dreams is the way to experience the state of being Fulfilled; realising the power on which our dreams are delivered is Joy; and Contentment is seeing our ability to create anything that we can dream.

Happiness is the state of being content, joyful and fulfilled.

JULY 27, 2007

The Seven Abilities

- 1. The Redeemer is the One who redeems our connection to the genius of our intuitive imagination, in the knowing that life just is whatever we create it to be.
- 2. The Teacher is the One who reminds us of our true inheritance and choice. Our inner teacher allows us to learn our true nature and make our conscious choices as to who we have chosen to be.
- 3. The Overcomer is the One who enlightens our path of sufficiency, contentment and enough. There are no obstacles, limitations or scarcity on the right path, once we overcome the trials and tribulations of the left path and recover our destiny from our fate.
- 4. The Comforter is the One who empowers our journey with beauty and joy and restores our power. Our travels through the darkness of fear deplete our resources until the comforter reconnects us to our true source of power, which is the Way of Love.
- 5. The Healer is the One who repairs the damage and dis-ease that we incur when following our fate. Well-ness is our ability to equalise the forces of relative duality, passing through the eye of a needle whilst walking a tight rope of inspiration on the straight and narrow path that is the journey of our destiny.
- 6. The Messiah is the One who reveals the paths that others are walking as a direct reflection of who we ourselves are being. Through the revelations of who others are being we see the reflection of our own shadow self.
- 7. The Saviour is the One who remembers who they are and why they are here. The saviour remembers that they are not here to save others but to save them self from the fate of dual reality life and death. The whole world will be saved when each Soul saves its Self for a better Life.

JULY 26, 2007

Allowing the Flow

The Energy of Source flows with Abundance. To connect to Abundance we are required to connect with the flow of creation in order to manifest whatever we consciously choose to attract to us. We know that what we want is on the way when we can feel the flow of emotion on which it is delivered.

When we cannot feel the flow of emotion, we do not know and we have to hope that what we want will be delivered.

To live in hope is to live in the expectation of hope instead of the expectant knowing that we are in the flow and what we want will be delivered.

Any negative thought disconnects us from the flow and disallows our sense of knowing. A negative thought takes us out of the Now. Source Energy flows through the Gap in the Now. We move out of the flow when we move out of the gap and out of the now.

The flow can be perceived as good or bad or as 'just is'. We can resist what is bad and embrace what is good, yet this is just a perception from our own perspective based on our mental beliefs and emotional needs.

The polarity of our feelings is determined by our thoughts about those feelings, which are determined by our beliefs. To allow a positive flow requires us to alter any negative beliefs that

are resisting the flow.

Resisting the flow does not stop the flow, as what we resist persists. Resisting the flow means that we are receiving a negative effect of what is flowing into our life because of our belief about it.

When we allow the flow, we know that it always has a positive effect once we have learned to change our perspective and eliminate our resistance.

We consciously stop the flow of creative energy when we cannot cope with our own negative thoughts.

JULY 25, 2007

My Soul

My Soul Is: My Redeemer who allows me to be Right My Teacher who allows me to be Safe My Overcomer who allows me to be Free My Comforter who allows me to be Loved My Healer who allows me to be Better My Messiah who allows me to be Acknowledged My Saviour who allows me to be Successful My Soul is my Inner Coach My Inner Coach meets my emotional needs; is my Faith, and is the Guardian of my Destiny. My Inner Coach shows me the Way of Love; the Truth of Light; and the Life of Life. My Soul and Inner Coach are my Real Self.

JULY 24, 2007

Being "Adjective"

An "adjective" is a thing (noun) that describes a thing (noun). Being "Adjective" is the state of Being in Beingness that we are Being. We are being adjective when we are consciously-aware of our state of being.

We describe what we do with a verb (a doing word). We describe our State of Being with an adjective (a descriptive word).

When we are unaware of our state of Being, we default to the role that we are playing, which is what we are doing.

Doing Life-Coaching is how we assist others to 'do' or achieve their goals.

Being a Life-Coach is how we 'model' a state of Being in our Life as an example of how we coach others to Be.

When I am doing Life-Coaching, I am sharing a 'subjective' truth with an 'objective' client.

When I am Being a Life-Coach, I am sharing an 'adjective' truth of who I really am.

A state of Being is not something we do, even though the verb 'to be' is seen grammatically as a doing word.

A state of being is a State of Being and can only be described 'adjectively'.

"Adjective" is an adjective that describes our State of Being.

JULY 23, 2007

Co-Operating

Co-Operating is working together in harmony for mutual expansive growth.

"To share someone else's time and space, even for just a short while, we are required to share their reality as well."

When we share time with another, we are on the same frequency as they are; when we share their space, we are on the same wavelength as them; and when we share their reality, we share the same vibration. Our fluctuations are concordant and our fluency is congruent. This means that whether we are on track or off track, we are still co-working in harmony and Co-Operating.

To share Time together, we are required to know what each other knows with the same quota of Time and force of Authority by Being Exclusively-Connected.

To share the same Space, we are required to feel what each other feels with a similar quantity of Space and magnitude of Power by Being Emotionally-Rational.

To share a similar Reality, we are required to see what each other sees and have the same quality of Reality and potential Ability by Being Sensitively-Detached.

Soul-mates covenant to work together in Co-operation on their own separate paths.

Co-operation is "inter-developmental" working in "separatetogetherness" following our own unique destiny in harmonious partnership with others.

JULY 22, 2007

Fluent & Fluctuating

Time is fluent and flows by, when we are happy. The happier we are the more fluent time becomes and the more fluent times become. Reality is fluent and life is effortlessly flowing when we are 'on track'. When our reality is fluent, we are happy and time and reality flow together in space.

When life fluctuates, it is because we are 'off track' and 'out of balance'.

Fluctuation is the experiencing of both ends of an opposing reality sequentially in time. It is when our reality goes from one extreme to another. From the 'ridiculous' to the 'sublime'.

Fluctuating times and realities are created when we are off track and sub-consciously projecting detrimental choices into our future. When our choices are not consciously created in a spirit of love, harmony and co-operation, they create a vortex of negative energy that returns to 'rock our boat'.

Realities become confused and create entropy, resistance and friction when they collide headlong in frustration, anger and intolerance.

JULY 21, 2007

Reality

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

Whereas Time appears to be sequential, Reality appears to be fixed and unchanging, except over the passage of time it appears to evolve with time.

We look at the reality of the time as though each 'era in time' has a different reality. The reality of the 20th century appears to have evolved from the reality of the 19th century.

Reality is only fixed by our perspective and becomes fixed because we constantly pursue a fixed perspective which we call the truth. Whatever is adjudged to be untrue is deemed to be a false perspective and not real, or not a true reality.

The truth is that reality is not fixed but fluent, once we believe it to be so. The problem is that we are not fluent in the truth of this reality or the reality of this truth.

The truth is a paradox in this world of relative duality and dual reality, in which we live. The paradox is that: Nothing is true and whatever we believe to be true – is true. It is true because we create our own reality, which is our perspective on life, or how we believe and perceive our life to be real.

Because of the existence of Time, life appears to be continuous, and whatever continues to turn up consistently, becomes our experience, our truth and our reality.

We have forgotten that if we do not like our reality, we can change it, because we created it our self in the first place.

When our reality is the same as everyone else's, we are considered normal, and we subscribe to re-creating each day what we consider to be normal.

We all have the potential ability to discover the magnitude of our power and the force of our authority to create our own reality consciously. This is possible but far from normal.

Yet this is only true once it becomes our belief and manifests as our own personal reality.

JULY 20, 2007

Equability & Equality

Equability is our equal ability to create our own reality with our thoughts, our words and our deeds. The Universe is totally unbiased and without discrimination, and its Laws are Absolute and Equable. The Law of Attraction favours everyone equally, and is unfavourable in equal measure, created solely by our choice of perspective and how we perceive our life experiences. Our beliefs create our reality, which reinforces our beliefs. When we treat others with equability, we recognise and acknowledge that where they are, and what they are experiencing, is the effect of what they have individually chosen. With equability we are able to: allow others to have whatever they choose; approve of who others are being; and accept whatever others are doing.

Equality or E-quality is the quality of our Energy. Whereas we all have an equal energy potential, the potential of our energy is the product of the force of our authority and the magnitude of our power. Our ability to connect to our power and authority varies depending on our own unique, individual and exclusive circumstances, beliefs and emotional needs. Therefore, whereas in theory our potential to connect to our energy is equal, in practice the quality of our energy rarely is equal. "Some are more equal than others" means that the quality of our energy varies dependent on its force and magnitude and can be measured or perceived as being either higher or lower, greater or lesser, than someone else's. The purpose of Life is seldom to seek equality with others but equality with our Soul. Once the quality of our energy emanates and resonates from, and with, the Energy of our Soul, we will have equability between our Self and our Soul, and will then realise our full creative potential.

Seeking equality with others will not necessarily direct us on the path of our Soul, whereas choosing equability with others, necessarily will.

The Ridiculous to the Sublime

Sublime is a state of being in a high place of outstanding spiritual intellect and emotional joy.

Ridiculous is being in a state of ridicule, low physical intellect, and mental incompetence.

A paradox of life is that an atheist sees the sublime as being ridiculous, whereas the religious martyr sees the ridiculous as being sublime.

To a logical thinking person, being emotional, sensitive and connected is ridiculous, yet being rational, detached and exclusive is sublime.

To an emotional feeling person, being emotional, sensitive and connected is sublime, yet being rational, detached and exclusive is ridiculous.

An emotionally-rational person, who knows the feeling of Oneness, experiences a state of being both sublimely-ridiculous and ridiculously-sublime.

Clarity

Clarity is being in our Power. When we feel our power with positive emotion, what we want becomes crystal clear.

When we feel totally positive about what we want – we know what we want with clarity. When we do not feel emotionally positive, we are confused. When we feel negative emotion, we become even more confused.

With confusion and without clarity, we lose our direction and our presence. Without presence we are disconnected from our potential ability, and the magnitude of our power is diminished.

The confusion that hinders the clarity of our power is due to the resistance to our Divine Flow, which is caused by our system of beliefs. Our beliefs control our thoughts and become our truth. Our personal truths based on our beliefs create our confusion, whereas, the Absolute Truth allows clarity. The Absolute Truth is that we can be, do and have what ever we want. The only limitation is created by our beliefs.

Negative beliefs stop the flow of positive energy, that is our power to create and manifest, from coming to us. When we know this, then we have clarity. Without this knowing, we feel confused and powerless.

Thoughts are creative and are generated by our beliefs, therefore, what we believe is what we create as our reality. The integrity of our reality is relative to the absolute purity and clarity of our beliefs. Following our beliefs will often result in confusion. Following our faith will give us clarity. A belief is based on a past experience, whereas an act of faith is based on a future knowing.

Absolutely knowing our future choices, clarified in the present, clear of resistance from past beliefs, will always faithfully appear.

Blessings & Curses

When an experience is positive it meets an emotional need, raises our energy, and is a blessing.

When an experience is negative it creates an emotional need, drains our energy, and is a curse.

Blessings and curses are a drama that either raise or lower our emotional energy. They are the effect of our belief, not the action of someone else, though when we are affected by other people's actions, we may see them as blessing or cursing us.

When in a state of being detached, we know that other people's actions are neither a blessing nor a curse, just other people's actions.

Sensitive people feel the effects of other people's action because they are neither contained nor insensitive to what others are doing. Detached people who are insensitive will deny that blessings and curses exist because they have no awareness of how other people affect them emotionally.

Sensitive people with attachments to other people will become a victim of other people's blessings and curses, because they have no defence against either.

With sensitive-detachment we become transparent to the emotional actions of others and immune to their blessings and curses. Without sensitive-detachment, blessings and curses will have a positive or negative effect on our path, and will be seen as good or

bad depending on our perspective.

Thought, Word & Deed

A thought is a conscious energy received mentally. A word is a conscious energy transmitted emotionally. A deed is a conscious energy expressed physically. "Transmit all words with the emotion of Love". "Receive all thoughts with a mind of Light". Express all deeds with a will for Life".

Body, Mind & Spirit

- We use our Body for our sense of Feeling
- We use our Mind as our sense of Knowing
- We use our Spirit as our sense of Seeing
- We Feel two dimensionally with our physical and spiritual bodies.
- We Know three dimensionally with an awareness of Space, Time & Reality of energy, matter and motion.
- We See four dimensionally with our Heart, Soul, Mind (id) & Strength (ego).

Hope, Expectation & Desire

Desire is a future projection of our sub-conscious emotion. Expectation is a future projection of our sub-conscious will. Hope is a future projection of our sub-conscious mind. Our sub-conscious emotion feels without the power of our Heart. Our sub-conscious will thinks without the authority of our Soul. Our sub-conscious mind understands without the ability of our super-conscious Mind.

Our Heart realises its power through the feeling of Love. Our Soul manifests its authority through the knowing of Light. Our Mind creates its ability through the seeing of Life.

Desire is driven by a need, not the power of Love.

Expectation is driven a by belief, not the authority of Light.

Hope is driven by a drama, not the ability of Life.

We desire everything that we need physically and emotionally.

We expect our reality to be in line with our beliefs.

We hope that our life dramas will turn out for the best.

Passion is a past feeling of our sub-conscious emotion.

Judgement is a past thought of our sub-conscious will.

Trust is a past experience of our sub-conscious mind.

Passion and desire have no magnitude or competence as our power. Expectation and judgement have no force or capacity as our authority.

Hope and trust have no potential or capability as our ability. We realise our magnitude and competence of power by feeling Love in a state of Being in Awareness.

We manifest our force and capacity of authority by knowing Light in a state of having Consciousness.

We create our potential and capability of ability by seeing Life in a state of doing in conscious-awareness.

Allowing & Resisting

Positive and negative thoughts are not created by emotion. Positive and negative emotion is created by our beliefs.

Spirit becomes emotion by the action of the interference of our thoughts. Spirit just is and just flows. Spiritual energy in motion becomes e-motion at the point of our interaction with it. We interact with spirit by way of our thoughts.

Spirit does not create the thought. It is the thought that creates the emotion. Spirit just is.

Emotion is the power of our thought directed by the authority of our beliefs. The polarity or direction of our beliefs defines our authority over the power of our emotions.

How we interact with spirit is defined by the power and authority that we have over our emotions. This is our ability or our responseability for our emotions that is called our emotional intelligence. Our response-ability is dependent on our reason-ability, which is our ability to be consciously-aware of the reason for our beliefs and purpose of our intent.

The polarity or direction of the emotion that we are feeling is determined by our choice to either allow it to flow through us and flow with it, or to resist its flow and flow against it.

An allowing spirit creates a positive polarity and a resisting spirit creates a negative polarity. When we allow spirit to flow through us, we feel the Divine Love of our Source.

When we resist the flow of Divine Love, we face a challenge and an opportunity to examine our beliefs, which are the authority to make our choices. When we resist spirit with a negative belief, we experience a negative emotional state of Being.

To experience a positive emotional state of Being requires us to challenge and shift all limiting beliefs that create emotional needs and physical dramas in our life.

Contained & Controlled

Our sub-conscious id seeks to contain and control the conscious ego self within the boundaries of our beliefs and emotional needs. Our beliefs are the railway lines along which our sub-conscious thought travels to meet our emotional needs. Our train of thought is sub-consciously determining how to meet our needs emotionally. The journey is smooth and uneventful and the train runs on time as long as it stays on track and on schedule. In this analogy, the track is the space we inhabit and the schedule is the time we spend on our journey.

Trains run on a fixed track, to a consistent time, that creates a fixed reality – i.e. the train is controlled by the track and the schedule. In a similar way, we are controlled by our programmed beliefs, which are the rails on which we run, and our emotional needs, that need to be met on a regular basis, regulate our schedule.

Beliefs create behaviours and our behaviours become our schedule or time-table, which are our order and routine. When we run to routine and order, we are contained within our comfort zone and controlled by our beliefs and our needs.

Personal spiritual growth does not occur within our comfort zone. Containment, through sub-conscious order and control, disconnects us from our Soul's expansive purpose in Life.

When our routine and orderly life becomes habitual, we get locked into a system that becomes, over time, addictive and obsessive. We become controlled and contained by our obsessive addictions to getting our emotional needs met, and the sub-conscious 'fatcontroller' is on course for chaos and disaster.

Seers, Gnostics & Sensitives

We all default naturally to one of the three spiritual senses of Seeing, Knowing or Feeling.

Seers default naturally to their sense of Seeing with their spiritual eyes. Our spiritual eyes connect us to the genius of our imagination. False seers have the gift of foresight and prophecy, which sees one probable future but limits all other possible futures that are available to us through choice.

The unawakened who are not alert to their own messages may well seek the services of a prophet or fortune-teller to advise on their future. In such cases they are not creating their own future from their own imagination but accepting a future from the imagination of another that will become their fortune by chance and therefore their fate by default.

Gnostics default naturally to their sense of Knowing with their spiritual ears. Our spiritual ears connect us to the revelations of Knowing that are our Truth.

Gnostic means the One who Knows, and the One who Knows, knows only their own path, and they Know that they know only their own path.

False Gnostics congregate to form a religion called Gnosticism that portends to have the Knowledge of the mysteries of Life. Like all religions thay are using ancient texts and the gift of hindsight to pass on ancient knowledge to modern followers. Those who truly Know, know that this is not Divine Revelation in the present moment of Time.

Sensitives default naturally to their sense of Feeling with their spiritual hands. Our spiritual hands connect us to the clarity of our Power and Inspiration.

False sensitives feel the presence of the spirit world through insight and have an insight into the spiritual world that is not Divine and Holy.

It is through inspiration that we feel our Power not through insight. Insight is for the clear seeing whereas Inspiration comes to those who Feel with Clarity.

Prophets & Priests

- Clairvoyant literally means clear seeing or the ability to see into the future.
- Clairaudient literally means clear hearing or the ability to know the future.
- Clairsentient literally means clear sensing or the ability to taste or smell what is not physical.

None of these abilities is Divine because Divinity requires clarity of Feeling, presence of Seeing, and direct Knowing.

- We Feel with clarity to access our Power and become omnipotent, whereas when we see with clarity, we are playing the role of a clairvoyant.
- We Know with direction when we hear the word of our authority and become omniscient, whereas when we hear with clarity, we are playing the role of a clairaudient.
- We See with presence in the ability of the present moment and become omnipresent, whereas when we smell or taste with clarity, we are playing the role of a clairsentient.

In our future, all possibilities exist because we all have ultimate choice.

The clairvoyant has the ability to see a projection of one possible future. The question is whether it is the future of the client or a projection of the clairvoyant? Does the clairvoyant have a Divine Appointment to pass on a message to us, or are they just trying to earn a living?

Remember, all possibilities exist. It is possible for us to receive messages from all aspects of our life, including clairvoyants, astrologers and fortune tellers but they are all playing the role of the prophet.

The prophet gives spiritual guidance based on their interpretation of the future.

The priest, witchdoctor, shaman and pastor give spiritual guidance based on their interpretation of the past.

- One who has the Ability to See is a Seer.
- One who has the Authority to Know is a Gnostic.
- One who has the Power to Feel is a Sensitive.

The One who has mastered all three Divine Senses is the Messiah.

Better Than The Best

Being the best we can Be is Being the best we can be in that moment of time.

Being the best we can Be in subsequent moments of time is about being better than we were in previous moments of time. Therefore, being in a state of personal expansive growth is the best we can be, because this is the process of experiencing who we really are and why we are here.

When we are being the best we can be now, we are being better than the best that we were in a previous moment of time. Being better than our previous best is what personal growth is, and is why we are here.

However:

Wanting to be better than another is greed.

Wanting another to be better than us is pleasing.

Believing we are better than another is arrogance.

Believing we are not as good as another is humbleness.

Judging ourself to be better than another is pride.

Judging others to be better than us is modesty.

Being proud of not being proud is humility.

Needing to be better than another is competing.

Being adjudged as not as good as someone else is losing.

Being judged the best is winning.

Being better than the rest is elitist and creates hierarchies. To sum up:

Following our own path is best for us.

Allowing others to follow their path is best for them and for us. A Goodness that has no duality of bad is the best we can attain in this world.

Pain & Suffering

Pain is a physical sign of 'weakness' or 'dis-ease' that is an emotional blockage.

An emotional blockage resists the flow of spiritual energy called Well-Being.

When we experience negative emotion and repress it, it connects with our collective store of negative emotional energy and eventually manifests in the physical as pain. Emotional pain will eventually become physical pain as a symptom of illness or disease. In our rational world, we seek a rational cause of our pain, and of course the universe delivers one, unless we have diagnosed the cause our self, which is the same thing. We consult a doctor usually to confirm the actual arrival of our worst fears.

As the cause of our pain is always emotional then so is the cure. There are many ways to heal or release an emotional build up of negative 'stuff'. Laughing, crying, hic-coughing, screaming, chanting, singing, tongues, and orgasm are all ways of releasing pent-up emotion that is causing stress.

Stress is negative emotion that is causing pain but has not yet manifested as a physical ailment.

Psycho-somatic illness is one that doctors cannot diagnose as having a rational cause. No illness has a rational cause although it may appear to be a rational effect. The cause of all illness is emotional and is in our mind because that is where all Wellness resides also.

When we experience pain, we are experiencing the most intense negative emotion and receiving the most intense communication from our Soul.

What pain is telling us is that we have a large emotional build-up of negative energy that needs to be released.

When we release our pain consciously by becoming aware of its true cause, we have no need to continue to suffer.

Pain is inevitable, yet suffering is optional.

Motivated & Empowered

We are sub-consciously motivated to get our emotional needs met. We are super-consciously empowered to follow our true values. Before we can be empowered by what we truly love to do, we must first be motivated to meet our emotional needs.

We are motivated to meet our emotional needs because motivation is the act of being driven to get our emotional needs met. The drive to get our emotional needs met is our motivation.

When we motivate others, we are meeting their emotional needs, and when we meet another's needs emotionally, we are motivating them.

When we become empowered, we are connected to the source of our emotional power, we find our self-worth, and we fulfil our true values.

When we follow our true values, we experience our self-worth, feel empowered and are connected to our Source of Power.

When others motivate us, they are meeting our emotional needs, whether they are doing so consciously or sub-consciously.

We are never empowered by other people. Being empowered is not something that others can do to us, nor can we empower others. Empowerment is a state of being connected our Self to the Source of our Power. When we connect others to the source of their power, we guide and support them to become empowered.

Wanting & Choosing

Wanting is a belief that something is good for us. Not wanting is a belief that something is bad for us. We can want or not want something we have and something we do not have.

Wanting something we already have is ownership. Wanting something we do not have is desire. Desiring ownership is wanting to possess something which we may see as either good or bad. Choosing is attracting something to us by the action of our thoughts. We discern our path of travel and direct our journey in life as we move towards the subject of our thoughts.

The object of our thoughts becomes the subject of our experience. We choose, or are subjected to, the experiences that we attract by our thoughts.

Whatever we focus our thoughts on becomes our choice of experience, whether it is positive or negative, good or bad, wanted or not.

When we don't give something another thought, it leaves our sphere of experience, as we no longer attract it.

Thoughts of being, doing or having, eventually become our experience and become our choices. It is the act of thinking that makes us at choice.

Choice does not discern between right and wrong, that is wanting and not wanting. Wanting and choosing are not the same thing. Similarly, not wanting is not the same as not choosing. There is no such thing as no choice – we all have choice, whether we choose it or not.

When we say: "I have no choice" we mean that we will get something whether we want it or not. Whereas we always get the subject of our thoughts, whether we want it or not, this doesn't mean we have no choice. It means we have not chosen consciously with awareness of the Law of Attraction.

Having no choice is a belief created by our belief that we do not create our own reality. When we believe that we do not create our own reality then that becomes our reality, and we choose what others create for us, whether we want it or not – and that is our fate.

Attraction

Whatever we think and feel, we attract.

Attraction is an Absolute and therefore has no distinction between the polarity of positive and negative.

Emotion is our personal guidance system. Positive emotion guides us forward and negative emotion sends us round in circles to experience the same issues over and over again.

Dreams are a preview of what we are attracting with our thoughts and feelings. By changing the perspective of our thoughts and the perception of our feelings, we can stop our dreams becoming a reality.

Good is something we want and bad is something we deem to be unwanted. Good and bad are just a subjective judgement of what we do or do not want.

When we want for nothing and accept whatever turns up, we transcend wanting and the duality of good and evil.

When we guide our thoughts with positive emotion, we create positive outcomes, because our Soul always chooses a positive outcome for us.

Negative emotion is a sign that our heart (power) our id (authority) or our ego (ability) is in conflict with our Soul's choice.

The ego finds problems and seeks solutions, the soul sees opportunities and challenges through new experiences.

Contentment comes from choosing, then allowing, then receiving. The heart needs, the id believes, the ego wants, the soul has ultimate choice.

Fate & Destiny

Fate is the path of the unawakened spirit that is driven by the beliefs and emotional needs that create the dramas of life.

Destiny is the life-path of the awakened spirit that knows its vision, mission and purpose for incarnating into the physical realm of duality.

Both fate and reality are created by our individual thoughts, words and actions. Our fate is created by our conscious mind in conjunction with our sub-conscious programming. Our destiny manifests and is realised through the conscious connection to the power, authority and ability of our super-conscious Soul.

In the absence of becoming awakened to our destiny, our fate and our destiny are the same thing, which is our fate.

We are destined to follow our fate until we become awakened to our destiny, which then becomes our fate.

Our fate is to follow the path of love & hate, good & evil, and life & death. Which ever extreme of these dualities that we experience is seen as either our fortune or our bad luck, or seen as our misfortune or our good luck.

Our destiny is to move out of all extremes of opposing duality in order to explore, experience and discover the power of our Love, the authority of our Light and the ability of our Life.

Our destiny is to enjoy the trialities of Life, whereas our fate is to endure the duality of life & death.

Sensitive & Emotional

Being emotional is feeling our body's response to the vibrational state of being that is caused by whatever we are thinking or giving our attention to. Thought is the subject of our attention.

Being sensitive is feeling our body's response to the vibrational state of being of someone else.

Being attached is harmonising with someone else's emotional feelings. When we allow other people's emotions to affect us, we lose the ability to connect with our own emotions and stay subjective.

Being too sensitive or over sensitive is being adversely affected by someone else's emotional state of being due to our attachment to them or our identification with their emotional situation. Being too attached is being sensitive in a detrimental way to our own state of being. In other words their negativity is having a negative effect on us.

Being detached is having no emotional attachment to someone else's emotional state of being. It allows us to stand in the gap for someone else emotionally and be there for them without being affected by them emotionally.

Being detached means not sharing the resistance that another is feeling to their current vibrational state, which means not sharing that person's emotional state of being. It is being neutral to another person's positive or negative state of being.

Being neutral is being unaffected by another's emotional charge, whereas being insensitive is feeling no emotional charge from them. Being closed down to another's emotional state is to be insensitive. Being closed down to our own emotional state of being is to be unemotional.

Emotion

Emotion is an energy of communication, in motion from our Soul. There is only one emotion and that is the pure Love of the state of Being of our Soul.

Whereas only the One emotion is transmitted by our Soul, more than one emotion is received by our ego, once it has passed through the needs of our heart and the beliefs of our id.

When the ego receives the eager excitement of positive Joy, then Love is translated in a positive way.

When the ego receives the cautious trepidation of negative fear, then Love is translated in a negative way.

We become in two minds when our heart and our id are in opposition because our emotional needs are in conflict with our mental beliefs.

When we experience cautious eagerness or excited trepidation, we are receiving confusing messages of alternating polarity.

Whereas there is only One emotion, there are many ways of receiving that emotion when it is the effect of our polarised needs and beliefs.

Love is polarised by the purity of its Light, which defines our Life experience.

How we feel Love is determined by how well we know our Light that discerns how we see Life.

Every thought is a frequency of Light that is carried on a wavelength of Love that defines our vibration of Life.

All emotional states of Being are defined by their frequency of polarity, their wavelength of gender, and their vibration of intensity.

Bewitched, Bemused & Bewildered

When we are bewitched, bemused and bewildered, we are frustrated, confused and lost.

When we are frustrated in what we are trying to do, we are said to be attacked by demons or gremlins and we are the subject of curses that impede our progress. We are bewitched by the curses of our own thoughts and other people's words are a reflection of our thoughts that we have attracted.

When we are confused about who we are, we become bemused and our power turns from amusement to bemusement. Amusement gives us fun and pleasure whereas bemusement impedes our positive flow and cuts us off from our energy and power. We become bemused when we confuse who we are being with what we do for a living. We are bemused by our fate and the emotional needs that have driven us to follow it.

When we are lost, we are disconnected from the direction of our soul and following a path that leads us into bewilderment. The only cure for bewilderment is a spell in the wilderness to connect us to our true nature. Bewilderment is caused by the endless problems we encounter because we missed the messages that uncover our lessons that lead to an effortless life.

Bewitched, bemused and bewildered is the way, the truth and the life of all unawakened Beings who are not yet alert and aware to the clarity, direction and presence of their Soul.

Presence is the antidote to bewitchment; clarity clears away bemusement; and direction alleviates bewilderment.

At Choice

We can choose not to choose but we cannot choose to not have choice. We all have choice whether we want it or not.

To not have choice is to not have thought, so the only way to not choose something is to not give it another thought.

The problem with not choosing is, that like not thinking, it is a negative action, which will never promote positive growth.

Positive choice requires conscious-awareness of what we positively want and is what we choose with positive emotion. A good choice is something we want, whereas a bad choice is something we do not want.

The problem with wanting is that we often cannot decide what we really want until after we have experienced it and therefore already have it. Thinking that we know what we want is not the same as knowing what we want.

Life is not about having what we want so much as wanting what we have by continually choosing what we know we really want.

Choosing to know what we want will bring us wisdom but may also bring us knowledge of what we don't want in the process.

The choice of the heart is the passion of our emotional needs; the choice of the ego is the desire of our material wants; the choice of the sub-conscious id is the belief of our past experience; the choice of the Soul is our personal spiritual growth.

The heart chooses the power of love; the id chooses the authority of our truth; the ego chooses according to our physical ability; and the Soul's choice is all three.

When we choose the power of self-worth; the authority of selfconfidence; and the ability of self-esteem; the Soul will find its Self.

The Meadow

Life is like a meadow that flows through cycles called seasons. Every spring it 'springs' into blossom and reveals its beauty and vibrance.

Every summer the flowers turn to seeds that store the potential for next year's growth.

Every autumn the grass hibernates and the leaves fall from the trees as the meadow prepares for winter.

Every winter is a period of rest and recuperation, ready for the imminent return of spring, when we shall reap the rewards of what we have sown.

A winter of discontent is always followed by a spring of blossoming joy and a summer of expansive growth and fulfilment.

Autumn and winter are essential for the cycle of continuous growth in nature.

We are a part of nature and a journey, that cycles through the seasons of life, is essential to the personal spiritual growth of our nature.

Our wonderful journey to discover, explore and experience our own nature is interrupted only by the nature of our own beliefs, dramas and emotional needs.

It is Man's ego that ploughs up a meadow for monetary gain and chops down trees and hedgerows to maximise profit.

Only Man would try to manipulate nature for Man's own end. Man grows fields of produce for material gain. Only nature grows meadows.

Intimacy & Oneness

Intimacy or 'in-time-acy' is being in the flow and is the harmony of concordant motion. When our motion is concordant and harmonises with another we are 'in-time' and share intimacy. Oneness or 'one-energy-ness' is being in the gap and is a communion of the energy of space. When our energy is common with another we are in the gap and at One.

Before we can be at One with another we are required to be at One with our self, which means our Self is at one with our Soul.

At Oneness with another means our Souls are in union or whole communion with each other. A holy communion of Souls requires a oneness of gender in the gap between all opposites.

Oneness is sharing the same space as another in mutual attention of each other. Attention or awareness of space and where each other are, is essential to experiencing Oneness.

Intimacy requires the discernment of another's path and the ability to see another's vision through the mission that they are undertaking. Discernment is conscious choice with awareness of intention.

Intimacy requires a common polarity of direction so that energy flows congruently, melodiously, and effortlessly, without entropy or resistance.

The greatest gifts that we can share with another are the energies of Time & Space. When we share our time together and we share our space together, we experience Intimacy & Oneness.

Oneness unites the power of two individuals with the Intimacy of a shared authority.

Seeing "Eye to Eye"

Seeing "eye to eye" is sharing the same reality as another. We see eye to eye when our perspectives agree and when our perspectives disagree we fail to see eye to eye.

It is not that I disagree with another but the fact that my perspective is not the same as another's perspective.

Seeing eye to eye with another is less important than seeing eye to eye with one's self.

We are conscious of the physical world through our physical eyes and we are aware of the spiritual world through our spiritual eyes. We see eye to eye with our self when our conscious self (our mind) agrees with our emotional self (our heart) and both agree with our Soul.

The eyes of the Soul see the bigger picture of Life, whereas the eyes of the self see only the smaller picture of our own reality.

We see eye to eye with our soul when we see how our little picture fits into the bigger picture of Life.

When we see only the little picture, we are blind to our spiritual awareness and cannot see eye to eye with our True Reality.

We are required to see eye to eye with our physical and spiritual realities before we can truly see eye to eye with another.

To share another's reality we are first required to know our own reality and that we each create our own reality.

When we are sensitive enough to see another's reality we can become detached enough to share it, whilst retaining our own perspective of reality. This is being transparent.

Looking eye to eye with another requires the detachment of knowing who we are and the sensitivity to see who someone else is being.

Seeing eye to eye sees through the mask of falsehood and deceit behind which we try to hide.

Our eyes are the gateway to our Soul.

Let those who have the 'eyes' – See.

Gluttony & Addiction

Gluttony is wanting more than enough!

Addiction is not being able to get enough!

To the addict, the more they get, the more they need, and the more they want.

The substance or content that we cannot get enough of is not in itself addictive. We become addicted when the substance we are taking is a substitute for what we cannot get enough of. What is in scarcity is Love, which is the energy of our Power.

Without enough power, we need a power fix and turn to 'addictive substances' as a substitute energy.

The gluttony of addiction will always hold us in scarcity, as the two are a duality of the same energy, and therefore inseparable.

Common addictions include: sugar; alcohol; tobacco; prescription drugs; adrenaline; caffeine; as well as sex and of course money and work.

The cause of all addiction is low self-worth. Low self-worth is our loss of power, which creates an emotional need and requires a substitute energy to replace it.

Low self-worth is low emotional power and is the effect of not being who we really are and doing what we truly value.

When true value is missing in our life, we become emotionally needy and need a false fix to meet our needs that we eventually become addicted to.

A healthy life requires balance and order, which requires power and authority. Without authority, we lose our power and our order becomes routine, our routine becomes habit, our habits become addictive, and our addictions become obsessions.

To overcome our obsessions we are required to face our addictions. To face our addictions we are required to break the habit and to break the habit we are required to change the routine. Routine is the order of the false authority of our sub-conscious beliefs combined with the emotional demands of our needs.

When we observe the authority of the Soul, we will find the power of our True Self Worth in the Heart of our Being.

Authority

The Force of Authority is our capacity to 'know' and propels us towards our destiny.

The weight of authority is our burden of responsibility and drives us to our fate.

The greater our Force of Authority, the greater is our capacity to know and the greater is our ability to respond to life.

The greater our weight of authority, the greater is our burden of responsibility and the greater is our need to react to life.

The responsibility for our Self belongs to our Soul, and when we connect to our Soul, we have the capacity to know and the Force of Authority with which to respond.

The responsibility for others belongs to others, and when we attach our self to others, we have the responsibility to react to their needs, which become a weight and a burden for us to meet.

The Force of Authority is neither a force for good nor a force for evil, it just is our Force of Authority that defines the life path of our destiny.

The burden of responsibility is a heavy weight that anchors us to our fate. Our attachment to others pulls us down into their dramas, which are driven by similar needs and mutual convictions.

The weight of authority is increased by the strength of our duty; our

honour; our trustworthiness; our dependability and our

conscientious commitment to others.

The Force of Authority is defined only by the Light of our Knowing.

Empowered, Guided, Authenticated

We are motivated by our emotional needs until we become empowered with Love.

We are ordered by our beliefs until we become guided by our Light. We are activated by our dramas until we become authenticated by Life.

We will become empowered to explore our purpose once we get our emotional needs met.

We will be guided to discover our vision once we have challenged our false beliefs.

We will be able to experience our authentic mission once we terminate the dramas in which we have a starring role.

When we feel our power of Love we will be empowered; when we know the authority of our Light we will be guided; and when we see our ability in Life, we will be authentic.

Tolerations & Needs

A toleration is a drain on our emotional power and when we are disconnected from our power, we tolerate or endure life rather than living life.

The energy we drain through tolerations, we need to replenish, thus tolerations create emotional needs.

The more we use our power with authority the more power we connect to. When we use our power without authority, we use our 'will power'. The will of the id & ego will always encounter resistance and negative intensity. The intensity of the resistance is directly proportional to the degree of toleration and therefore the need. We need emotional energy to supply our tolerations. Without emotional energy they become intolerable and we become intolerant with anger and frustration.

The need to be accepted is the need to be tolerated by other people. To be with 'accepting' people, we are required to be accepting of others ourself. Non-accepting people tolerate each other until the power runs out.

"Out of sight, out of mind" means that we only have to tolerate someone when we are with them.

"Absence makes the heart grow fonder" means that this person meets our emotional need when we are with them, and when they are absent, we miss them and we need them emotionally.

"Familiarity breeds contempt" means that we are tolerating something about that person and the more time we spend with them the more intolerable and contemptible they become.

The antidote to tolerance and intolerance is Acceptance. When we are in a state of being accepting, we connect to our true power of Love. In a state of toleration we will default to our need for human love, which is a substitute for our real power.

Will Power

The 'will' is our sub-conscious sense of self, often referred to as the 'id', as opposed to our conscious sense of self – the ego.

The power of the will comes from getting our emotional needs met. The authority of the will is our belief system.

Our will is what we inherit from our ancestors and what we leave to our heirs.

A question that starts with "will" is a projection into the future. "Will I" is an expectation of wanting that we are unsure of receiving. "Will you" and "You will" is a command or directive that follows a judgement.

"I should" is a programmed belief.

"Should I" is seeking approval or endorsement of a programme. "I would" and "Would I" is dependent on another's approval of a future event.

- "I will because I have to" is a conviction.
- "I will because I must" is a belief
- "I will because I should" is an opinion.
- "I will because I ought to" is a thought.
- When our thoughts are 'thou-oughts' our will is in power.

We are motivated by will-power, we are empowered by our heart.

My Seven Core Beliefs

"Life Just Is" whatever we create it to be. Life is an experience of reality that we have created with our thoughts, words and actions.

"We all have Choice" whether we choose to have or not. Choosing with a passionate desire is positive and attractive; wanting with a needy yearning is negative and repellant; and not wanting with a fearful dread is negative and attractive.

"There is enough" of everything for everyone. We all have the potential ability to attract whatever we choose once we access the magnitude of our power and the force of our authority.

"Love is the Way" and the positive emotion of Pure Joy. Joy is the emotion that we feel when we are connected to the Source of our Power, which is Love. The Joy of Pure Love experiences no resistance from Life.

"We are all Equal" in our ability to attract and create our own reality. Equability is the state of being with equal ability as all others. E-quality is determined by the quality of our E-nergy. Inequality means the quality of our creativity differs.

"Allow others to follow their path" and they will allow us to follow ours. The state of being 'Allowing' removes the influence of the thoughts, words, and actions of others, from our consciously-aware thoughts.

"Follow your own path" and we learn what we have come here to experience, explore and discover for our Self, as an emissary of our Soul.

These are my beliefs that create my reality and I consciously and consistently challenge them.

Imagination, Dreams, & Reality

Our thoughts create our reality. The Universe has no distinction between our real thoughts and our imaginary thoughts. Real or imagined is just a duality of our mind and both are creating our reality. Everything in reality has been first created in someone's imagination.

Imagination is as creative as observations of reality. The reality that we observe is the reality we create until we change that reality through innovative imagination.

Whereas imagination has the power of creativity, our dreams do not. What we dream at night is a rehearsal of what we are attracting whilst awake, but we do not attract what we dream. What we dream at night remains a dream until we remember it when awake. We then have the ability to consciously attract that experience, or not give it another thought.

We limit our creative ability when we confuse our imagination with our dreams. Dreams are our mental experiences whilst asleep. Imagination is a 'day-dream' of a future reality, or fantasy, whilst awake. Day-dreams are creative whilst night-dreams are not. We also limit our creative imagination with false beliefs: "In your dreams" infers that it is not a reality and therefore not true and cannot happen – so it won't. "It's only a dream" means it won't happen in reality – so it won't. "It's just your imagination" limits the power of your imagination with the power of your belief. "Life just Is" whatever we think, imagine and dream it to be consciously. Our thoughts, dreams and imaginings will always materialise when given enough time and enough emotional power

in the absence of limiting beliefs.

Limiting beliefs are our fate, whereas the absence of limiting beliefs is our Faith. Our true Faith has no limiting beliefs.

Unfortunately many religions preach limiting beliefs and few religions encourage innovative imagination, personal dreams or individual reality as the truth.

Boundaries

Boundaries are the behaviour that we find acceptable from other people because they reflect our own standards of behaviour. We impose boundaries to eliminate the tolerations in our life that drain our energy. Our boundaries therefore define the limits of our tolerance.

When we become intolerant of others they are breaching our boundaries and acting in an intolerable and unacceptable way.

Boundaries define the relationship that we have with other people. Very weak boundaries will make us a victim of other people and a poor me.

Having no respect for the boundaries of others will cause conflict and make us the villain and the intimidator.

Continually challenging other peoples' boundaries will make us appear critical and an interrogator.

Continually running away to avoid intolerant or intolerable people, instead of imposing a boundary, we will be seen as unco-operative and aloof.

Although our boundaries are designed to make us comfortable and safe, inevitably they will make us secure and confined.

Our boundaries will eventually inhibit our freedom and contain us within our own comfort zone, which will stagnate our spiritual growth.

Boundaries define the 'box' into which we sentence our

thoughts and where our mental development becomes incarcerated. They stop us thinking 'outside of the box' and disconnect us from our spontaneity and our creative imagination.

True Freedom in Life is attained once we eliminate all the boundaries that contain us within the world that our boundaries have created. Unlimited growth and development has no boundaries.

Power & Authority

When we feel positive emotion, we are empowered to choose and we are connected to our authority. With power and authority, we are enabled to choose.

When we feel negative emotion, we are empowered to choose but are without the authority to choose. Our authority is being undermined by a false belief or an emotional need that is offering resistance to our ability to choose.

When we make a shift and change our perspective by challenging a belief or meeting a need, we regain the authority to choose.

When we feel no emotion in either a positive or a negative way, we have the authority but no power. Making this choice will result in much effort being required and we will need an external form of motivation to achieve it. Without our emotional power, we are not empowered with this choice and without third party assistance, we will almost certainly fail to achieve our objective.

Emotion is our guide-line for choice. Positive emotion makes choosing easy. Negative emotion is our guide to what we are required to work on in our self before our choice can be perceived as positive. Negative emotion is the resistance of our 'shadow' self that is our creation of a false conviction, belief or programme.

Our emotions offer us a 'life-line' towards our destiny. Our belief system gives us the 'dead-lines' of our fate.

When we have both the emotional power and the mental authority, learning the physical ability is effortless and enjoyable.

When either our power or our authority is missing, we will invoke 'Murphy's Law' and what can go wrong, will go wrong and what we don't want to happen will occur.

From a positive perspective, negative emotion is perceived to be a challenging opportunity for expansive, personal, spiritual growth and development.

Pride

Pride is our perspective of how well we are doing as an individuated Self and a separate human Being.

Our pride is a measure of how well we rate our self compared to others, and how well we rate others in comparison to ourself. Pride is a reflection of our perfection and excellence in an imperfect world. Our pride excels when we are judged to be right and good. Pride is a state of being right and good called being self-righteous as righteous people are seen to be right and good .

To be judged by others in our society as right and good, we are required to achieve a high level of perfection in obeying laws & rules and achieving a high level of standards, morals, ethics, & principles, in order to become appreciated, honoured, respected & acknowledged by our peers.

Opposing pride is the sanctimonious spiritual sin of humility. Humility is the state of being modest and understating one's achievements in order to make others appear not to be wrong. Humility is being proud of not being proud.

Humility is introverted pride that seeks to be perfect without appearing outwardly to be perfect. It is projecting who we are pretending to be rather than who we really are.

Pride and humility are the same energetic state of emotional being witnessed from opposing perspectives. Both project the apparent good-ness and right-ness of the Self without the Goodness (Power) and Righteousness (Authority) of the Soul.

Rational & Emotional

Being rational is our ability to rate the experiences that we have in life. When we see life rationally, we become aware of what is good for us and what is bad for us, so that we may discern in future what we do and do not want in our life. Without the rational ability to decide what is good, better or best for us, we cannot compare it with what we consider to be bad, worse or worst for us. Our rational ability determines the criteria by which we make choices, which is our authority to be, do and have whatever we manifest into our life. We are the creators of our own reality, whether we do so consciously or not. Without the conscious rational ability to choose, we create our existence by default and become a victim of our fate. We believe that whatever turns up is down to the luck of the draw. Without conscious rational choice, life becomes a lottery. It is our choice that is required to be rational and reasonable, not our view of the physical world. When we see the world as rational and unchanging, we abdicate our creative ability to choose our own reality and follow our own destiny. The world becomes a fixed creation of nature rather than a creation of our collective natures.

Being emotional is an expression of the power of our creative ability. When our emotion is directed or influenced by our beliefs it can have either a positive or a negative polarity.

This means that the ability of our emotional power can create both good and evil as an expression of what we either want or do not want in life. The intensity of our emotion is a measure of its ability to create quickly. The greater the intensity of our emotion the less time it takes to manifest into our life the essence of the sponsoring thought behind the emotion. Whether the polarity is positive or negative is irrelevant. Good things that we want manifest just as quickly or slowly as bad things that we do not want, dependent on the intensity of the emotional experience.

Unemotional people abdicate their conscious ability to create their own reality because they are unaware of both the polarity and intensity of their own creative power, whereas irrational people can create their own particular brand of havoc very quickly and easily.

Inspired & Empowered

We are inspired by the power of our Soul with emotion. When excited with emotion, we are empowered and inspired.

When we are nervous with emotion, we are experiencing resistance to the flow of empowered inspiration. This resistance is limiting and demotivating, and in the extreme can render us frozen with fear. How limiting and debilitating our fears are is directly proportional to our negative beliefs, which deprive us of our true authority.

Our Soul has no distinction between our power and our authority. We create the distinction with our relative, limiting beliefs.

When we are nervous, we have the power without the authority to flow with it.

When we are passionately excited with empowered inspiration, we have no resistance, and therefore, we have the authority to use the power with full ability and the ability to use the power with full authority.

fear is our resistance to our 'soul inspired' power. It is the lack of authority that limits our power due to a false belief from a false authority.

The empowered inspiration of our Inner Coach is always fully authorised, until that is, our Self gets in the way and resists the flow with its negative beliefs.

Power without authority limits ability. Full ability is always present when our empowered inspiration is unrestricted and in full flow. Nervous tension or resistance is instantly overcome by the excitement of Divine Revelation. When our Divine Authority is revealed in the moment, we are inspired and empowered to change the limiting beliefs that create our negative fears. The undivided power and authority of our Soul enables inspiration and revelation to fuel our imagination to create the life of our dreams that we know as 'Paradise on Earth' or 'Heaven'.

Scarcity & Abundance

A scarcity mentality believes that scarcity and abundance are a duality.

An Abundance mentality knows that there is no scarcity when we have absolutely enough.

When scarcity and abundance exist as a duality they are opposing ends of the same duality and one cannot exist without the other. A scarcity mentality creates a world where there are haves and havenots, who are either rich or poor and live in luxury or poverty. A scarcity mentality believes, through the experience that it creates, that resources are limited and there is not enough for everyone in a world where extravagance is waste.

A scarcity mentality believes that those who live in luxurious extravagance do so at the expense of those who live in the misery of poverty, and that charity is the only way to equalise the system. A scarcity mentality has no distinction between gluttony, extravagance and abundance. All three have more than enough of something or everything.

Gluttony means wanting more than enough. Extravagance is having more than enough. Scarcity and poverty are not having enough. When we understand and define what is enough, we will be in a state of Abundance. We will be abundantly in that state of being content with having enough of everything we want and need. Mother Theresa lived in Abundance because she had everything she wanted and needed, even though she lived amongst the scarcity and poverty of India's lower class poor. She never had more than she wanted or needed, and therefore, the luxury and extravagant gluttony of more than enough were never her experience.

This does not mean that we have to limit what we want or need. Indeed to limit what we want or can have creates the scarcity mentality that wants and needs because it believes that it does not have enough of what is limited.

Abundance is a state of Being without wanting or needing. We only experience an Abundant Life once we have enough of everything we want and need. Plenty of anything creates Abundance only when it provides us with enough. When plenty of anything is more than enough of what we need or want it becomes a luxurious extravagance and a state of gluttony.

How much we have of anything is irrelevant. It is our perspective with regard to whether it is enough or not that creates scarcity or Abundance.

Knowing Intuitively

Knowing in the imagination of our mind is our sense of seeing intuitively.

Knowing in our solar plexus or nervous system is our sense of feeling intuitively.

Knowing in our heart or at the core of our Being is our sense of knowing intuitively.

Knowing intuitively is our spiritual connection to our Inner Teacher or Inner Coach that provides us with our inner tuition or our spiritual messages, lessons and directives from our Soul.

Thinking connects us to the mind of our conscious ego self and the sub-conscious will of our instinctive id that drives us to get our needs met in order to survive.

Survival in this world requires instinct. Living in this world as a spiritual Being experiencing a physical existence, requires knowing intuitively what the right choice is for us.

When I know intuitively what is right for me then I intuitively know I am making the right choice for me. When I allow my id or ego self to make up my mind, I will be instinctively surviving a physical existence completely disconnected from my true vision and purpose in life.

My Soul never makes a wrong choice for me. It is only my ego with the direction of my id that is capable of judging whether a choice is right or wrong for me.

We always have a choice and we can always choose between our instinct for survival and intuitively knowing who we are.

Pride, Arrogance & Vanity

- Pride is false Self-Esteem.
- Arrogance is false Self-Confidence.
- Vanity is false Self-Worth.
- Humility is accepting the false esteem of another.
- Humbleness is allowing the false confidence of another.
- Appeasement is approving the false worth of another.
- True Self-Esteem has the Ability of Being Accepting of One Self.
- True Self-Confidence has the Authority of Being Allowing of One Self.
- True Self-Worth has the Power of Being Approving of One Self.

Sarcasm & Wit

The distinction between sarcasm and wit is a matter of the polarity of our perspective.

A witticism or witty remark highlights the irony of an oxymoron, where duality or paradox are seen from an abnormal context. When we are detached from the source of the humour, we can look positively at its wit. When we are attached to the negativity of an issue, it becomes caustic, offensive and bitter sarcasm.

Prejudice and resentment create a sarcastic viewpoint, whereas equality and acceptance allow and approve of wit and humour. The more accepting that we are of ourself, the less sensitive that we are to sarcasm, and the more free we are to laugh at our wit.

The more open that we become to who we are being, the more we can see the bigger picture of who we are, appreciate the paradoxes of life, and understand the irony that dual reality existence creates. Our Inner coach has a sense of humour delivered with positive wit, never with negative sarcasm.

Our journey in the realm of relative duality requires us to enjoy a sense of humour that allows us to 'laugh off' the absurdity of the dramas that we create in our life.

Life becomes serious and a matter of life and death when we treat it seriously. With humour and wit we can enjoy the Lighter side of Life.

Positive & Negative

Positive or negative is how we perceive the state of our energy to be, based on how much we are resisting the flow of Life.

Our resistance to the divine flow of pure energy is called our 'stuff'. Our stuff is negative energy or emotional need created by our negative beliefs that are caused by our perspective of whether an experience or 'drama' is good or bad for us.

When everything that we are experiencing in our life is good and there is no bad, then we want everything that we have and we have everything that we want.

When there is no bad, there is nothing that we do not want and nothing that we do not have. This may be defined as a positive reality often called heaven or paradise.

However, positive cannot exist without negative in this relative world where we always have a choice of which polarity we choose. The pursuit of a totally positive world will always be just that -apursuit. Every pursuit is a drama that we can perceive from either a positive or a negative perspective.

Resistance creates a negative flow and our state of Well-Being is directly proportional to our force of positive energy. Our objective in life to experience Well-Being is therefore dependent on our ability to eliminate our negative resistance to Life.

The big question is: "How do we eliminate our negative resistance to Life in order to promote Well-Being"?

The key is to understand that 'negative' is just our perspective created by our experience and an experience created by our perspective.

When we change our perspective, we change the polarity of our flow and we change our experience.

Dimensions

When we square something, we get a 2 dimensional area, which has length and breadth.

When we cube something, we get a 3 dimensional volume, which has length, breadth and height.

When we multiply to the power of four, we get a 4 dimensional magnitude, which has length, breadth, height and depth.

When we look at a mountain scene across a lake or loch, we see the height of the mountain and its reflection in the water. We do not see the depth of the water.

When we look at the lake from the top of the mountain, we see the depth of the valley, not the height of the water.

When height and depth are a measure of the same thing, we see only 3 dimensions and the fourth dimension remains veiled by the surface of the lake. To see the 4th dimension with depth, we have to look beyond the surface of physical reality.

Depth is the fourth dimension of Space, where space-time becomes a reality.

In 3 dimensional reality we can see the duality of space and time. In the magnitude of a 4 dimensional world, we can see the triality of space-time-reality.

When the True Identity of our world is a space-time-reality, where everything is energy, matter and motion, we start to comprehend the magnitude of our power, authority and ability.

The Soul & The Self

All Souls are identical. All souls have the same identity, the same vision, the same purpose and the same values. All souls belong to the Oneness of Divinity in an absolute realm beyond the distinction of differences. The Self is the ability to be different. The Self is a three part Being that has a unique heart, an exclusive ego, and an individual sub-conscious id. This allows the Self to create difference from sameness. The Self is a reflection of its Soul in relative dual reality. The soul and the self are a duality. When we believe that the heart and soul are a duality, we lose the essence of our Soul. Heart and soul are not the power and authority of the Self. The heart is the power of the self; the id is the authority of the self; and the ego is the ability of the self. When all three come into harmony the Soul becomes undivided in Oneness, which is the triality of the Self. When the Soul is divided in duality it becomes a reflection of its Self. In absolute reality, the Soul is the Identity of Divine Oneness. The collective name for 'All Souls' in their state of being either souls or selfs is 'God'. God has no distinction between souls and selfs. In the eyes of God there is no duality only Divine Oneness. It is the Self that has a distinction between itself and god, and itself and its soul. The Soul has no distinction between itself and God. The identity of the Soul is Oneness, Identicalness, Sameness, or Likeness. The identity of the Self is unique, exclusive, and individual, defined by its character, personality and skills, created from its attributes, attainments and abilities. The Soul of Man is created in the 'likeness' or 'image' of God. Man then created his Self, or him/herself, in what he/she imagined god to be like. Whereas the Soul is the image of God, the Self is the image of Man as man imagines his/her Self to be. Man's imagination is unique, exclusive and individual to his/her Self. Because we create what ever we can imagine we create a unique, individual and exclusive reality for our Self to experience, explore and discover. Our Self is a reflection of whatever our Soul can imagine we can Be. The challenge for our Self is to choose the inspired revelations of an imaginary Soul.

Heart & Soul

When heart & soul is synonymous with mind & emotion, mental & emotional, or hearts & minds, we are creating a duality of our rational and emotional experiences in life.

When our Heart represents our Power of Love, and our Soul represents our Authority of Light, there is no duality, just a Triality, as we attain the potential Ability of Life.

Our Soul is at the heart, core or centre of our Beingness. Our beingness is the Heart of who we are. Heart and Soul are One, until divided in reality by our power and our authority.

When our heart and soul are divided in relative duality, we lose our Divine Ability, until that is, we redeem it.

We get confused when we believe that we feel love in our heart. The love we feel in our heart is the human love of an emotional need being fulfilled.

The Love of our Soul we feel emotionally emanating from our Solar Plexus and radiating up our spine and through our nervous system. Our Heart Centre is the Source of our Authority of Knowing. When we Know in our Heart, we are in direct communication with our Soul.

When we See in our mind's eye, we are fully connected to the creativity of our imagination and we can see the bigger picture of Life.

Seeing, Knowing and Feeling are how we communicate with our Soul or Inner Coach, and are the essence of our Spiritual Intelligence.

When our Heart, Soul, Mind & Strength are aligned as One, we experience the Love of the Lord our God – Our Inner Coach.

Character, Personality & Intellect

Our character is defined by the role that we play in life, which is determined by our abilities in the physical world and how we serve people in a material way.

Our personality is determined by our emotional needs and how we compete with others for our emotional energy. Extrovert

personalities need other people to meet their needs in an active way, whereas introvert personalities meet their own emotional needs in a more passive way.

Our intellect is how we define our level of knowledge and when we believe that knowledge is power, our intellect defines our level of power or authority over others.

Our character, personality and intellect define our physical, separated sense of self.

Our Identity is our true sense of who we really are spiritually. We determine a person's character, personality, and intellect from what we see with our visual eyes and hear with our audible ears that are our physical senses.

We determine our spiritual identity with our spiritual senses of seeing, feeling and knowing. Those without the eyes to see and the ears to hear will have to read the parables.

When we see a person's character, we understand the role they are acting out in life.

When we feel a person's personality, we understand what they need emotionally in their life and whether they are capable of meeting our emotional needs.

When we know a person's intellect, we understand the beliefs that form the cornerstone of their conviction.

When we can see, feel and know our self, we can experience, explore and discover our true identity of who we really are.

The Density of Energy

The density of energy is its potential ability. The weight of energy is its force of authority. The volume of energy is its magnitude of power. The potential ability of electricity is called wattage. The force of authority of electricity is called voltage. The magnitude of power of electricity is called amperage. The density of energy is equal to its weight times its volume. Electrical watts are equal to amps times volts. The potential ability of all energy is equal to its force of authority times its magnitude of power. The potential ability of our Life is equal to the force of the authority of our Light times the magnitude of the power of our Love. The density of Consciousness is its vibration called Life. The weight of Consciousness is its frequency called Light. The volume of Consciousness is its wavelength called Love. Love is our magnitude of power that approves our quantity of competence. Light is our force of authority that allows our quotient of capacity. Life is our potential of ability that accepts our quality of capability. The density of the Universe is called Reality and our perspective of reality is relative to the vibration of our consciousness. The weight of the Universe is called Time and our moments of time are relative to the frequency of our consciousness. The volume of the Universe is called Space and our perception of

space is relative to the wavelength of our consciousness.

We see perspectives of Reality as intuitive imaginings.

We know moments of Time as revelations.

We feel perceptions of Space as inspirations.

The energy of Space has infinite wavelength.

The energy of Time has eternal frequency.

The energy of Reality has continuous vibration.

Relative gender divides our wavelength of space and reduces our volume of emotional power.

Relative polarity divides our frequency of time and reduces the weight of our mental authority.

Relative intensity divides our vibration of reality and reduces the density of our spiritual ability.

The density, weight and volume of energy is inversely proportional to the density, weight and volume of matter.

Selfish, Unselfish Or Sincere

- Selfish is being the subject of one's fate.
- Unselfish is being the object of someone else's fate.
- Sincere is being our adjective truth our destiny.

Since-here is being in the truth of the moment. Since means because of or the result of. Here means the present or the now.

Sincere is the truth of our reality in this present moment of time at this place in space. Sincere is our own unique, individual and exclusive space-time-reality.

Present means here in space. Potential means our attainable reality. Hear means receive our revelation in that moment. When space, time and reality become as one, we become present to hear our potential.

When we know each moment of time, we become scient. When we feel each perception of space, we become potent. When we see each perspective of reality, we become present.

With the science of Light, we become sincere; with the potential of Love, we become expansive; and with the presence of Life, we become effortless.

With selfishness, we resist and contract with the mind of our ego. With unselfishness, we conform and appease our sub-conscious will or the ego of someone else.

Selfish or unselfish is a drama of relative duality, which is designed to meet our emotional needs as a result of our limiting beliefs. Effortless, sincere and expansive is the way, the truth and the life.

Attributes, Attainments & Abilities

Our Attributes are our States of Being that we choose to be, relative to our experiences in life. We define them with an adjective because they are adjective.

Our Attainments are the personal truths that we choose to have, relative to our perspective of life. We define them with a noun because they are subjective – the subject of our reality.

Our Abilities are the actions we take (what we choose to do) in the process of developing our attributes (who we are) and expanding our attainments (what we have). We define them with a verb because they are objective – the object of our action.

Our Destiny is the expansive growth and personal development of our attributes, attainments and abilities, which are our True Identity.

Ethics, Morals & Principles

Ethics are the political opinions and ethos that a State or National Government believes to be right.

Morals are the religious dogma and doctrines that a Church or Sect believes to be right.

Principles are an individual's beliefs and convictions that they believe are right for them self.

When we allow our culture, our religion, or our ancestral upbringing to determine our beliefs, we are at the mercy of our fate.

Our destiny is to overcome the limitations of our ethics, morals and principles by challenging them and transforming them to become our own personal attributes, attainments and abilities.

Our ethics, morals and principles determine our character and personality, as we determine other peoples' character and personality according to their ethics, morals and principles.

Powers, Principalities, & Dominions

Powers are the standards, values, manners, and worth, that enforce our boundaries to ensure that our emotional needs are met. The powers of darkness are realised through our emotional needs. The powers of light are created by our manners, standards, etiquette, values and our need for self-worth. The antedote to the powers of light and darkness is being in Divine Love.

Principalities are the principles, morals, and ethics, which form the foundation of our belief systems.

The principalities of darkness are manifested by our false or limiting beliefs. The principalities of light are made manifest by our principles, morals and ethics, which we believe make up our selfconfidence. The antidote to the principalities of light and darkness is knowing our Divine Light.

Dominions are the systems, rules and laws that govern our earthly physical existence and render it legal and legitimate. The dominions of darkness are created by the dramas that are created by the conflict between our beliefs and our emotional needs. The dominions of light are the systems, rules, and laws that we require to protect our self-esteem and our status in life. The antidote to the dominions of light and darkness is seeing the divinity of Life.

With the Power of Love, the Authority of Light, and the Ability of Life, our inner demons no longer have credibility, reality or truth.

Sharing Reality

An harmonious relationship requires the sharing of the same time, space and reality as your partner.

Reality is the experience of our truth and when we hold differing beliefs or truths to our partner, we experience a different reality, which in time will divide our space.

Following another's path, truth, or reality, is our fate. We cannot share our reality with another unless their reality is the same as our reality. You cannot divide reality between people as an act of sharing, you can therefore only share your reality with another when it is the same reality as that other. We do not share

differing realities with our partner, we tolerate them.

The paradox is that when both partners get that on separate paths their realities are divided, then they both share the same truth and the same reality. Only then is it possible for a couple to follow their own unique paths and still share the same reality.

Once we accept the paradox of separate paths with the same reality, we can experience being separate in togetherness, which is interdevelopmental, as opposed to being together in separateness, which is a co-dependency.

The universal force that attracts is the same universal force that repels. Whether our reality is attractive or repulsive to our partner is decided by our beliefs and our truths, which determine whether our realities are shared or divided.

As we each create our own reality, the only way to truly share our reality with our partner is to create it together. This is only possible once both partners have attained the ability to consciously create their own reality.

Once we take responsibility for creating our own reality, we can then create a shared reality, responsibly and together.

For this to become possible, we must first stop trying to create someone else's reality for them. When we take responsibility for creating someone else's reality, we stop them sharing their reality with us, because they do not have their own reality to share. Instead they are forced to tolerate ours. The only reality they have is the reality that we have created for them. In Absolute Reality we share our Truth with everyone. In the relative dual reality of physical, material life, we have a choice whether we share our reality with a partner who shares the same reality, or whether we tolerate a relationship of give and take and compromise that is created by the tolerations of differing realities.

Being Happy with your Partner

Being happy with our partner means that we are happy together. I am happy, my partner is happy, and we are sharing our mutual happiness together.

In a happy relationship, both partners are responsible for their own happiness. Only once they are both individually happy can they share their happiness with each other.

We cannot make our partner happy, we can only please them by meeting their emotional needs.

When we please another by meeting their emotional needs, they become dependent on us, and this will interfere with their long term happiness.

We can be happy with our partner, once we become accepting of what they do, approving of who they are, and allowing of what they have.

When we tolerate what another does, disapprove of who they are being, and are possessive of what they have, we are unhappy with that other, whether they are happy or not.

Our partner will be unhappy with us when they disapprove, are unaccepting and disallowing of who we are being, what we are doing or what we have.

Our partner's unhappiness with us is not our issue, it is their's. With sensitive-detachment, we can remain happy our self and empower them to see their issues.

Our unhappiness is not our partner's issue, it is our's. When we blame our partner for our unhappiness, we are guilty of not taking responsibility for our own happiness and are taking responsibility for their's instead.

Conscious-Awareness

Conscious-awareness is having a rational understanding of our emotional state of Being. It is being Emotionally-Rational. It is knowing our feelings that guide us to see (get/understand) the bigger picture of what we have chosen to experience. It is having the inspiration (power) and revelation (authority) to harness our creative imagination (ability). Being irrationally-emotional is over-reacting to an intense and

uncontrollable impulse. This is being too sensitive to our power without having the authority to use it.

Being unemotionally-rational is being conscious without awareness. This is being too detached (disconnected) from our power, so that our authority becomes ineffective.

When consciousness and awareness mean the same thing then we have no distinction between our physical and spiritual states of being and are consciously aware of our physical existence only.

Inter-Developmental

In an inter-developmental and loving relationship, each partner:

- Allows the other to want and have what they choose for them self, with favour. Favour means what we choose, what we favour.
- Accepts what ever their partner does with mercy. Mercy means to live and let live.
- Approves of who their partner is being at all times with grace. Grace means to be in our power.

Once we become in a state of Being allowing, accepting and approving of our Self, we can then share our beingness with our partner by allowing, accepting and approving of who they choose to be, how they choose to act and what they choose to have. When we "do unto our partner as we would have them do unto us", we enter into an inter-developmental relationship for mutual spiritual development and expansive growth.

Rich & Wealthy

We are rich with physical resources and wealthy with an abundance of emotionally positive energy.

We cannot become wealthy by being rich and we can be rich without being wealthy, but we cannot be wealthy without becoming rich.

If you would rather be rich and unhappy than poor and unhappy, then you will become rich but unhappy.

If you would rather be poor and happy than rich and unhappy, then you will become happy being poor.

Happiness is not dependent on being rich or poor.

When we choose to be wealthy with happiness, then we will receive a wealth of riches and an abundance of happiness.

An abundance of energy manifests as the Power of Love in the form of Happiness, Health, Wealth, Wisdom, Time, Space, and the Reality of money and material possessions.

When we meet all our emotional needs, we connect to our true source of power and become wealthy. We can then do what we truly value to do and enjoy living an abundant life experiencing everything of value and valuing the richness of everything that we experience.

Knowing

Knowing is an awareness of being consciously connected to the core of our spiritual essence.

Our awareness of knowing is our connection to our spiritual authority at the heart of our Being.

We are conscious of what we know to be real with our five physical senses.

We are aware of what we do not know to be real with our three spiritual senses of Knowing, Seeing & Feeling.

Moving to a state of Knowing that we do not know, allows us to access our sense of Knowing through revelation.

When we think that we know everything then this becomes our reality and the doors, that open us up to new revelations, remain firmly closed.

To Know the answers, we must first find the questions that will reveal the answers.

We are already aware of the answers but we will not consciously remember them until we unlock the awareness with a conscious question.

An Epiphany or Ah! Ha! Moment is a revelation of Knowing the answer to the question that we have been asking.

The right question will always unlock the door to our Knowing. "Ask and it shall be given"

States of Dependency

Dependent means relying on another person to meet our physical and emotional needs.

Co-dependent is a relationship in which each partner is dependent on the other for meeting their physical and emotional needs.

Independent means a state of being responsible for meeting ones own physical and emotional needs.

Inter-dependent is a relationship where two independent people share their power, whilst retaining their own authority and following their own individual paths.

Inter-developmental is a relationship where two independent people share their power and authority and follow identical paths.

- Dependent is being together by necessity.
- Co-dependent is being together in separateness.
- Independent is being separate in separateness.
- Inter-dependent is being separate in togetherness.
- Inter-developmental is being together in togetherness.

Unawakened Souls form co-dependent relationships. Awakened Soul-ties form inter-dependent relationships. Awakened Soul-mates form inter-developmental relationships.

Electric Energy

Electric energy is the flow of physical electrons from one atomic nucleus to another.

Electricity is the physical effect of electric energy on physical matter. There is no physical effect of electricity unless a resistance is placed in the flow of electric energy.

We are the physical effect of placing a resistance into the divine flow of Universal Energy, which has three aspects of Divinity. It has an omnipotent magnitude of power called Love; an omniscient force of authority called Light; and an omnipresent potential of ability called Life.

A physical dimension of Universal Energy is called electricity, which has three aspects or properties of flow. It has a magnitude of power measured in amps; a force of authority measured in volts; and a potential ability measured in watts.

The potential of the wattage of electricity to perform 'work' is relative to the force of volts and the magnitude of its amperage. Universal Energy is infinite, eternal and continuous. It can never be destroyed, yet it can change its form. One such form of energy is experienced as electricity.

The potential for Universal Energy to create the ability of Life is relative to the force of the authority of Light and the magnitude of the power of Love that is permitted to flow without resistance. With the ability to allow our authority and power to flow in harmony without resistance, we are able to realise, manifest and create, by the Law of Attraction, anything that we want to Be, Do, or Have.

Attributes & Attainments

An Attribute is a state of Being that is a positive aspect of who we are in that moment of time. It is the emotional state of Being that is attributed to us and is a tribute to us.

An Attainment is what we have accomplished up to that point in time. It is what we have attained and the level of consciousness that we have.

We are aware of our Attributes and we are consciously-aware of our Attainments or the attributes that we have attained.

Being an attribute or an Attribute of Being is a momentary experience of emotion in time.

Attaining an attribute is the skill of becoming consciously-aware of one's state of Being and being able to consciously choose to vibrate at that emotional level.

An attribute is something that happens to us, until we learn the ability of attaining that attribute at conscious will.

Being Content is an attribute of Happiness. To attain Contentment, we are required not just to be aware of being content but to consciously raise our energy vibration to become in a state of Being Content, whenever we choose to attain it.

Our 4 Dimensional Universe

Our Milky Way Galaxy circles the Universe at a speed of 850,000 mph on its eternal journey.

Our Solar System rotates around the galactic centre at a speed of 500,000 mph once every 26,000 years.

Our Planet Earth orbits the Sun once every 12 months at a speed of 66,000 mph.

Our Planet Earth spins on its axis once every 24 hours at a speed in excess of 1,000 mph.

Even when stationary, we are moving in four different directions at the same time:

- Spinning on the Earth's axis
- Orbiting the Sun
- Rotating around the Galaxy
- Circling the Universe

To move in four different directions at the same time requires the universe to have at least four different dimensions through which to move.

We understand the 3 dimensions of:

- Length back & forth
- Breadth left & right
- Depth up & down

In a 3 dimensional world we are unable to see or describe the 4th dimension of movement but logic makes us aware of its existence. In an expanding Universe the 4th dimension of Space is the 'in & out' motion of expansion and contraction. Its expansion is directly opposite its direction of contraction, which is towards the point at which expansion was created.

In a finite universe there is one universal centre. In an infinite universe there are infinite universal centres with infinite dimensions and infinite possibilities for everything.

The Need to be Needed

Our Soul needs our Self.

Our Soul is our Spiritual Entity that requires a Self to Be its physical Identity.

Without the Spiritual Entity our Self is just a material Id.

The material Id is born into physicality and becomes conscious of its Self.

The awareness of the conscious self is called the ego. The unawareness of our conscious self is called the sub-conscious id. The sub-conscious id and the conscious ego, that is our self, follows the fate of its upbringing and the programming that it receives from family, friends and society.

Whereas the Soul needs the Self in order to experience, discover and explore physical life, the Self exists quite autonomously in ignorance of the Soul, until it becomes 'awakened'.

The Souls vision, mission and purpose in life is designed to accomplish personal expansive growth for its Self.

In the absence of being connected to what our Soul knows, the Self knows it is needed but doesn't know why. This develops in the Self a need to be needed which will only be met once the Self knows what it needs to do.

When we know that our Soul needs our Self, we know that we are needed and our need to be needed is satisfied, at which point we become content, fulfilled and joyful knowing the connection that we have with the Soul our Inner Coach.

Awakening to Spirit

Our destiny is to follow the life path of our Inner Coach – Our Soul. It remains our fate until we are awakened to the distinction between what is our fate and what is our destiny.

Before we are awakened to spirit, we are unaware that our fate and our destiny are different.

Our awakening brings an awareness of spirit and a knowing of who we are and why we are here.

It is our destiny to explore, experience and discover who we are and why we are here.

Until we become awake to spirit and the existence of our Soul as our Inner Teacher, we believe that our destiny is our fate and is in the hands of the gods.

Once awakened, we realise that souls are the gods, or the individualised essence of God that connects our Self to God. God is the Prime Creator of All that Is. Our Soul is a 'Spark' of the All of Everything that is the guardian of the chosen destiny of our Self.

Our destiny is to fulfil our individual part of the Divine Plan as chosen and directed by our unique and exclusive Soul.

Hope

Hope is 'God's Promise' of a Great Life.

When we do not believe the promise, we need hope, and we hope to have a great life in the future.

Once we understand God's promise, we no longer need hope, because we already have it!

God's Promise is to give us everything we ask. When we get that everything we have is given by God, because at some level we have asked for it, then we know that it is not hope that we need but a new perspective of what we already have. With a new perspective of what we created of old, we can recreate our reality aligned to our new perspective.

Hoping is not Hope, it is an expectation that someone else will change our life for us, when the reality is that we are the creators of our own reality, as God Promises and delivers in every moment of time.

Success & Failure

What the rational mind believes to be a mistake or a failure – the spiritual mind knows is a missed learning opportunity. What the rational mind believes to be a success – the spiritual mind knows is a failed opportunity to learn and grow. Success and failure are therefore different polarities of the same energy viewed from opposing perspectives. True Accomplishment has neither success nor failure. When we

attain the attributes and ability to create our own life consciously, we accomplish the State of Divinity because we have created a divine state of accomplishment.

To know who we really are and why we are here is and always will be our greatest accomplishment. Yet because this is our truest vision we can never achieve it successfully nor can we ever fail, whilst living in the world of relative dual reality.

Divorce

The only grounds for divorce is when a marriage has irretrievably broken down.

A marriage becomes irretrievably broken down when one or both partners in a co-dependent relationship no longer can or needs to depend on the other partner to meet their emotional needs. At this point the marriage breaks up.

Co-dependent marriages exist to meet the needs of both partners. When this is no longer the function of the partnership, the marriage becomes under threat of break-up.

Where the greatest emotional need is freedom, then the freedom of independence will doom the co-dependent relationship to certain failure.

In a climate of accelerated spiritual growth, the break-up of divorce and the break-down of co-dependency is almost inevitable.

The break-down of co-dependency is essential to the spiritual development of both partners before they can establish their mutual independence within an inter-developmental relationship.

When a marriage appears to be irretrievably broken-down is the time of greatest spiritual growth and learning.

It is not the marriage that is broken down but the emotional state of being of the partners within the marriage, because they are not getting their emotional needs met.

An unawakened couple will accept that they can no longer live with the emotional trauma of not changing. So they decide to change their partner instead of who they are themselves being. They can no longer live with the reflection of their self that their partner is reflecting to them and run away in denial of their self.

Once we become awakened to our spiritual path and aware of what our soul-mate has covenanted to do for us, we can then face up to our reflected demons. Like energy is drawn to like energy. We are a reflection of what our partner seeks to change within them self. The purpose of a spiritual partnership is to see our challenges and the truth of who we are being as a reflection in the beliefs and behaviours of our partner. What we dislike most about our partner is what we most need to work on in our self. A spiritual partnership cannot therefore become irretrievably broken down as its very purpose is to break-down the negative aspects of our Beingness, in order to move us towards a positive state of union in holy matrimony.

The purpose of a spiritual inter-developmental partnership is to break down all the aspects (needs, beliefs and dramas) of both partners that are neither Divine nor Holy

Righteous & Self-Righteous

Being Righteous is accepting that we all have and create our own reality. It is our 'Right' to be the creator of our own world. Being self-righteous is believing that there is only one reality and therefore only one truth, which is ours.

Believing our self to be righteous is being self-righteous when we believe that all others are sinners and following the wrong path. Being a sinner is the right of all who are unawakened to their right path.

Becoming 'without sin' or Being 'Divine' is the choice of all who become awakened to their right path.

Being Righteous is following the path that is right for us and allowing all others to follow the path that is right for them.

Being self-righteous is wanting everyone to follow our path because we believe that it is right for them.

Being Righteous is having Divine Humility, which is the Acceptance of our own path.

Being self-righteous is having the humility of being proud of not being proud, which is called modesty.

We tolerate others whilst being proud or in humility. With Righteousness we accept the Oneness of everything.

Disappointment

Disappointment is missing 'an appointment with the future' in the present. A future appointment is an expectation of an appointment that we expect to happen. An appointment is a pre-determined meeting, occurrence or happening that has been pre-arranged by our ego self. When we choose for another what they choose for them self, we have no expectation of what they choose and therefore, there can be no disappointment.

We are appointed by our ego self to levels of appointment and expectations of occurrence. The higher in authority over others we appoint our self to be, the more we expect our expectations to be met by others. When we decide in advance what we want to occur, we create an expectation and an opportunity for disappointment. Disappointment is the disease of expectation. It is when the 'ointment ' of our need suddenly appears to disappear. When our needs remain unmet, we experience disappointment.

Behind every disappointment is an unmet need and a false belief that created the expectation.

Divine appointment in divine timing has no disappointment because it is without expectation of the future and without judgement of the past.

When we expect the unexpected, we pre-determine an appointment with our destiny. We are never disappointed with our destiny, only with the dis-appointment of our fate.

Disappointment is an indicator that we are off-track and the appointment we expected was our fate and not our destiny. When we do not 'inspect' our destiny, we can 'expect' our fate to appear. Our destiny is always what turns up and we always have a choice of how we perceive what turns up. When we are disappointed at what turns up, we know at some level that we were expecting something else.

Whether we experience an appointment with destiny or the disappointment of our fate, is as always down to our choice of perspective.

Short Circuit

Life is designed to be an infinite, eternal and continuous journey, to explore, experience, and discover the expansive creation, manifestation, and realisation of the dual reality of physical and spiritual existence. Resistance in Life impedes our effortless flow and short circuits our journey. The force and magnitude of our potential flow is reduced by the frustration, intolerance and anger we encounter that eventually blows our fuse.

Effort is the application of false evidence appearing real. We are driven by the authority of fear, unless powered by love.

In the absence of Love, our life-force stops flowing and we are driven to find an alternative emotional power, as directed by our sub-conscious mental beliefs.

No effort is the inactivity or paralysis created by our current lack of power and authority that renders us stuck and unable to flow effortlessly. The shortest circuit we experience is when our life goes into an uncontrollable spin and the roundabout we are on makes us increasingly confused and unable to see a clear direction ahead. A drama is created when a fale belief (fear) conflicts with our power (love) and becomes an emotional need. It takes us off track and sends us in an ever decreasing spiral in search of our disconnected power source.

We revolve in ever decreasing circles that get shorter and shorter as our resistance and angst increases until eventually the sparks fly and our fuse blows and our current of effortless life-force is extinguished.

Resistance

We measure the resistance of the flow of an electric current in ohms with a rheostat.

We create a resistor to reduce the electrical force (volts) and power (amps) to give it the potential (watts) to do delicate tasks.

Energy materialises in many different forms but maintains its fundamental aspects.

In Life, our wattage is our potential output or the work that we do. Whether at work, rest or play, we require emotional energy for effortless flow without resistance.

What creates resistance in our Life is called a drama, is measured in angst, and is diagnosed as stress.

Our degree of stress or angst is relative to our emotional need for energy, which is relative to the mental authority of our beliefs. Our beliefs regulate the authority of the force of our forward momentum in life. False beliefs called fear alter our polarity and motivate us in a negative direction that resists the flow of life and causes stress.

Our emotional need is a measure of our lack of power to motivate us forward. Depression is our low magnitude of power that engenders lack of clarity due to a resistance in our current flow.

We become empowered with a high magnitude of energy, called joy, when following the natural flow of life and fulfilling our own potential.

Fantasy

A fantasy is a reality that is beyond the current realm of science fact. Fantasy worlds and fantasy characters are not the creation of established reality that is accepted as real.

Fantasy is seen as fictitious because it has no scientific basis of fact, it is seen as paranormal because it is beyond the boundaries of what is considered normal, and fantastic because it is not deemed possible in real life.

The real world is what science has declared to be a fact. A fantasy world is what 'science' has declared to be 'fiction'.

Science declares religion to be a fantasy. Religious believers in creationism believe Darwin's science of evolution and the Big Bang to be a fantasy.

Fantasy is what we believe to be untrue and imaginary. Yet much of science fiction in time becomes a reality and everything in physical reality was once created from someone's imagination.

Fantasy is what our belief system deems to be unreal. what concurs with our beliefs, we consider real and a fact of life. What conflicts with our beliefs, we consider to be a ficticious fantasy.

We may dream of a fantastic future reality but unless it is an image of inspired revelation, it will just become a fantasy that is unattainable because our belief system prohibits it. Our dreams will remain a fantasy until we challenge our beliefs accordingly.

Giving, Receiving & Sharing

Giving and receiving is the transfer of ownership from one person to another with agreement by both parties. Theft is the transfer of ownership without agreement when ownership becomes in dispute. Sharing has no ownership. Therefore we cannot share anything to which we have an attachment of ownership. Ownership means it's my own. Sharing means it's not my own. What we own belongs to us by virtue of our attachment to it. When we become attached to something that we do not own, we are driven to acquire it and make it our own. This requires someone to give it to us and receive something in return, unless we steal it, which is theft. This transfer of ownership is an act of giving that has a conditional act of receiving attached to it. What is given and received may be material, emotional or intellectual and every act of giving has a conditional act of receiving attached to it, otherwise it is sharing. Sharing is often mistaken as giving half of what we have to someone else but there is always a condition attached to this giving, which is usually that the recipient gives half of what they have to us. What we see as fairly sharing everything we have is called give and take, but is still the act of giving and receiving. Dividing belongings equally or giving and receiving to each other in equal amounts creates the agreement of joint ownership and co-dependency. When we own belongings together, we become jointly attached and dependent on everything that we jointly own. Whatever our partner has as their own, we will seek to acquire so that equality or equal ownership is restored. In a co-dependent relationship, couples are jointly attached to everything until they fall out and fight over the ownership of everything they owned together. This is called divorce. Shared ownership is an oxymoron because true sharing has no ownership and no attachment. When we share our lives with another, we renounce all attachment and ownership materially, emotionally and mentally in the acceptance that everything is ours. The giving and receiving of joint ownership is about 'you' and 'me', together in the separateness of co-dependency. Sharing is about 'us', in the sensitive detachment of separate togetherness in an inter-developmental partnership.

Pride, Arrogance & Vanity

- Pride is false self-esteem
- Arrogance is false self-confidence
- Vanity is false self-worth
- Humility is acknowledging false pride with esteem
- Humbleness is acknowledging false arrogance with confidence
- Appeasement is acknowledging false vanity as having worth
- True self-esteem accepts the equal ability of one's self and all others
- True self-confidence allows the authority of each to their own choice
- True self-worth approves the power of being at One with our Source

Order & Chaos

Chaos is a drama created by the problems we encounter in life. A problem is our inability to make a conscious choice, usually because we have an emotional need in conflict with a mental belief. We seek solutions to our problems that are creating our chaos, in order to restore an orderly peace. Peace is the respite we seek from the conflict of our chaos.

We try to avoid chaos by instituting order into our life. We choose institutional order in line with the institutions of our financial, health, education and judicial systems of our local and central government.

When we co-operate with these institutional systems we are seen as orderly. When we break the rules or orders of our governing authority we are seen to be disorderly, disfunctional and in chaos. We are then liable to be institutionalised for our own good, or the good of society, until we are considered orderly enough to conform satisfactorily to the system called peace and order.

Order requires routine, which becomes habit, which is predictable and controllable until it becomes an addiction and an obsession, which sends us full circle back into chaos.

Our degree of chaos is measured by the number of unsolved problems we are trying to manage. Our degree of order is a measure of how many problems we have solved. The problem is that the more solutions we find the more problems we seem to create. Maintaining order is society's biggest problem in a continuously changing and expanding world. There is more apparent chaos in modern society than ever before despite our increasing ability to solve problems and institute order.

An effortless life is obtained by having no problems. When we have no problems, we require no solutions and when we require no solutions, we require no order to manage them. When we have no problems and we have no solutions, we require no order to put them in, and our potential for chaos is eliminated.

True peace of mind is achieved when both order and chaos are no longer our reality.

An Accidental Life

An accidental life is a life spent following our fate. When we follow our fate, our life happens by accident. We follow our fate until by chance, we meet an accidental death.

An accidental life occurs when we do not have the ability to be in control of our life and we become a victim of life instead of a creator of life.

Luck and chance are a belief that life controls us. When we run out of luck and have experienced our last chance, we run out of life.

Once awakened to life, we have the presence to see that all

possibilities exist in life and that we have the ability of choice. Once we become alert to life, we have direction and command of our authority, and we know the vision of our life.

Once we become aware of life, we become clear about who we really are and feel our power to enjoy the beauty of our purpose in life. When we manifest our destiny to become awake, aware and alert to life, we realise that we have created our accidental life by accident, instead of on Purpose.

Temporal, Secular, & Genuine

Temporal means of this time. A temporal view is seeing the world in the context of this age or time, without the capacity to know the world in each moment of time. It is without the revelations of what we can have in life. It accepts how things are done now.

Secular means of this world, place or space. A secular view is seeing a perspective of the world from one's own physical and material vantage point, instead of perceiving a world view that is a bigger comprehensive picture of our spiritual existence in this world. It is without the inspiration of who we really are. It accepts how things are done here.

Genuine means of this reality. A genuine view is seeing the world as it appears to be through our physical eyes, instead of the genius of seeing what we can do when we see life through our spiritual eyes. It is without the imagination of what we can really do. It accepts that only one reality exists.

What appears to be temporal, secular and genuine is an illusion that we have created in our time, space and reality. What is actually real is what ever we choose to recreate, because whatever we choose to create in each moment of time becomes our perception of the world and our perspective of reality.

We all have our own exclusive time, our own individual space, and our own unique reality, in which to discover, explore and experience life.

Envy & Jealousy

Jealousy is the fear that someone will stop meeting our emotional need.

Jealousy is the fear that unless we possess and own someone, they will meet someone else's emotional needs instead of ours.

Jealousy is the fear that we will become emotionally needy because of the actions of someone else.

Jealousy is the fear of a demotivated person who believes that their power is being diminished by someone else. They are jealous of the person who they believe is depriving them of what they need emotionally to give them power.

Envy is wanting what someone else has in the belief that we are without it. When someone has what we have, they are like us and seen as our kind. Kind people are like us and we like kind people. Envy is created by our belief that someone is unlike us or unkind because they will not share what they have and we do not. When someone has what we believe that we do not have, they are not like us and are unlike our kind. We dislike who we are not like and dislike those who are unkind and do not share with us what we believe we need.

Envy motivates people people to get what others have and to be like them – their kind of people. Keeping up with the Joneses is driven by the envy of their possessions or status.

Whereas the antidote to jealousy is to become disconnected and insensitive to others, the cure to jealousy is to become sensitively-detached from all others.

Whereas the antidote to envy is to become kind and generous, the cure is to become at the choice of our Soul who provides everything we will ever want and need.

Soul Discipline

The Soul relinquishes control to the Self at birth. The Soul allows the three aspects of our Self, our unconscious heart, sub-conscious id, and conscious ego, to make our choices our self.

As our ego, our conscious sense of self, is as yet unformed, we come under the authority of our id and the power of our heart.

The power of the heart is evident in the pure love that all babies emanate. The survival instinct, that all babies are born with, is the authority of the id.

As we grow into a child our conscious ego grows and develops as we take the power and authority of our parents and

teachers, who influence our beliefs and meet our physical and emotional needs.

As we grow up, we are taught self-control and self-discipline, which is being under the control and discipline of our Self. The question is: "What self are we a disciple of and which self is in control"?

Are we under the control of our super-conscious heart that drives us to get our emotional needs met or under the discipline of the subconscious id that is our belief system?

So begins the battle of good and evil between our heart and our mind to discover the nature of our conscience. The conflict between hearts and minds will continue to rage until our self becomes united and allied to our Soul.

As our Soul has given its choice to our self, the self can choose the choice of its Soul and follow its destiny, or choose its self and follow its fate.

We will follow the fate of our Self until we become conscious of our sub-conscious authority and aware of our super-conscious power. Becoming conscious of our beliefs unites our id and ego self.

Becoming conscious of our emotional needs unites our heart and ego.

Becoming conscious of our dramas and conflicts unites our id and heart.

When all three aspects of Self consciously connect under the Discipleship of our Soul, we connect to our True Power, Authority & Ability.

The Essence of Value

We truly value this world when we appreciate it with our spiritual senses.

With our sense of seeing, we create the clearest picture of what we choose to bring into our experience of Life.

With our sense of feeling, we realise the highest awareness of our emotions that we can explore as an aspect of Love.

With our sense of knowing, we manifest the deepest truths of our mind that we can discover as our perspective of Light.

As our spiritual senses appreciate, our value of what we can realise, manifest and create with our sense of seeing, feeling and knowing, becomes more and more apparent.

To explore the value of our inspirational feelings, we must first consciously meet our emotional needs.

To discover the value of our true revelations, we must first challenge our limiting beliefs.

To experience the value of our creative imagination, we must first overcome all the roles and dramas that we are acting out.

Our true essence of value is our appreciation of the expansive world that we can imagine in our mind, reveal in our heart and are inspired to feel in our body.

Needs, Beliefs & Dramas

When we are not feeling contentment, we are experiencing a drama that is affecting our health. When totally content, we are healthy and when totally healthy, we are content.

When we are not feeling fulfilled, we are holding a belief that is affecting our wisdom. When totally fulfilled, we are wise and when totally wise, we are fulfilled.

When we are not feeling Joy, we are in need of emotional energy that is affecting our wealth. When totally joyful, we are wealthy and when totally wealthy, we are joyful.

Needs, beliefs and dramas interfere with and resist our happiness. We cannot feel joy when we have unmet emotional needs.

We cannot feel fulfilled when we are being directed by limiting beliefs.

We cannot feel content when we are involved in playing out a drama in our life.

A drama is a role that we play act in life that is based on a belief that we have been given in life that is reinforced by an emotional need that is unmet in our life.

An emotional need is a state of being without our true power. A limiting belief is a personal truth that stops us connecting to our true authority.

A drama that we act out is created by the beliefs and the needs of our ego Self.

Life is a continuous drama until we connect to the power and authority of our Inner Coach.

Embarrassed & Humiliated

Embarrassment is being overwhelmed by our emotional power, due to our lack of self-confidence in our own authority. It is caused by an imbalance of too much power and insufficient authority.

Humiliation is being overwhelmed by our mental authority without the power to use it, due to our lack of self-worth in valuing our Self. It is caused by an imbalance of too much authority and insufficient power.

An embarrassment of riches is having more money (power) than we know (authority) what to do with or how to spend.

Embarrassment is the inability to approve of our own power, value, worth and self care, because we lack the authority to do so.

Embarrassment will cause us to feel hot, bothered, irritated, at risk, inflamed, over-active, afflicted, threatened, unsafe and insecure.

Embarrassment or shyness is our inability to be and express who we really are, because we are not under the direction of our own authority.

The final humiliation is the loss of the last piece of self-worth that is de-valued and dis-empowered by the actions of another's authority. Humiliation is our inability to do what we know is right for us because we are without the clarity of our self-worth and value that empowers us.

Humiliation is the sentence imposed by the judgement, blame, conviction and shame of the false authority that becomes our fate.

Emotional Intelligence

Emotional Intelligence is a measure of our ability to see, feel, and know our emotional state of being in every present moment.

- Our capability to see our potential ability is in our imagination.
- Our capacity to know our force of authority is in our revelations.
- Our competence to feel our magnitude of power is in our inspiration.

Emotion is 'energy in motion', which has three aspects of power, authority and ability, and is divided by gender, polarity and intensity.

Our emotional strength is our strength of purpose, of knowing who we are and how much we value our Self – our Self-worth. Being emotional is being aware of our personal energy in motion, and being aware of energy in motion that is affecting us personally.

Being intelligent is having a conscious understanding of how matter/energy behaves in physical reality.

Emotional Intelligence is our conscious understanding of the awareness of our energy in motion, which is our level of consciousawareness.

Creating Awareness

The role of an educator is to provide the answers for their students. The role of a Coach is to guide and support another to find the right questions.

When we ask the right questions, we access the Source of All Knowing and the answers are revealed as revelations.

Creating awareness is allowing others to bring into their consciousness that which they do not yet remember. When a memory is revealed, they experience a sense of knowing, which feels as though they have always known it.

When we ask the right question, our awareness is revealed to us instantly as a revelation.

The Coach does not provide the answer but stimulates, empowers and facilitates the student to ask the right question that creates their awareness of the right answer for them.

In the material and physical world, our rational intelligence is measured by our ability to remember the answers to our questions. In the spiritual and energetic world our emotional intelligence or awareness is our ability to remember the questions to our answers. Our Consciousness guides us to find the answers to our questions in a rational way.

Our Awareness guides us to find the questions to our answers in an emotional way.

Conscious-Awareness

Consciousness is knowing what we are doing.

Awareness is knowing who we are Being.

We can have what ever we want to have, once we become consciously-aware of who we are being whilst we are doing whatever we are doing.

What we are doing is the role that we are enacting in our life with our character and our personality.

Who we are Being is the emotional state of Being that we are experiencing, and is the true identity of who we really are.

With the awareness of who we really are, we have the ability to bring our vision into our conscious reality, because our purpose has been revealed.

With awareness, we reveal the purpose of our life that directs us on our personal mission, to manifest our own individual, unique and exclusive vision for this life-time.

Our ultimate choice is to be aware of the purpose of our life; to become conscious of the mission that we have come here to undertake; and to become consciously-aware of our vision that will ultimately fill us with contentment and joy.

Consciously accomplishing our mission is our highest contentment. Being aware of our purpose is our highest joy.

Being consciously-aware of both is our highest fulfilment of our vision for our life.

The Value of Self-Worth

The secret to attracting money is the value of our self-worth. When money is a measure of our self-worth, then we become a slave to money and we are driven to work for money as its slave. When who we are is a measure of our self-worth, then money becomes a slave to the mastery of our wealth of being in a state of Wellness. Money is then a reflection of our value and worth as a human Being, and not the value and worth of what we Do as a human being. We attract money in direct proportion to how much we value our Self – our Self-Worth. Our traditional societal programming engenders the belief that money or riches are accumulated through status, knowledge and power. The Upper Classes have always understood the need for a good education in order to maintain their power, status and wealth. A good education includes the absence of limiting beliefs with regards to money. Money is attracted to the true power of who we are, not our position or status in society. What makes us attractive is the power to be our Self, not our power over other people. The traditional Upper Classes learned how to use common people to make their money for them, by exercising their position, power and knowledge in society. Making money never made anyone attractive. It can make you rich but not wealthy. Truly wealthy people are energetically attractive and money flows to them because of their state of Being, and not what they do or who and what they know. We can be rich and unhappy but we cannot be wealthy and be unhappy. Our energy is too attractive to be either unhappy or poor once we become Wealthy with Self-Worth. Self-Worth is how much we value who we are Being. Our state of

Self-Worth is how much we value who we are Being. Our state of Being is not our status in society, or what we do for a living based on what we know.

Our self-worth is de-valued by any limiting beliefs that we hold about our Self and about attracting money to our self. Once we know how attractive we are – money just flows into our life effortlessly without resistance.

Conflict & Confrontation

We require courage to overcome the conflict of fear. We require the Light of our Knowing to confront fear. When we fight what we fear it grows. When we confront our fears they disappear. We need to be motivated and driven to find the courage to face conflict. When we confront our fears, we become empowered by Love. We confront fear by challenging a negative emotion that is being created by a negative belief.

When we fail to confront our fear it will take us into conflict. When we confront and change our belief, we alter our perspective and create a positive belief that we flow with, instead of a negative belief that offers resistance and conflict.

Polarity

Polarity means direction.

There are two directions in life: The positive direction or right way, and the negative direction or left way.

The right path is clarified by the positive emotion of Love. The left path is confused by the negative emotion of fear.

Love is the Way of the Inner Coach or Soul, which is the positive path.

We are authorised to follow either path because we have choice, yet only the positive path has Authority.

Authority is knowing the path of our Soul. It is not right or wrong. It is just the path of our Soul, because it is the path we have chosen as our Soul.

The path of my Soul is my Truth. The path of your Soul is your Truth.

The positive way is always effortless because it is powered by Love. The negative way is either without effort or with much effort. Either way it is with resistance and without the power of Love.

When confronted with two choices the Soul's Choice is always the 3rd way.

My destiny is the journey of my Life, which is to experience the Way of my Truth along the right path.

Only the Inner guidance of my Soul will show me the Way and the Truth of my Life.

Debit & Credit

- A credit is something we give to another.
- A debit is something we receive from another.
- A debt is something we owe to another when they expect to receive what we are unable at present to give.

In absolute reality there is no debit and no debt. God only ever gives us Credit.

We owe God nothing and God asks nothing of us. We have no debt to pay to and receive no debit from God.

In Absolute Reality there is only Credit. Whenever we give God the Credit of Being Prime Creator, God Credits us with whatever we ask.

When we ask, knowing that it is already given, we Credit God with our Gratitude, and God credits us with everything that we ask. Debt is a manifestation of ownership and possession. Whatever we own and possess will own and possess us.

When we become possessed by money or the lack of money, we believe that we need to own it, instead of allowing it to flow to and through us.

Our belief in scarcity creates a lack of flow. A fear of not enough creates debt and credit, instead of Cred-ability with our Self and Credit-ability with God.

Being Credible

Being Credible is having cred-ability.

Cred-ability is our ability to be credited with everything we ask. We are Credible when we connect to our Truth and our Way. When we are following our true path and vision, we are connecting to our authority, which is the Light of our Truth.

With our Power and our Authority, we are Credible and able to be credited with everything that we ask. We have the ability to create our own life consciously and credibly.

God is always Credible with us, although from our mortal perspective we see God as an in-credible Being.

What we see as incredible, we call a miracle. Miracles of creation are an everyday activity for those who are Credible.

What limits our credibility, or our ability to be credited with what we want, is our own personal perspective, which we call our truth. Our own personal truth is relative to our perspective of life and is not the Absolute Truth, and therefore limits our credibility.

When we connect to our unlimited Truth with unlimited beliefs and unlimited Faith, we become Incredible Creators of our own personal reality. We then create our own Truth with Divinity and Credibility.

Soul Control

The Soul has no kindness and no envy.

Different kinds of souls do not exist. Souls are Divine Aspects and therefore have no distinction and no separation in Absolute Reality. Souls just are part of All that Is.

Man is a creation of our Collective Soul. Individual people appear to have an individual soul because they have a unique soul path or path back to becoming their soul.

God is the sole soul that created individual soul identities or soul identities to experience individual realities.

Soul identities can interact with each other through their individual Self that is a three part being of heart, id, and ego.

Once the Soul gives control to its Self, the heart, id, and ego come into contention.

God did not give individuals choice. God created choice with the separation of the Soul into individual souls and selfs. Souls are prime creations with choice, that is possible because of the creation of the self.

The Soul exists in Divine Order where no choices are either necessary nor possible.

Man lives in the relative chaos created by the choices of the individual self.

Each Self is a three part entity of power, authority and ability with the choice of how each are experienced.

Unconditional Love

Our Love for another is conditional on us having some for our self. When we have no love for our self, we have no love to give another. Being able to share our love with another is conditional on us both having some.

Our ability to share our love with another is limited by the extent of our love for our self. Whoever's love is most limited is the limit of the love which may be shared.

Love is conditional relative to the condition of our authority and ability to share it.

Unconditional love requires unconditional authority to allow unlimited ability.

The power of our love is limited by our authority of knowing how to use it wisely.

Unlimited creative ability is conditional on our power and authority being unlimited.

Limiting beliefs limit authority and emotional needs limit our emotional power of love.

Unconditional Love means that there are no limits or boundaries placed upon our love for another.

- We are unconditionally accepting of whatever they do.
- Unconditionally approving of whoever they are being.
- Unconditionally allowing of whatever they have.

Once we become unconditionally accepting, approving and allowing of our Self, we love our Self unconditionally without boundaries or limits and are able to share this unconditional love with another.

Spiritually Developed

No one is more spiritually developed than anyone else. We are all spiritually equal.

We are either awake or asleep, alive or dead, but never more advanced spiritually or better than any other.

To believe that we are more advanced or further along our spiritual path is an illusion of perspective. It makes the false assumption that we are all travelling along the same path.

When we follow the path of another, then by the definition of following our leader, they will be further down their path than we are down their path.

When we follow a leader who is behind us on our path, we are going backwards.

Leaders always appear to be more advanced than their followers. If this were not the case, their followers would be looking to follow someone else.

Leaders & followers is a duality of the same energy, which is based on greed & pleasing, winning & losing, victims & villains, arrogance & humbleness, teachers & students, employers & employees, to name but a few.

Spiritual Teachers do not teach. They are students of their own spiritual path and guide and support others to learn their own spiritual path.

When we allow others to follow their own path with our guidance and support, we receive the guidance and support that we need to follow our own path.

None are further along their spiritual path of development, yet some are more aware of where they are than others.

Attraction & Magnetism

Magnetism has a fixed polarity. It is created when all the atoms in an element spin in the same direction – they become magnetic. Polarity means direction. Polarity becomes evident when energy flows through elements in the same direction – as with electricity through a copper wire or magnetism through an iron bar. Magnetism and electricity are the same force (energy) acting

tangentially to each other. This means that when we turn the energy flow at a ninety degree angle, magnetism becomes electricity and vice versa.

Magnetism has polarity, whereas Attraction is undivided by polarity – it is neither positive nor negative. Attraction is whole and has Integrity.

The Law of Attraction states that "Like is drawn unto its self". With magnetism opposites appear to attract.

The belief that opposite magnetic poles attract is an illusion of perspective. In reality a north/south alignment of polarity aligns with a north/south alignment, but repels a south/north alignment, which has an opposing polarity alignment.

Alignment and polarity are an illusion of perspective. When we change our perspective, we change our alignment and we change our polarity.

Polarity is created by direction. Direction of spin creates a positive or a negative magnetic polarity relative to our perspective. When we change our perspective – look from the opposite direction – the direction of spin appears to reverse. Thus a clockwise spin seen from the north will become an anti-clockwise spin seen from the south, even though the direction of spin has not changed. Attraction is neutral, which means that it has no polarity. It just is a Divine Perspective.

Covenant or Contract

A Covenant is expansive when we co-vene or come together as one, in union and togetherness.

A Contract is reductive when we contractually become stuck in our separateness.

Our Covenant with the Divine is our Vision, Mission & Purpose in Life, which is individual, unique and exclusively ours.

We make a Contract with Man to honour our promise and bind it by Man's Laws.

Both a covenant and a contract are a promise:

- A covenant is God's promise to us.
- A contract is Man's promise to Man.

Fulfilling our Divine Covenant requires the breaking of all contracts that deny and obstruct our expansive development and growth.

- A contract of marriage is a civil partnership in law where opposites are attracted to each other.
- A covenant of holy matrimony is a spiritual partnership determined by the Law of Attraction.

A promise to Man requires trust and where trust does not exist, a contract in law is agreed.

A Divine Promise requires Faith and our ability to connect to our power and authority determines our ability to receive God's Promise.

God's Promise is to give us everything that we ask, even before we have asked. Our Covenant with God is to Ask.

Our contract with the devil expires when we no longer put our trust in Man and follow our Covenant with God.

Accepting, Approving, & Allowing

Being Accepting of what is occurring in the present is to observe the present moment, in a sensitively detached way, without tolerance or intolerance.

Being Approving of who we have been in the past is to be aware, in an emotionally rational way, of the state of being that we attribute to the creation of our present circumstances.

Being Allowing of what we want in the future is to know our life path and to be exclusively connected to our destiny and what we have chosen to attain in our life.

- We Accept the present moment when we know that we have created what is occurring in our life. We also know that we have the potential to change it in our future, by changing who we are, in relationship to it, in the present.
- We Approve of who we have been in the past when we know that, at that moment of time, we were being the best that we were able to be, given the circumstances that we had created.
- We Allow our future to open up to us when we know that we already have everything we want and need for the journey that we have chosen.

When we are in a state of Being Accepting of whatever is occurring, we have the potential ability to do whatever we need or want to do. This is self-esteem.

When we are in a state of Being Approving of who we are, we have the magnitude of power to be whoever we choose to be. This is selfworth.

When we are in a state of Being Allowing of what we choose to have, we have the force of authority to attract what we want to us. This is self-confidence.

<u>Co-operation & Co-existence</u>

- Co-operation is sharing the same reality as another.
- Co-existence is sharing a life of differing realities with another.

Wanting someone to co-operate is wanting someone to share our reality when their reality is different.

When we have a different perspective of reality, we cannot share our reality and therefore co-operation is not possible.

Different realities co-exist in the same time and space, because we all have different perspectives. We all have choice and make different choices based on our perspective.

If we all had the same perspective, we would all make the same choice, which equates to having no choice.

Earth is a contextual field where all possibilities exist and all possibilities co-exist to allow all possible choices to exist.

We can choose co-existence or we can choose co-operation but we cannot choose for others to co-operate with us, because we cannot choose for others.

Choosing another's reality is not a reality. It is a projection of our reality onto another.

Followers believe that they co-operate with their leader and share the leader's reality. In reality, a follower adopts the leader's reality as their own and forsakes their choice for the choices that their leader makes for them.

Followers co-exist with other followers who have chosen not to create their own reality but to follow the path of their chosen leader instead. Followers are always humble to the arrogance of their leadership.

True co-operation has no followers or leaders. It is when two or more partners follow their own lead in mutual co-operation. Mutual co-operation requires both partners to create the same reality by making the same choices based on their similar perspective of life. They both lead and follow the true path of their lives together.

Self-Confidence

Self-confidence is knowing that we have the authority to make our own choices in life.

It is the authority to confide in our Self, and to know our own truth. It is knowing what we want and making the right choice for our self so that we allow what we want to manifest in our life.

False self-confidence is operating under the authority of some one else's power.

A false authority is our fate not our destiny. It tells us what and how we should, ought to, must, and have to manage our life.

People appear to lack confidence when they don't know what to do or how to do what they believe that they should be doing.

The solution for low self confidence is never to show others what to do and how to do it. This is arrogance and is what causes low self confidence in others.

The more we arrogantly try to tell people what to do and how to do it, the more we disconnect them from their true self-confidence, which comes from following their own authority.

When we guide and support another to connect to their own authority and to make their own choices in life, their self-confidence starts to grow.

We can only develop self-confidence once we are no longer dependent on the need to confide in other people to make our decisions for us.

Self-Esteem

Self-esteem is the ability to live life to its full potential. It is the measure of how highly we regard our life with esteem, which is relative to our ability to fulfil our potential in life. False self esteem is the vanity of status and position in our society. Appearing physically attractive; being acknowledged by others; our breeding and relationships; how much we earn; where we live; the car we drive; and the job we do; all serve to raise our status and position in the pecking order and hierarchy of our society. We suffer low self-esteem when uncomfortable in the presence of others of higher status, greater wealth, more importance at work, or esteemed by society for their celebrity status and exceptional achievement.

The solution to low self esteem is not the pursuit of fame, money and acknowledgement from ones peers as this will just appease our vanity and theirs.

The more vainly we pursue self-esteem from our perceived status in life, the more we pursue it in vain.

True Self-esteem is how we see our Self, once we attain the authority and attributes of our true power.

Self Worth

Self-worth is the power to feel the positive Joy of who we really are. It is the magnitude of our positive emotion that we feel and emanate out to others in a way that allows them to value us as worthy and having worth.

The magnitude of our self-worth is the value of our state of being, to us and to others. When we become insensitively detached from our feelings, we are unable to sense our power and value our worth, and we develop a need for approval from others in order to feel worthy. False self-worth is measured by how much money we have. It is the value of our bank account and our material assets that are used to see how much we are worth.

Money is falsely believed to give us power, when all it does is give us power over other people who believe that they need money. People without money are valued by their ability to work and make money for people with money.

The pursuit of money becomes a pursuit of power over others, in order to maintain and expand our falsely presumed wealth. All the money in the world does not make someone valued, worthy and emotionally wealthy. The richest people in the world often become miserly and reclusive.

True self-worth is the measure of our state of being, which cannot be purchased with money. We can buy safety and security, comfort and fleeting pleasure, but none of these will attain the state of Being in pure Joy.

Our self-worth increases as we feel the positive excitement of our highest emotions.

Get Behind Me Satan

In absolute reality there is no such thing as a fallen angel. Satan and lucifer both work for God.

Satan's job is to test us to see if we are worthy, as only the worthy get to ascend into Heaven on Earth.

When we see satan's tests as demonic then satan is in front of us and we are resisting our flow of Divine authority and power. When we put satan behind us, we remove all resistance to the divine flow from Source and face our True Reality.

When we face downstream with the current flow, God is in front of us and we are flowing to Source. Satan is behind us and will threaten us whenever we are tempted to step out of the flow or try paddling upstream.

When we flow downstream, we make our dreams a reality, with the effortless flow of creation.

When we resist upstream, we make our worst nightmares come true, and we have to live them in our physical experience.

The negative scenario is always satan's test of our worthiness and confidence. When we let our negative perspective become our reality, we submit to satan's false evidence appearing real. Lucifer the fallen angel of light is just the duality of satan the fallen angel of darkness. They both exist in the relative dual reality of unawakened souls fighting the battle of good and evil where a god of good will always be conflicting with an evil devil.

Inter-Dependency

Inter-dependency is a complimentary spiritual relationship between two awakened people.

An Independent person follows their own path and allows their partner to follow their own path. They create two different realities that will eventually divide their relationship.

Co-dependent partners need each other to be their source of power. They compromise their true power by following the lead and the authority of the most dominant will or ego. As one partner dominates the other must or is forced to be submissive otherwise conflict reigns.

Co-dependent partnerships stop each partner becoming independent. Independence is lost or becomes forfeit for the sake (needs) of the relationship.

Once limiting beliefs have been challenged and emotional needs are met, two independent and awakened souls may embark on a journey towards inter-dependence.

An inter-dependent relationship occurs when each partner shares equal ability as one partner provides the power and the other the authority.

The rational male energy in the partnership becomes exclusivelyconnected as the authority and the emotional female energy becomes sensitively-detached as the power. The uniting of the emotional power and the rational authority allows the partnership the ability to grow spiritually and be expansive.

As each partner grows to become emotionally rational in their own ability the partnership expands to become inter-developmental.

Freedom

All states of Being are Approved when our words have freedom of speech.

All passions and desires are Allowed when our thoughts have freedom of choice.

All actions, reactions and responses are Accepted when our deeds have freedom of expression.

When we approve of, accept and allow others to be, do and have whatever they choose for them, we become free to choose our own reality.

Once we are free to create our own reality, we become free to change our reality at will.

It is the freedom to change our mind and alter our reality that gives us the opportunities that we require for our own expansive personal spiritual development and growth.

Our universe expands as the result of our own personal development. When we stop spiritually expanding and growing, so does our universe and the world in which we live.

Freedom costs nothing and there is no price to pay. Its value is priceless and its worth is limitless, when we give it as a gift to others.

Per Pro & Proper

Per Pro means for and on behalf of. It is who we represent and who our authority is.

Our authority is our soul who re-presents us in each and every moment of time.

We represent our Soul as our self that is the physical representation for and on behalf of our Soul.

Proper describes who we are trying to be as the personality and character of the role that our ego self is playing out in the drama of life.

Being a proper person involves living up to the reality of our programming and allowing our fate to become our reality.

What is considered proper is seen as being in our right personality and behaving true to our character.

The paradox is that we are unaware of our true identity because our proper authority is unknown to us, until we become awakened. Per-pro and pro-per are the same thing viewed from different perspectives.

Our unawakened perspective sees our proper reality as true and sees per pro as a pretence and a fiction.

Our awakened perspective sees our per pro reality as our Truth and our proper behaviour as an illusion that we live in until awakened.

Limiting Beliefs

Beliefs create our actions and our behaviour that determine our state of being.

When we are doing what we truly love, our emotional state of being is positive and expansive.

When we are emotionally negative and contractive, we are motivated only to do what meets our needs emotionally.

Limiting beliefs therefore serve to demotivate us and drive us continuously to get our emotional needs met.

Expansive faith is guided and supported by positive beliefs that offer no resistance to our developmental path in life.

My seven core beliefs guide my path and determine my choice of behaviour and my positive emotional state of being.

Until we have challenged all of our beliefs to see whether or not they positively serve us, we will not be consciously aware of whether our sub-conscious beliefs are positive or not.

A positive belief guides us forward. A limiting belief resists our expansive journey.

Thought, Word & Deed

- A "Thought" is a conscious energy received mentally with 'knowing'.
- A "Word" is a conscious energy transmitted emotionally with 'feeling'.
- A "Deed" is a conscious energy expressed physically with 'seeing'.
- "Receive thoughts with an all knowing mind of Light."
- "Transmit words with an all feeling emotion of Love."
- "Express deeds with an all seeing will for Life."

Talking to Our Self

We cannot talk to our self and get the answers.

The Self's only access to the answers is by way of our Soul or Inner Coach.

Our Soul is the Divine Representative of our Self and has all the answers.

The Soul can only give the Self the right answer when the Self asks the right question.

Questioning our Self or seeking answers from our Self is therefore futile.

Questioning our self shows lack of confidence, as does talking to our self.

Confidence grows and expands as we talk to, confide in, and ask our Inner Coach the questions to which we require an answer.

When we ask the right question, we already know the answer. The act of asking the question allows the answer to appear in our conscious mind.

We are aware of the answer before we ask the question – but not conscious of it. The answer only materialises with the awareness of the question.

Our Soul communicates continuously with our Self. The question is: "Is our Self listening?"

When we see the co-incidences of Life and feel the highest emotions of Love, we are close to knowing the revelations of the Light of our Inner Coach.

Gender & Polarity

Gender is the duality of our emotional Power. Polarity is the duality of our mental Authority.

Gender has a male or female perception. Polarity has a positive or negative perspective.

A male perspective is normal for men and a female perception is normal for women. We get confused when we see normal as positive because we then see abnormal as negative.

Thus, when a man sees life from a female perspective, he is seen as queer, abnormal and negative.

Similarly, when a woman sees life from a male perception, she is seen as butch, abnormal and negative.

Divine Love is divided by gender into female love (need) and male lust.

Female love is without our true power, and is our emotional need for power that we call love or passion.

Male lust is without our true authority, and is our mental wanting our own way that we call desire and a lust for life.

When something is what we want, we see it as good and positive and we desire and lust after it or need it because we love it with a passion.

When something is not what we want, we see it as bad and negative and hate and loathe it or fear and detest it.

Whether we love something or need it, want it or desire it, lust after it passionately or hate and fear it, is simply a matter of the gender of our perception and the polarity of our perspective.

True Love has no gender and True Light has no polarity, just Wholeness (Holiness), Unity & Oneness.

Identity

- Our beliefs determine our behaviour.
- Our needs determine our personality.
- Our actions determine our character.

Our True Identity is the Power of Love, the Authority of Light, and the Ability of Life.

- With empowered personality, we are approving and self-worthy.
- With authorised behaviour, we are allowing and self-confident.
- With enabled character, we are accepting and self-esteemed.

Present & Presence

The present is the moment in time that we physically exist in.

Our mind can travel into the past and the future but only connects with our emotion in the present.

The mind affects the vibration of our emotion with its judgments of the past and its expectations of the future.

Judgments of the past and expectations of the future limit the flow of well-being that is the pure emotion of our Soul. Spirit is pure emotion without physical and mental limitations.

Well-being is our ability to live in our present reality without limitation and resistance.

The magnitude or the power of our well-being is measured as the amount or quantity of our presence.

Presence is our emotional state of Being Well.

When we radiate presence we express our Wellness.

Present is an adjective that describes the moment in time in which our reality is focused.

We are 'Present' when we are fully aware of who we are and the current reality that we are presenting.

Presence is an adjective state of being in our power. When we are presenting our state of Well-being, we radiate our presence.

Presence, well-being and power are our natural state of being and our birth-right.

We are born with presence but as we grow we accumulate limitations and resistance that inhibit our ability to stay present.

Our natural state is to be present in time, present our true reality and radiate our presence in our space.

When we are present, we know our true authority. When we have presence we feel our true power.

With power and authority, we present our true ability.

Heaven

Heaven, Utopia, Paradise, Shangri la, Nirvana, Xanadu, are all descriptions of a state of Being and do not exist as a place on Earth. Heaven can be experienced anywhere on earth at any time by achieving a positively Divine state of Being, which is heavenly. Heaven is a divine state of Being that can only be experienced by first journeying through the physical and spiritual dimensions of Earth.

1st heaven is the spiritual dimension of Earth and is the duality of earth, as in heaven and earth. The Soul exists in spiritual heaven and the Self is born into the physical realm of earth.

2nd heaven is the positive aspect of physical life on earth and is the duality of hell, as in heaven and hell. Hell is the negative aspect of physical life on earth. We do not wait for our death to experience 2nd heaven or hell. They are perspectives that we choose to experience whilst alive in the physical world. We experience hell on earth when we are unawakened to spirit. It is the death of Spirit that reveals a hell on earth for the unawakened self experiencing its fate.

3rd Heaven is our Destiny. It is the Realm of the Trinity of 'threeness', where all states of Being are Divine. 3rd Heaven can be experienced in physical form, whilst on our journey on Earth that we call Life. To experience the bliss of 3rd Heaven, we are first challenged to overcome the duality of both 1st heaven & earth and 2nd heaven & hell.

The Vicious Circle

We believe what we see and experience. Each experience is a drama that creates our belief system.

The reality of a drama becomes our belief in the truth. Our truth or what we believe to be true is what we focus our thought and attention on.

What we focus our attention on becomes the reality that we attract, thus reinforcing our belief that it is our truth.

Without drama there would be no experience and no different perspective of life.

Each drama creates our experience of life, which becomes our personal perspective, our belief in reality, and our truth.

We believe what we see and experience and we attract and experience what we believe to be our truth as we see it.

Dramas create beliefs and beliefs create the polarity of positive and negative emotion.

Emotion is how we feel about a drama based on our beliefs or our perspective of reality.

Negative experiences create negative beliefs that create negative feelings that are called emotional needs.

Dramas create beliefs, that create emotional needs, that create dramas, in order to fulfil the emotional need.

Emotional needs are the result of an apparent loss of connection to our power created by a false belief that disconnects us from our authority.

Our loss of authority is caused by our perspective of a past experience that became our truth in our reality. We lose our authority to a belief when we are unaware of the Absolute Truth and Reality of our Source.

All dramas are designed to meet our emotional needs but because they are created by a false belief they are unable to connect us to our True Source of Power.

A Dream

A dream is the creation of the Soul's imagination.

From the perspective of the Soul, a dream is a new creation of its imagination.

From the perspective of the Self, a dream is a new message from its Soul.

When we day-dream, we are joining the Soul in conscious creation of our desires.

Dreams at night are reminisces, by the Self, of what our Soul is desiring to experience, in the physical, through the Self.

Sleep is essential for the unawakened Soul.

The awakened Self receives messages consciously and communicates through meditation with its Soul.

The more we meditate the less we need to sleep, as the more awakened we become to day-dream.

When we communicate with our Soul through meditation there is less need for the Soul to dream messages for the Self to receive. Day-dreaming is a meditation of the unawakened Self.

The more unawakened we are, the more we need to sleep and to dream. the more awake and aware that we are, the more we meditate and day-dream.

Singularity, Duality, Triality

Singularity is the single reality of Oneness and the state of everything existing in the Realm of Infinite and Eternal Continuity. In the beginning God created the heaven and the earth and Twoness came into being out of the Oneness of All That Is.

Twoness is duality, an abbreviation of dual reality or the opposing states of relative opposites. The Earth is a three dimensional, physical, world created as a contextual field in which to experience all aspects of non-divinity or twoness, called duality. The existence of both twoness and Oneness gave rise to the possibility of threeness.

Threeness or Triality, short for Triune Reality, or the reality of the Trinity, has no opposing states of Being. It exists without conflict or opposition in a state of harmony, balance and calm called Peace. Absolute Peace, calm, balance and harmony, often referred to as Heaven, is the Gap in Space outside of all states of dual reality, that unifies and edifies all relative states of Being. Whereas the Holy Trinity of the Triality of Threeness is the ultimate reality in a three dimensional universe, twoness allows reality to change through individual choice.

- Singularity has one choice, which is no choice.
- Duality has two choices, which allows choice.
- Triality allows us to be in a Divine State of Being At Choice.

Talking with God

Our mission is not to learn to talk with God but to listen to God. Listening to God means listening to our Soul, who is our representative of God, or God's representative of our Self. Our mission is for our Self to be representative of God and to re-

present God in each and every moment of time.

Our Soul never talks to our Self directly because our Soul never gives us directives, only directions.

Our Soul continuously gives us messages that direct us on our path and show us the direction our journey will take when we are on track to becoming One with our Soul.

When we become at One with our Soul, we are doing God's work to the Divine Plan. The Divine plan is to become Divine, as our Soul has planned for our Self.

When we are following the directives of our ego self, we are doing the work of the little devil who motivates and drives us.

The Self is given total choice by the Soul, in the same way that each Soul is given unconditional choice by God.

Were the Soul to tell the Self directly what is required, the Self would lose its power of choice, with its authority to choose being denied.

The power of the Self is available only when following the path of the Soul, which is the Soul's authority, but the Soul has no authority to tell the Self its path, only to guide and support the Self on its path.

Our Soul talks with God when our Self listens to its Soul instead of itself.

Patience, Impatience, Anger & Fulfilment

Patience is learning to wait. It is the ability to wait for whatever we believe that we do not have, without getting angry.

When we get angry and lose our patience, we are demonstrating our impatience or our lack of ability to wait any longer, for what we believe that we do not have.

The more that we believe that we do not have something; the more we create that as our reality; the longer we will have to wait; and the more patience we will need.

Anger and patience are a duality similar to wrath and meekness and are one of the seven mortal sins and virtues.

They are in essence the same energy with differing polarities and, therefore, the more angry we get the more patience we will need. The need for patience is often called self-control and the more patient we become the more latent anger we store up in our psyche. Patience is in fact unexpressed anger.

We are taught to express patience and suppress impatience, by not getting angry.

Managing anger or impatience by suppressing it means that eventually it will manifest in to the physical as an illness or a disease. We effectively become a patient of our patience.

To break the patience-impatience cycle and dilemma requires a third way of responding, which is the fulfilment of our 'service'. Once we are being 'served' or fulfilled with our service, we are

receiving everything that we ask for and we are waiting for nothing. We are 'in service' and being 'serviced' once we are waiting 'on' our knowing that every thing that we have asked is already being delivered.

When we are filled full of the fulfilment of knowing that we have everything that we ask for, patience and anger are no longer required. We are waiting for nothing, and waiting on everything arriving.

Without patience, impatience or anger, fulfilment is guaranteed. God's Promise is to give us everything that we ask, even before we have asked. Our promise is to ask and to become fulfilled.

Conviction

We have conviction in our own choice when we know that what we choose is already in place.

We are convicted by the beliefs that limit what we have, and serve a sentence of punishment, created by an authority that is not our own.

When we follow the authority of another, we will always be judged by their standards and found guilty of any misdemeanours or transgressions. We will be convicted by our perceived faults and humbled by our own arrogance.

We will serve time for our sins as a penitence for not repenting, until we are finally pardoned, when once again convicted by an external authority that seeks to discipline and control us.

Our Inner Coach is our True Authority and never seeks to convict, discipline or control us.

When we choose with conviction, we know that it is the right choice for us and that it is the choice of our Soul.

Our Soul never judges, never convicts, never sentences, never punishes, and never pardons. These are all actions of greed and of Men who pursue power and control over us. They seek to become our authority, dictating our morals, laws, standards, ethics and principles, by making rules that give themselves a mandate to rule over us.

A belief is an opinion that we have borrowed from someone else until we challenge it and own it with conviction.

Having no previous convictions does not make us innocent and does not grant us freedom.

Breaking-up Or Breakingdown

When something breaks down it stops working effectively. When something breaks up it stops being unified.

When a relationship breaks down it effectively stops working for one or both partners. The partnership is no longer meeting the needs or intended purpose for one or both partners.

Broken relationships can be mended. Co-dependent relationships may benefit from the services of a trained mediator, such as a coach or counsellor, who will overhaul the relationship and get it working again.

When a relationship becomes irretrievably broken-down, it leads to divorce or permanent separation and the marriage is broken-up legally and finally.

In an inter-developmental partnership, a break-down is seen from a different perspective as time required in temporary separation for both partners to review their vision and purpose.

The break-down is seen as a temporary break-up for their mutual benefit. They both know that their partnership is 100% secure and time apart is necessary for the individual healing process of both partners.

It is not that the inter-developmental partnership has stopped working effectively but that the relationship is working too efficiently to expose the work that is required to be confronted. Too many lessons and shifts presenting them self at one time can put an individual or both partners into chaos.

A temporary separation of soul-mates may be essential to uncover any unhealthy attachments and to work through any unmet emotional needs and uncover any fears or false beliefs that exist sub-consciously hidden from view whilst the partners are united. A temporary break-up or separation is beneficial and preferential to a break-down that leads to a permanent break-up and divorce.

Being Human

Being a human is doing what humans do.

All human beings have individual choice but mostly choose to do what other human beings in their society choose to do.

Human beings normally conform to patterns of behaviour that are considered to be normal human behaviour.

The human thing to do, and the humane thing to do, is what society currently considers to be good and right behaviour.

There is no manual or law book that is the definitive blue-print of how humans should be. Those who revere the Bible, the Torah, the Koran or another Religious doctrine will obviously disagree.

Whether inspired by God or by god, all religious texts are the creation of Man. Moses may have received a revelation from his God concerning his path, but the 10 Commandments are a creation of Moses and Mosaic Law is the Law of Moses, not the Law of God. God cannot make Laws and give Freedom of Choice as this would be hypocrisy.

All individual human beings have individual choice, which is God given.

God did not give us choice and then tell us what to choose collectively.

Our Soul connection to God guides us individually not collectively. What makes us human is our ability to choose who we are being. Human beings are unique, individual and exclusive because of their emotional state of being more so than the actions they take.

Whereas most human beings do similar things and live similar lives, they differ immensely in who they are being whilst they are doing the same things.

A human being is a noun that does things called verbs.

Being human requires an adjective to describe our emotional state of being in each and every moment in time.

Good or Bad

Good is a positive belief or judgment about something we want or choose. We choose what we want because we believe it is good for us.

Bad is a negative belief or judgment about what we don't want or choose to have. We choose not to want or have something that we believe is bad for us.

Good and bad are a judgment based on our positive or negative beliefs that are based on our perspective of any given situation. Nothing is inherently good or bad for us. Whether we want something or not is a matter of our positive or negative perspective in that moment of time.

What was good for us in the past may become bad for us in the future, based on the situation and the perspective that determines our belief.

When we change our perspective, we change our belief and we may make a different discernment based on our new perspective or situation.

The ability to choose allows us the ability to change our mind and therefore our perspective.

A good situation or circumstance is seen from a positive perspective. A change in situation or circumstance will change our perspective from being positively good to becoming positively bad or vice versa.

Bad situations are seen as evil and evil is a situation that is seen as bad. It is seen as an external force that creates bad situations, circumstances and occurrences.

There is no malignant force for evil, only our choice of perspective.

The Soul's Choice

The Soul's choice is neither good nor bad. It just is our Soul's choice. When we are totally accepting of our Soul's choice, we know that whatever is in our reality our Soul has allowed it for our higher development and expansive learning.

Our Soul will never allow anything in our life that is not for our higher good.

Many occurrences, situations and circumstances may appear to the Self to be either good or bad, wanted or not wanted, but this is just a subjective view of the Self that has no knowledge of the objective view of the Soul.

Our Soul always knows the objective of each life lesson or drama that we attract to our Self. Our soul knows that we will continue to attract the same drama until we learn the lesson that the drama has to offer us and we change our perspective accordingly.

When we shift our perspective, we change our view of our reality and we change our reality.

We are on a journey of exploring and experiencing life to discover what we want and what we don't want. This is the game of good and evil.

Our Soul chooses for us to play the game of 'good and evil' and the game of 'life and death' in our search for the ultimate 'Game of Life'. The Soul plays the Game of Life in Absolute Reality and its one desire is for the Self to join the Soul in a celebration of Life.

A Force For Good

There is no force for good. There is just our authority to live life. The strength of our 'life-force' energy depends on how well connected we are to our exclusive source of authority – our Inner Coach or Soul.

Our force of authority is neither good nor bad, it just is our force of authority. Its relative strength or weakness determines the quota of the force.

Our Soul has only one perspective – our sole perspective.

Our Self has the choice of two perspectives. It is our ability to see two different perspectives that allows us to have a choice. Without relative perspective there is no choice – just the one path of the Soul.

It is not our destiny to follow the path that is good and right, but to explore, experience and discover all paths, so that we may determine what is good and right for each of us individually. It is only in the experiencing of what we don't want (the bad) that we can choose what we do want (the good).

Everything gets really confusing when we all start to choose for other people. When we choose for others, we give them a force that is not of their authority, which will not prove to be what they want in the long term, and therefore it will not be good or beneficial for them.

When we choose to follow the authority of another, we choose a force for evil, because it will never lead us to what our Soul has chosen for our Self. Ultimately, we always want for our Self what our Soul wants for our Self.

The Value of Confident Esteem

We are empowered with Self-worth when we are being the attribute of our highest Self that we value greatest.

We are authorised with Self-confidence when we are allowing our Self to attain the highest choice that is open to us.

We are enabled with Self-esteem when we are doing the best we can do and accepting what we have created as our highest achievement. We gain Self-worth and personal power with the realisation and approval of who we are being.

We gain Self-confidence and authority when we are allowing to manifest what we know that we have chosen.

We gain Self-esteem and ability with the acceptance that the reality we are in has been created by our Self.

With the Value of Confident Esteem, we can be, have and do whatever we choose.

To experience Self-worth, we must first give up the pursuit of money and power over others.

To discover Self-esteem, we must first give up the pursuit of status and material possessions.

To explore Self-confidence, we must first give up the pursuit of knowledge through rational education of science and theology.

- Our true power of Self-worth is the attribute of who we are Being.
- Our true authority of Self-confidence is what we Have attained.
- Our true ability of Self-esteem is the skill of what we are Doing.

Belief & Faith

Faith is knowing what I want that is right for me to guide me on my path.

Belief is thinking with the knowledge of experience of our self and others, in order to choose the best solution to a problem.

Our beliefs determine our behaviour. We take action according to what we believe the outcome will be.

When we believe that an outcome will be favourable, we act accordingly. We avoid taking action when we believe that the outcome may be unfavourable.

Our beliefs create uncertainty and the existence of chance and risk. Chance creates luck and luck or bad luck becomes our fate.

Our beliefs create our fate and therefore our beliefs become our fate. Our thoughts draw unto us the experience of our focus. Therefore what we believe to be true becomes our reality and our reality endorses our beliefs about what is real.

Faith is knowing that I have a chosen path in life.

Faith is knowing that all possible paths exist and all realities are possible.

Faith is knowing that reality is not fixed and constant but fluid and expansive, and it is knowing that we follow our destiny with effortless flow, balance, harmony and equability.

When we Know that everything is possible then miracles not only become a reality but become our way of living a miraculous life with faith.

A Force for Evil

There is no force for evil other than the authority and power that we use to create evil.

The Law of Attraction states that: "Like is drawn unto itself". Therefore evil thoughts, words and deeds create evil situations, occurrences and circumstances.

When we believe that evil exists, we create a reality in which evil things happen. Whether what is happening is good or evil is just a matter of perspective.

When we act from our highest intentions and our highest vision of who we are, we deem our self to be good.

When we act from the lowest example of who we can choose to be, we can be seen as evil by other people.

In our relative dual reality world, even highest and lowest are a personal perspective.

Evil people do things that we don't want to have or to experience. Good people do things that we do want to have or to experience. Because good and evil is a personal perspective, we are all capable of doing good and evil things from someone else's perspective.

A force is a quota of authority. The authority that evil has is equal to our negative beliefs of what is bad for us, based on our personal perspective of life.

The power that we give to our evil negative thoughts is equal to the magnitude of the absence of Love in our thinking. When our thoughts are of pure, positive Love, we give evil no power or authority.

When we fight evil, we resist the negative force and make it stronger.

The only way to defeat evil is to not give it another thought.

God's Representative

God's Representative is our Soul and Inner Coach.

All Souls are representative of the One God.

All Souls are unique, individual and exclusive because they represent or re-present God in unique, exclusive and individual ways.

Our Soul is unique to us and a unique re-presentation of God, which means our Soul re-presents God in a unique way through its Self. The Soul represents and re-presents our Self's individual journey called a life-time.

During this life-time, our Soul has chosen which representation of God it chooses to represent through its Self in this life-time. God is representative of all Souls in all life-times.

God has chosen different Souls to represent different life-times so that God may experience many life-times through many Souls. Man is a representative of its Soul. Man represents its Soul and represents its Self in each and every life-time.

Man's representation of its Soul in physical form is called its Self. The journey of the Self is to represent its Soul as a representative of God through its Self.

The purpose of the Self is to represent its Soul, not to represent itself.

The ego is what the Self presents when it represents itself.

Being & Doing

Human beings are defined or characterised by what they do according to the character or role that they are doing or playing in life.

As a human being, we are also defined by our personality, which is the emotional state of being that our character portrays.

We rationally interpret the material world in which we are living with our physical senses and consider all aspects of events that are occurring.

We rationally analyse what other people are doing before we decide on what we will do our self. The actions of others determine our reaction or response to life in each and every moment of time. We emotionally analyse who other people are being relative to what is occurring in the world. Most people however do this subconsciously without being aware of it.

We are aware in varying degrees of who other people are being – their emotional state of being – depending on how sensitive we are emotionally.

In a very material and rational world, our sensitivity to the awareness of energy and energetic states of being is closed down at a very early age.

This does not mean that we stop being emotional but that we stop being aware of our emotions and being consciously in control of them.

Consciously Being requires the awareness of our emotional state of being, whereas Doing requires us only to be conscious of our physical state of being.

Vanity & Appeasement

Vanity is seeing one's self as being perfect.

Appeasement is tolerating one's self as being imperfect.

Vanity is the need for false self-esteem based on the belief

that perfect, good looking people are lovable and imperfect or ugly people are unloved.

When we learn to love our self, we are learning to appease all the imperfections that our ego self represents.

Once we have learned to love or appease our imperfections, it becomes easier to love or appease the imperfections of others. Our path is not to accept the personality and character of our individual imperfections.

Our path is to approve the attributes of our Soul as a reflection in our Self. (We accept what we do, we approve of who we are being.) It is our path to become who we really are, our true Identity, not to tolerate through appeasement who we are not.

Vanity is seeing our perfection as acceptable.

Appeasement is seeing our imperfection as acceptable.

Approving of who we really are is a feeling of the highest emotion that we can attain.

We attain the approval of our Soul when we attain the attributes of our Soul, instead of being a reflection of the character and the personality of our vain and appeasing Self.

Angry & Mad

Anger is a violent reaction to loosing our emotional power or believing that our emotional power is under threat and about to be taken from us.

Anger is driven by an unconscious belief that our power is derived from what we need emotionally.

Once we know that our power comes from being who we really are, we no longer need to react in anger, because this is not who we really are.

Angry people are seen as the villains of society when in fact they are the victims of society's false beliefs about power.

Our society believes that power comes from knowledge, status and financial wealth. Logical thinking then assumes that anger is created through ignorance, low self-esteem and lack of money. Rational thinking people believe anger to be a reaction created by the inability to control one's emotions. Managing anger therefore became a pre-requisite of the rationally intelligent, upper ruling class and wealthy aristocracy.

Anger is being mad due to a lack of emotional power.

Insanity is being mad due to a lack of rational authority. Sanity is conforming to the normal authority that our society approves of as being acceptable.

We are certified mad or insane when we do not conform to the rules, etiquette, beliefs, ethics, morals, standards and laws of our society created by the authority of its ruling classes. That is of course unless one has status, wealth and intelligence, in which case madness is renamed as eccentricity.

Personal Spiritual Development & Growth

Spiritual development is the personal growth of the Soul.

Spiritual growth is the personal development of the Self.

Personal spiritual development and growth is the journey of the Soul and the Self to becoming One.

The journey of the Self is through the relative physical world of dual reality.

The journey of the Soul is to guide and support its Self to transcend the relative dual reality world of physical life and align with the spiritual realm of Absolute Divinity.

The Self can only consciously undertake the journey of transformation, once it has been awakened to its destiny by its Soul. Until the Self becomes aware of the existence of the Soul, there is nothing above or beyond the sense of Self to transcend.

It is only the awakening of the Self to the existence of its Divinity that allows the Self to contemplate a journey of transcendence and transformation to becoming Soul-like.

What the Self truly values is to become like its Soul. This is the Soul's sole purpose – to unite its Self.

The purpose of the Soul & Inner Coach is to guide and support its Self to become alert to its messages of revelation; to become aware of its emotions of positive inspiration; and awake to its intuitive genius of imagination.

Stance

Our stance is where we stand.

Subsistence is standing where we get our physical and emotional needs met by someone else.

Existence is standing in the physical, material world.

Insistence is standing in the way of the Inner Coach's support and guidance.

Instance is standing in the present moment of now.

Resistance is standing by our beliefs, needs and dramas that block our effortless flow.

Assistance is standing by someone who guides and supports us or needs our guide and support.

Desistance is standing for a change of perspective and a shift in our stance.

Distance is the length of space and time between where we are standing and something else.

"To Be Or Not To Be"

"To Be or not to Be" that is the question.

To Be or to Do, that is our choice.

Our Inner Coach is continuously bringing us the opportunities to be who we have chosen to be.

Whatever we choose to do is of benefit to the Self in this physical world. It is of no importance to the Soul, other than to give us the opportunity to be who we are choosing to be.

When we return to the absolute world of Spirit, we take with us our attributes (who we have learned to be) and our attainments (what we know that we have learned). We leave behind our physical skills that are use-less in a non-physical world.

When we are doing what we love to do, we are being who we love to be.

When we are not being who we love to be, we will not be doing what we love to do and we will not be doing what we are doing with love.

We can choose to do what we love to do, alternatively, we can choose to love whatever we are doing, and then we will be doing what we love to do.

To love what we do, we are required to do it with authority, which means that we choose it and want it.

When we want something and choose it without resistance, we connect to our power through the authority of our choice. When we choose what we don't really want, we are not authorised or empowered to enjoy it.

Relative & Absolute

Our Self resides in the realm of the Relative.

Our Soul resides in the realm of the Absolute.

Our Soul has absolute choice but in the realm of the absolute there is no potential to experience, explore and discover different realities because everything is Oneness.

The Soul can only know itself through its Self that resides in the relative world of choice.

Our Soul can only exercise its choice through its Self. Without the Self their is no distinction between Souls.

So the Soul chooses to experience Life through its Self, and its Self through Life, in the physical world of relative dual reality.

For the Soul and the Self to be truly divided in reality, relative to each other, they are required to have separate choice.

Unless the Soul gives to its Self total independent choice, it cannot enter the realm of dual reality, because it would remain in the singularity of absolute choice.

In relative duality, the Soul retains absolute choice and the Self is confronted with relative choice.

In absolute reality the Self is either limited to the choice of the Soul or limited by the choice of the Self.

To be free of the Soul is to be limited by Life.

To be free in Life is to be guided by the Soul.

When we share in our Life, the power, authority and potential

ability of our Soul, we are free to choose our Soul's choice.

The choice of our Soul is freedom, it will never limit us.

Power Sharing

Our ability to share our power with another is limited by the love that we have for our self and the love our partner has for their self. Our partner may have 'all the love in the world' to share with us, yet how much we can share with them is limited by how much love we have for our self in this world.

Likewise, our partner may have 'all the authority in the world' to share with us i.e. unlimited choice, yet how much we can share their authority and choice is limited by our own authority and the limitations on our authority that stop us choosing.

Power is limited by authority. Authority is not limited by power but by belief.

Authority comes with Faith. When our beliefs are aligned with our Faith, we have authority. When our beliefs conflict with our Faith, we become disempowered.

When we are faithful to the directions of our Soul, we are empowered.

When we believe the directives of the ego and our sub-conscious yearnings and convictions, we become disempowered and driven by our emotional needs.

We cannot share our love in return for our partners authority. Nor can we share our authority in return for our partners love. We cannot share what we do not have.

Giving power or authority in exchange for authority or power is conditional.

Conditional love has no power and conditional choice has no authority.

"God Is A Jealous God"

"God is a Jealous God" means that God (our Soul) needs to be needed by us (our Self).

Once we know that we need our Soul, we understand the purpose of our Soul, and we get that the purpose of our Self is to follow the vision of our Soul.

The Soul needs the Self to undertake the mission. The Self needs the Soul to hold the vision.

The Soul and the Self seek a common purpose where the mission of the Self is aligned with the vision of the Soul.

The Self is always cared for by the Soul, once the Self knows that the Soul always cares.

When the Self takes care of its self, without consulting the Soul, it does not need the soul but needs other people instead.

When disconnected from the Soul, the Self needs to be cared for by other people and needs to be needed by other people.

Even an unawakened soul knows in its deepest sub-conscious that it needs union with another, because that is its natural state of Being – in union with everything.

When we know that our true union is between the Soul and the Self, we become truly inter-developmental. Only the Soul can facilitate the development of our Self and only our Self can accomplish the personal spiritual growth of our Soul.

Jealousy

Jealousy is the feeling of not being needed.

When we need to be needed, we feel not needed, unwanted and abandoned, which is jealousy.

The greater our need to be needed, the more intense is our jealousy concerning the person who appears not to need us or want us. When our partner needs to be cared for or needs us to meet their emotional needs, we feel needed and our emotional need to be needed disappears. We need to be needed when we don't feel needed and when we feel needed, we don't need to be needed. Jealousy is the fear of being abandoned or rejected by someone who appears not to need us to meet their needs emotionally.

Our jealous fears will sub-consciously seek to control the one we need to meet our emotional needs.

This jealous control will eventually drive the one who is controlled to feel deprived of their freedom and independence.

The need to be needed compliments the need to be cared for and two complimentary needs always create a co-dependent relationship.

The state of being co-dependent on each other deprives each partner of their freedom.

The need for independent personal growth will always divide the partnership, until an inter-developmental relationship is established, that allows each partner to meet their own needs separately and together, in a mutually beneficial relationship of expansive personal spiritual development and growth.

Trust & Faith

Trust is our belief that other people will act and respond in the way that we want them to.

We trust other people when they consistently act in a way that pleases us.

When other people trust us to do what they want us to do, we are pleasing their arrogance, which is greed.

Arrogant people are greedy for the power over you to please them, and do what they ask, to the standard that they demand and trust that you will deliver.

Arrogant masters demand trust and loyalty from their humble pleasing servants.

Trustworthy people display loyalty to those who are master over their authority and to those to whom they have given away their authority.

Wanting the trust and loyalty of others is to seek power from them and authority over them, which is the superiority of being better than them, which is greed.

Trusting one's self is behaving in a normal and predictable way that is based on the experience of our past beliefs.

Trust of Self resists personal growth by encouraging security within boundaries that we trust, by adherence to personal standards and beliefs.

Faith is following our own individual, unique and exclusive life path, being accepting of what occurs, approving of who we are, and allowing what we want to manifest.