



Daily Life Lessons 2021

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The Purple Pill

The Purple Pill offers a third choice, which overcomes the dilemma of a choice between the Red Pill or the Blue Pill.

- The Red Pill is a metaphor for the painful truth
- The Blue Pill is a metaphor for blissful ignorance
- The Purple Pill is a metaphor for personal destiny

It is my fate to choose between the red pill & the blue pill. it is my destiny to choose the purple pill.

Red or blue is a relative choice between the yin & yang of male & female energy:

- The red pill denotes the female gender of my emotional feelings, which are sensitive & connected
- The blue pill denotes the male gender of my rational thinking, which is exclusive & detached
- The purple pill denotes the balanced gender of my emotional intelligence, which is exclusively connected & sensitively detached

Taking the Red pill, I am emotionally aware; taking the blue pill I am rationally conscious; and taking the purple pill, I am consciously-aware of my emotionally-rational intuitive thoughts & feelings.

Life is always a dilemma with only a choice between the red or the blue pill. With a choice between male rational thinking or female emotional feelings, my head and my heart are always in conflict.

The purple pill is my third choice of inner peace, with a neutral polarity of mental frequencies and a balanced gender of emotional wavelengths, my life-force energy vibrates in harmonious accord.

The unity between red & blue is purple, which represents the harmony of my inner peace of mind, the accord of mental & emotional intelligence and the balance of my intuitively thoughtful awareness with my conscious intellectual thinking.

- The purple pill is a metaphor for beneficial opportunities to thrive
- The red pill is a metaphor for striving to meet uncertain challenges
- The blue pill is a metaphor for surviving problematic solutions

Taking the purple pill overcomes pain, fear & problems. It ensures that I am never lost, confused or frustrated. It exclusively connects my conscious rational intellectual intelligence, and my sub-conscious instinctive emotional intelligence, with my super-conscious intuitive spiritual awareness. It aligns my feelings of emotional competence, with the capacity of my mental thoughts, to the capability of my physical experience. It sensitively detaches me from the trauma of other people's dramas and exclusively connects my Self to my individual, unique & personal sense of inner guidance & support; which aligns me with the destiny of a certainly beneficial path through life.

Imposing & Agreeing

Imposing my authority onto another is always an imposition. Agreeing to the same or a similar choice is always agreeable. Agreement always has authority because both parties are authorising the same choice, with their own personal authority. When I am the author of my own choice, it has my personal authority. I cannot authorise another's choice, without their agreement. With their agreement, I endorse their choice, not authorise it. By agreeing to my choice, you are endorsing my choice and authorising my choice for yourself. Recognising or acknowledging another's authority over own's own choice, authorises it as one's own choice. Others cannot impose their authority on to me, without my agreement.

When an external authority is imposed by Law it is an imposition, which I find either agreeable or disagreeable. I either accept it or tolerate it. By agreeing to an imposition, I remain lawful. When I disagree with a lawful imposition, I can take my complaint to court for arbitration. When I am found guilty of not accepting the imposition, I will by default be imposed with a disagreeable penalty. I am penalised whether I accept an imposition or not. I am forced to tolerate the imposition of governmental laws, whether I agree with them or not.

When I vote for any particular form of Government, I agree to the impositions, as well as the perceived benefits, which they impose by law. Voting for the election of someone else to determine my standards, boundaries and beliefs is giving them the authority to impose their choice onto me. Whether their choice is agreeable or disagreeable to me, I am bound by law to the imposition of their external authority.

A Directive Style of Management imposes its Standard Operating Procedures for tasks, onto its employees, using its assertive management skills.

A Consultative Style of Management agrees Standards Of Performance with its Teams for its agreed objectives, using developmental coaching skills.

Concept & Innovation

A Concept is conceived by the conscious Intellect with Visualisation. I consciously visualise a physical concept from sub-conscious memory. A concept is derived from intellectual thinking based on sub-conscious memory. I conceptualise with a conscious mental focus, which happens by me, with hindsight & foresight.

An Innovation is initiated intuitively from super-conscious imagination, without prior knowledge or experience. Innovation is inspired and empowered with super-conscious thought. I innovate with a spiritual connection of awareness that flows through me as insight.

Only once innovation has been initiated and experienced, can it become conceptualised as an intellectual concept.

Spiritual reality becomes a viable concept, once intuition is initiated through the imagination. Unless I first imagine the innovation of intuition, I cannot initiate it as a viable concept. Without the imagination to realise spirituality conceptually, I can only conceptualise spiritual reality as imaginary.

With the belief that imagination is not real, I disallow the initiation of intuitive imagery, with the belief that spiritual reality is intellectually not viable.

Standard Conditions

Standard Conditions are conditional standards.

Standards are conditional on their being allowable, because they are acceptable, because they have approval. Being allowed and being approved are the conditions on which all standards become acceptable.

Approval is the condition on which I allow anything to be acceptable. I accept a standard and allow it, when it has my approval. When I impose a standard on myself, I expect that standard to be acceptable, to approve it being allowable.

When I impose a standard of behaviour onto other people, it is called a boundary. Boundaries are standard conditions that are deemed to be acceptable behaviour by other people. I deem them acceptable behaviour when I approve and therefore allow them. I disallow other people's behaviour that I deem unacceptable because I disapprove of it.

It is a condition of my personal boundaries that they align with my personal standards. What I adopt as a personal standard, I allow with my approval as my boundary. When other people's behaviour is conditional on my approval, I allow my boundaries to be conditional on their approval. I never enforce a boundary without another's approval. I never approve or disapprove of other people's standards, only ever my own.

A condition of my standard of behaviour is that it never crosses another person's boundary. In this way, my behaviour is always acceptable and allowed with their approval.

My standard conditions are:

- My authority is always allowable
- My power is always approved of
- My ability is always acceptable

My authority is allowed when I make a beneficial choice. I allow myself to make beneficial choices, which are positively inspired because they feel right.

My power is approved when I make a beneficial choice, which feels good. I approve of my power when it feels positively empowered.

My actions are acceptable when they are authorised and empowered because I allow them with my approval.

The condition on which I adopt a standard is that it is authorised, empowered & enabled:

- I allow what is authorised and know to be right
- I approve what is empowered and feels good
- I accept what is enabled and see as feasible

Allowing my mental authority, approving my emotional power and accepting my physical ability are my three prime standard conditions, when making personal choices.

- My authority is allowed when I know my choice is right for me
- My power is approved when my choice feels good for me
- My ability is acceptable when I see that it is beneficial for me

Intuitively knowing, feeling & seeing are the conditions on which I choose good, right & beneficial standards for my Self.

Being authorised, empowered & enabled is my standard for all personal behaviour.

Being allowed, as acceptable, with their approval, is the standard of the boundaries that I set with other people; in alignment with the standard that I set for mySelf.

My boundaries are conditional on my standards, not other people's boundaries, imposed as their standard conditions. The standard of my boundaries is that they are acceptable to other people. Where my boundaries are unacceptable to others I either withdraw the boundary or I withdraw myself.

Personal boundaries are a standard condition of physical life. The standard for my personal boundary is for it to be as extensive and expansive as is beneficially possible.

Density & Dimension

Physical Density is relative to weight & volume.

Physical Dimensions of length, width & height measure volume.

Spiritual Density is inversely relative to Light. The more enlightened I become, the less spiritually dense I am; irrespective of my physical density or dimensions. As I grow spiritually, I expand my awareness, my energy gets lighter, I become more enlightened and less spiritually dense. My physical dimensions and my physical density is unchanged. I still look the same and I still weigh the same.

Spiritual Dimensions are physical, mental & emotional. I am spiritually being, doing & having a thoughtful, feeling experience. The physical capability of my creative spiritual experience is relative to my mental capacity of thought and my emotional competence of feeling.

- Fast energetic frequencies of negative thinking with a short insensitive wavelength of feeling cause an intensely dark drama.
- Slow energetic frequencies of negative thinking with long wavelengths of feeling cause an intensely traumatic dark depression.
- Pure vibrations of Light, with balanced mental frequencies and emotional wavelengths, create a beneficial & divine experience of life, which is drama & trauma free.

A pure thought has a pure feeling and produces a pure experience. These pure experiences are referred to as 5th dimensional experiences but are actually 5th density experiences.

Spiritual Density is relative to Conscious-Awareness. A spiritual dimension is a density of mental thought and a level of consciousness:

- Density 1: Unconsciousness
- Density 2: Sub-consciousness
- Density 3: Physically Conscious

- Density 4: Conscious Awareness
- Density 5: Super-conscious Awareness

Spiritual dimensions are seen as levels of consciousness & levels of awareness that are relative to spiritual density, intuitive awareness, conscious thought, mental capacity & spiritual enlightenment. The more I raise the purity of my spiritual vibration, the higher the spiritual dimension and the lower the mental & emotional density.

The dimension of physical reality is very mentally & emotionally dense. Thought is limited and awareness is disconnected.

Expanding thought and growing awareness allows the density to lighten and creative potential to be realised. Density 5 is the highest level of consciousness, of which physical Beings are aware. Creative potential is spiritual not physical. It is relative to the conscious-awareness of emotionally intuitive and rationally intellectual intelligence.

Enlightenment is a measure of spiritual intelligence and the Knowledge of Light. This conscious physical world allows the awareness of the spiritual density of spiritual dimensions.

Immanence, Imminence, Eminence

Immanence is presence in the moment. I am immanent now, in the present moment. I am mentally present and connected to my true nature, which allows my authority to flow freely. My true nature is immanent and inherent. It remains within, as my source of creative potential. My immanent nature allows my creative potential to flow. Imminence is my expectation of the future. I believe that my future is imminent and about to arrive. In a relative, linear, time-space-reality, the future follows the present; which always follows the past. The future is forever imminent. What is imminent is not always expected and what is expected does not always arrive.

What is imminent is whatever I immanently present as my focus in the moment. I always attract the essence of my present focus.

- My immanence allows a true perspective of what is imminent
- My eminence disallows a true perspective of whatever is occurring

Eminence is proud prominence. It is a belief in the superiority of one's own authority based on outstanding past achievements. It is an intellectual state of mind that is intuitively disconnected from source energy and needs external validation and acknowledgment.

- Eminence is a statement of past events
- Imminence is a statement of future events
- Immanence is an expression of a state of present focus

Without immanence, eminence will appear to be either imminent or distant.

With immanence, I do not give either imminence or eminence another thought.

Enabling Self Healing

Self Healing is enabled with mental authority and emotional power. Health requires a Wealth of Wisdom. Being well is healthy, wealthy & wise.

Mental authority is called wisdom. Wisdom is an innate sense of knowing. I intuitively know with certainty when my choice is authorised because I feel inspired and fear free.

Emotional power is called wealth. Wealth is an innate sense of intuitive feeling. I intuitively feel empowered when I am inspired with innate wisdom.

The absence of mental authority is called fear. Being fearful is never wise. Fear blocks the flow of my wise, authorised, mental choices.

The absence of emotional power is called depression. Being depressed depresses my flow of empowered inspiration. Stress, worry, anxiety & dread are all symptoms of blocked mental authority. Frustration, anger, intolerance & confusion are all signs of blocked emotional power.

Self Healing is a physical ability that requires mental authority. That means I have to choose it by consciously taking responsibility for my own health. No-one can choose it for me.

Making wise personal choices requires emotional power.

Depressed emotional power disallows wise mental authority. With a wealth of emotional power, I have the mental authority to empower my own ability to heal my Self.

Before I am able to heal my body, I am required to heal my mind. Healing my mind requires a personal connection to my intuitive innate wisdom. Intuitively connecting to my innate wisdom, which knows that I am a self healing entity, requires my intuitive connection to my wealth of emotional power. I cannot buy emotional power because it is inherently innate.

I cannot connect to my innate healing power when I feel ill. Pain is my body telling me that my emotional power has a blockage. I only

ever feel pain when my emotional power is not freely flowing and I believe that I am not well. It is impossible to feel pain when I am feeling well and empowered with my own emotional energy. My emotional power allows my connection to my mental authority. My wealth of emotional power that flows with my wise mental authority, enables my physical ability of Self Healing. When I am intuitively certain of my self healing ability, I feel empowered to allow it to be my reality and my own life force energy flows effortlessly and healthily, without any internal resistance. I am a naturally self healing entity, when I allow my Self to be one. When I know that all is well, I am being Healed.

The Future Of The Education Service

In the future, there will be one international language and one global education service, available to all people online. Public, private and state sponsored schools will disappear.

In the future, intelligent learning will replace teaching. Facilitating learning is the key skill, which all education service providers will accomplish.

In the future, the Education Service will realise that as well as Intelligence, both Intellect & Intuition are vital to wise mental development. The intelligent use of data & information requires the development of the mind both intellectually and intuitively.

In the future, the Education Service will realise that logic is both rational & emotional and that both IQ & EQ are measures of our mental capacity and our emotional competence.

In the future, the Education Service will realise that the purpose of learning is the development of creativity. Learning is a creative skill that is not currently taught in schools. The essence of learning is mental & emotional development, the purpose of which is to facilitate creativity.

In the future, the Education Service will realise that personal mental authority and personal emotional power are the essence of personal creative ability.

In the future, the Education Service will enable people to learn to work, rest & play with meaning, reason & purpose. The purpose of learning is to personally lead a fulfilling and creative life. Learning to create a fulfilling and meaningful life on purpose will be the prime objective of all students using the Global Education Service.

In the future, all students will learn how to create the essence of a good life, as opposed to the current education system that is designed to teach students how to earn a satisfactory living.

In the future, as students learn to take responsibility for their own personal creative power, with their own mental choice of authority,

education will become an enlightening, empowering & rewarding experience of physical life.

In the future, the Education Service will facilitate learning in alignment with the personal needs of each and every student. Learning will be allowed to be a unique experience for every individual student.

In the future, the Education Service will realise that there are no Masters, in a World where we are all here to learn.

The Future Of The Finance System

Finance is currently dependent on the supply of money from Central Banks, who 'print' money in their particular currency. This instantly becomes a debt to a National Government, who promise to repay that debt through the taxation of its people.

In the future, there will be one International Currency issued by one Global Bank, called the International Monetary Fund (IMF). The Global Currency will be a Universal Credit payable to all eligible citizens of the world; as an online debit of their monetary fund to the credit of each recipient.

In the future, banks will be replaced by online financial transactions, managed and maintained by block-chain technology.

In the future, the global finance system will be totally credit based and debt will no longer be a function of the central banking system. Artificial Intelligence will ensure that Global Financial Transactions are operated fairly, beneficially and legally. The International Monetary Fund will be credible, transparent, accountable and compliant with an International Global Legal System.

In the future, it will be illegal for the IMF to operate any financial services other than the issue and management of Universal Credit. High Street Banks will disappear and be replaced by Independent Financial Services Companies under global regulation. Global Banking and International Financial Services will become two different entities by law.

In the future, with the inability of Nation or City States to be in debt, taxation will no longer be necessary and inflation will become redundant.

In the future, a fair and equal system of how credit is earned and applied, will ensure that neither poverty nor gluttony are ever a toleration.

The Future Of The Health Service

In the Future, the Health Service will become a service which serves the healthy, by assisting them to maintain & preserve health. It will remember that the only cure for illness is the preservation of Health.

Our current National Health Service is an illness service that serves the sick by trying to cure illness with the elimination of symptoms of dis-ease.

In the future, the Health Service will promote Self Healing as the only acceptable way to maintain health. Curing will become redefined as the preservation of health; as opposed to preserving acute illness in a chronic form, without symptoms.

In the future, the Health Service will promote health through raising emotional energy; by overcoming negative irrational thinking, which is the root cause of all physical symptoms of disease.

In the future, the Health Service will realise that bad health is an oxymoron and that good health is innate when healthily maintained from birth. Disease and illness will be relegated to a past belief that health can in some way be bad.

In the future, the Health Service will have a spiritually holistic view of health instead of a dualistic perspective of physical & mental illness. It will realise that holistic wellbeing requires a wealth of emotional energy, with innate intuitive wisdom, to ensure the maintenance of good physical health.

In the future, the Health Service will educate people, from a very early age, how to manage the physical body's natural ability to detoxify itself through self healing. The maintenance of a self-cleansing and self-healing physical body is essential to the experience of continuous good health. The elimination of the belief that illness is an external malignant force, which we become a victim of, will allow our self healing bodies to flow with vitality.

The future of the Health Service is the re-education of a healthy mind that has no reason to be sick because it has the time and the emotional power to heal its own body.

In the future, the Health Service will realise that physical Health requires large doses of emotional Wealth administered with mental Wisdom. Healing unhealthy mental beliefs and promoting personal emotional power, is the future of the Health Service.

In the future, the Health Service will fulfil its stated aim: To Do No Harm.

Allopathy & Homeopathy

Allopathy induces a condition that is different or opposed to the symptoms of an illness. It works on the premise that if the symptoms disappear the disease or dis-ease is cured.

Homeopathy treats the disease with minute doses of the same disease or illness.

- Homeopathy stimulates an internal immune response
- Allopathy is an external response to particular symptoms

Allopathy follows Albert Einstein's belief that you cannot cure a problem with the same thinking that caused the problem.

Neither allopathy nor homeopathy are treating the thinking that is causing the problem.

Western Medicine has adopted allopathy as its orthodox treatment because it appears to provide a cure by eliminating the symptoms of acute illness. In contrast, it sees homeopathic remedies as an unorthodox treatment.

Neither allopathy nor homeopathy have any apparent clarity as to what is a symptom of a disease and what is a condition of self-healing. By taking away the symptoms, modern medicine may be also taking away the innate ability of a body to self heal. In its stated mission to preserve life and to do no harm, allopathic medicine appears unaware of the harm it is potentially doing to a self healing organism, by preserving (curing) acute illness in a chronic form.

Homeopathy by contrast, medicates an illness with a small dose of the same pathogen or toxin that is believed to be the cause of the illness. It recognises that the only difference between a medicine and a poison is the amount of the toxic substance that is administered. Correctly administered homeopathic remedies are not designed to cure an illness but to stimulate the body's own natural self healing ability. The irony of modern allopathic medicine

is that its two major treatments of acute disease are antibiotics and vaccinations; both of which are homeopathic treatments.

Both Allopathy & Homeopathy are alternatives to Natural Self Healing. The paradox of modern medicine is that homeopathy is considered an alternative treatment to allopathic orthodoxy, which by definition is the opposite, contrasting or alternative treatment. The present issue with Self Healing is that it takes time and it takes emotional power. Self healing takes time because it has to overcome the resistance of a belief system that does not believe that it can heal itself.

The problem with homeopathy is that it takes time for the self healing to function and provide the placebo effect of the medication being the cure.

In a modern world that suffers from a shortage of time and a shortage of emotional energy, self healing is no longer seen as a viable remedy for illness. The symptoms of a self healing organism are seen as the tolerations that are symptomatic of the disease. Treating illness with the time and the emotional energy that it requires to self heal, is not considered an acceptable option in a modern society that is prepared to pay for a quick fix. In practice, only once a chronic illness has become critical, with a fatal prognosis, do patients start to seek an alternative remedy or cure.

The Secret To Health & Healing

The Secret to Health is Self-Healing.

There is nothing I have to do to self heal, except just allow it. Self healing doesn't happen to me or by me, it happens through me. I instinctively allow myself to heal when I intuitively know with certainty that my body has the ability to heal itself.

Health is a state of physical, mental & emotional balance. Any imbalance leads to a state of ill health. Negative mental beliefs cause negative emotional needs, which when unmet cause negative physical symptoms.

Physical symptoms are the body's physical signs of it naturally detoxifying emotionally to regain a healthy mental perspective. When I perceive myself to be healthy, that is my personal experience.

Being healthy requires that I allow my body to self heal:

- Blocking my natural ability to self heal will manifest the symptoms of an acute lack of wellbeing
- Blocking the symptoms of acute dis-ease causes a chronic sickness
- Blocking the healing of a chronic sickness causes a critical illness

When an incurable critical illness is diagnosed as terminal, it is indeed fatal.

The symptoms of an acute illness are the effects of the body's self healing system, called the immune system. Being immune or exempt from illness allows the body to self heal effectively and efficiently.

Inflammation, histamine and thrombosis are all part of the natural healing system, not illnesses. Coughing, crying, sneezing, diarrhoea, sweating, fever and blood pressure are all natural symptoms of a detoxifying and self maintaining body.

Healthy bacteria & fungi are essential to the nature of the human biome. The efficient cleansing of toxic bacterial, fungal and viral pathogens is essential to maintaining a good healthy physical environment within the body.

The only assistance that the body ever needs is to allow it to self maintain a healthy balance through restoration and cleansing.

When the body slowly moves out of balance over a long period of time, it takes time for the body to heal itself by coming back into balance.

The body instinctively knows what it needs to self heal. Pain is the body expressing a deficiency of emotional energy, which is the power of self healing. Fear is the body expressing a false belief that it is incapable of self healing. Worry and anxiety are symptoms of mental dis-ease, which cause a physical imbalance and an emotional deficiency.

Fear is a mental dis-ease and pain is an emotional unwellness. Fear & pain ensure that illness is a problem. When I face the fear, I eliminate the pain and allow every opportunity for my body to heal itself and maintain a healthy experience of life.

The secret to Health and Healing is to allow healthy mental thoughts to flow through the mind and healthy emotional feelings to flow through the body. It is not possible to think I am ill and be well. It is not possible to feel well and be sick.

Opportunities, Challenges & Problems

Opportunities, Challenges & Problems are all a matter of perspective & perception.

- I see challenges with the perspective of my conscious mind
- I see problems with the perspective of my sub-conscious mind
- I see opportunities with the perspective of my super-conscious mind

My perception is instinctive, intellectual or intuitive:

- My sub-conscious instinctive perception avoids problems by fleeing or confronts problems by fighting
- My conscious mind believes that it is intellectually reasonable to overcome any problem by meeting the challenge
- My super-conscious mind is intuitively aware of my beneficial opportunities

In my experience of reality:

- Opportunities are always certainly beneficial & positive
- Challenges are positive when met but negative when I fail them
- Problems are always a toleration that is detrimental & negative

When I perceive opportunities with the perspective that only allows a beneficial outcome, I endorse my belief that positive opportunities always happen through me.

When I perceive challenges with the perspective that they are met by me, I either positively meet the challenge or negatively fail the challenge.

When I perceive problems with the perspective that they always happen to me, they are never positive, even when I believe that I have a solution. Solutions only ever water down a negative problem.

- From the sub-conscious perspective of my instinctive Id, life happens to me in a detrimental way. I am faced with the problem of survival

- From the conscious perspective of my intellectual ego, life happens by me and I succeed or fail in the challenge of making my life comfortable, safe and secure
- From the super-conscious perspective of my intuitive Soul, life is absolutely filled full of beneficial opportunities, once I become aware that this is my destiny

Whether my life is unfolding as a problem, a challenge or an opportunity, is just a matter of personal perspective.

Guidance & Support

Guidance & Support requires empathy & compassion.

- Empathy requires exclusive connection
- Compassion requires sensitive detachment
- Empathic compassion requires emotional rationale
- Emotional rationale requires emotional intelligence
- Emotional intelligence requires intuition
- Intuition requires a sense of awareness

My sense of awareness of guidance & support requires the emotional intelligence of an intuitive exclusive connection to empathy and an intuitive sensitive detachment of compassion.

The empathy of my intuitive guidance requires the compassion of intuitive support. My soul intuitively guides its Self with empathy and intuitively supports its Self with compassion.

- The sensitive detachment of my compassion allows the intuitive support of my Soul
- The exclusive connection of my empathy allows the intuitive guidance of my Soul

Knowing my intuitive guidance and feeling my intuitive support, allows my Self to see my intuitive vision, mission & purpose for my life. I am guided and supported to know my vision, feel my purpose and see my mission in life.

The healthy content of my mission guides the wise fulfilment of my vision supported by the wealth of joy of my purpose. I am guided by my Happiness and supported with my Wellbeing.

My Destiny is the discovery, exploration and experience of life, as a reason, meaning & purpose of the personal appreciation & growth of the happiness & wellbeing of my Soul.

It is the Soul who guides & supports its Self on its destiny to infinitely, eternally, continuously & expansively grow to know its Self.

Justice Just Is

Justice is a judgment of what is good, right & beneficial for me. When life goes bad, wrong & detrimental, there appears to be no apparent justice. In the absence of intuitively knowing what is right, feeling what is good and seeing what is beneficial, I need the truth to be acknowledged and justified by an external authority. An external authority, called a Judge, is determined, dedicated and committed to finding the reality of what is believed to be the true facts. As real facts are a true version of a personal perspective, a common standard is required to define justice. The current common standard is called Common Law. The standard of common behaviour deemed to be good, right and beneficial for all, is called Common Law. As it can never be certain what is actually good, right & beneficial for everyone, common laws are continuously changing. Whereas laws are deemed to be a personal standard, they are in fact imposed boundaries. Boundaries imposed by law are what a society believes to be the acceptable behaviour of its own people and other people residing within the that society's national boundaries.

Justice is the imposition of boundaries, which are enforceable by law, when crossed by one person to the detriment of another. The Scales of Justice are believed to be balanced, once a villain is punished and a victim is compensated. The common law justice system is there to determine who is the villain and whom is the victim.

Life Just Is a learning experience. When I am given someone else's boundaries as my personal standards, I never learn to own my own standards of behaviour and I never learn to own my own beliefs. I never learn to take responsibility for my own life with my own authority of choice. When we each take responsibility for our actions, in alignment with the authority of our own beliefs that align with our own personal standards, we are each individually

empowered to experience what is beneficially good & therefore right for our Self.

Natural Justice, just is allowed to occur naturally when we are all individually learning what is actually right, good and beneficial for our Self.

The Universal Just-Is System is the Law of Attraction, which automatically unites right standards with right actions, good behaviour with good beliefs and beneficial experiences with beneficial intentions. I punish myself with the detrimental experience of my wrong actions determined by my bad beliefs and my low standards. When I am only attracting people with similar right beliefs and good standards of behaviour, I no longer need to enforce any boundaries; so common law becomes unnecessary. When I do unto others as I would have others do unto me, I set a Golden Standard of what I am receiving from others, by what I am giving to others. This Golden Rule is the Universal Law of Attraction in action. When I follow this golden rule, I set my standard of behaviour in alignment with the boundaries that are acceptable to other people and, by the law of attraction, this is what I experience. When I never cross another's boundary, they never get cross with me. When another never crosses my boundaries, I never get cross with them. When whatever I am experiencing appears to be wrong, bad or detrimental to me, I know that I have attracted this to myself and therefore the standard of my beliefs is below my own expectation for my own ideal life. Every time that I am a victim of whatever is occurring in my life, I am aware that I am the villain who attracted it into my experience. I am also aware that if I am creating a negative experience, I can also create a positive experience instead. With a better belief, a better standard and a better perspective, I intuitively see how Life Just Is being created by Me, for me.

When Life Just Is, then Life is Just.

Temperance

Temperance is a balanced emotional potential.

Intemperance is the affect of imbalanced male & female energy gender. Male energy is its mental frequency and female energy is its emotional wavelength.

In a temperate vibration, the frequency & wavelength are equally balanced. In a two dimensional duality, frequency is relative to wavelength. In a three dimensional toroidal vibration, intensity is relative to the imbalance of frequency & wavelength. Temperance determines the quality of an energy vibration, relative to the equality of its frequency & wavelength. A quality vibration has equality with its energetic frequency & wavelength.

A cool male frequency in balance with a warm female wavelength, allows a temperate vibration. Warming & cooling is how an energetic system attains & maintains the temperance of a temperate temperature.

The healthy human body autonomously maintains a temperate temperature of 37 degrees centigrade, in a temperate climate.

External physical conditions can cause an imbalance to occur in the body's natural temperance and so can internal mental & emotional conditions.

Personal temperance is naturally maintained with a balanced male perspective of mental beliefs with a balanced female perception of emotional feelings.

The planet Earth maintains a temperate orbit between the heat of a female sun and the cold of a male space. The heat of day and the cold of night is a contrast that is more intense in the equatorial regions. The heat of summer and the cold of winter is a contrast that is more intense in the polar regions. The Tropics of Capricorn & Cancer allow balanced temperate climates, with less contrast of seasonal variations.

The intensity of a hot sun with the intensity of cold space are in balance & temperance when the temperature on Earth has a temperate climate of weather.

Whether my personal emotional climate is in contrasting intensity or temperate balance determines the quality of my physical experience on Earth.

The temperance of my mental frequency of thought with my emotional wavelength of feeling ensures an ideal quality experience of my physical vibrational reality.

I mentally temper my emotional temper when physically expressing my temperance.

Enough Is A Feeling

When Enough is a quantity, I will never have enough.

When Enough is a feeling, I can choose and attain it.

Enough is the feeling of Contentment with Abundance. I am content with abundance because it is always enough.

Contentment is my emotional state of being when I have enough of everything. The quickest way to be content is to want for nothing. When I am content and want for nothing, I experience the abundance of having enough.

The Universe is abundant and is always able to provide enough of anything. If I can imagine it and feel it, I can experience it. It is not what I have that is important but how I feel about what I have. My gratitude and appreciation of an abundant reality always provides enough for my continued contentment.

Enough is my provision and once I intuitively see what is enough, I am content. When I am discontent, I cannot see that I already have enough. When I cannot see that I have enough, I cannot feel content. When I do not know what is enough, I cannot choose it. Intuitively seeing abundance, knowing what is enough and feeling content engages all three of my intuitive senses.

My intellect always finds a reason for wanting more. Only my intuition knows when I have enough because I feel content. With my contentment I am able to express my feelings of gratitude and appreciation. My rational intelligence will always want more when I have too little and want less when I have too much. There is no intellectual reason to not want more in an abundant universe. An intellect that always chooses more, will never have enough. Too little or more than enough will ensure my discontentment and disallow my happiness.

Enough is a feeling of my cup being full. It is not half empty, half full or overflowing. There is no scarcity, no poverty, no misery, no gluttony, no extravagance and no over indulgence.

Just enough in my present is always enough when I know that there will always be enough in my future. Enough is the intuitive certain feeling that there is always enough in the present moment because there always was enough in the past and there always will be enough in the future, when I am unlimited in my own perspective of my own ideal abundant life.

There is no limit to how much enough is.

Intellect & Intuition

Intellect is the ability to compute rational intelligence well. Computing intelligence is rating information, called rational or intellectual intelligence. Intelligence is defined as both the information and the intellectual reasoning that is rating it. Good intellectual reasoning is intelligence and a good source of information is intelligence. Using intelligence badly or wrongly is not intellectually reasonable and deemed to be unintelligent. Few people have a clear distinction between their intellect and their intelligence. Intellect is usually reserved for extremely intelligent people. Even fewer people have a clear distinction between intellect & intuition.

Rational Intelligence sees intuition as a best guess. It also sees its best guess as counter-intuitive, when it is proved to be wrong. In the absence of a clear distinction between intellect & intuition, intellect is a best assumption, whereas intuition is a best guess. The fact is, when a choice is certain, neither a guess nor an assumption are necessary. The best that the intellect can ever achieve is a best assumption based on the evidence available. In the absence of available evidence, a best guess will have to do. This is because the reasoning of the intellect is limited to the quantity, and by the quality, of the intelligence or the information available. For this reason, science is only a theory that is evidentially proved right, until it is consequently or subsequently proved wrong. To be proved right, it is required to be intellectually reasonable, until future intelligence proves it to be intellectually unreasonable. All of Science is a theory based on a good guess, which is evidentially believed to be true.

Intuition is the ability to compute emotional intelligence well. Emotional intelligence allows certainty of choice, whereas rational intelligence determines an uncertain assumption with a good guess.

The Intellect is limited in intelligence to the five physical senses. Anything beyond the physical senses is deemed to be metaphysical or spiritual, which is assumed to be religious nonsense.

Emotional intelligence uses the three intuitive senses, which are always certain. When I intuitively know what is right, it certainly is. When I intuitively feel what is good, it certainly is. When I intuitively see what is beneficial, it certainly is.

Intuition is an absolutely certain choice, whereas intellect is a relatively certain or uncertain assumption or guess. From an intellectual perspective, a certain guess is either intuitive or an oxymoron. From an emotionally intelligent perception, intuition is always certain and never a guess.

Intellect may be assumed to be the best choice, yet intuition is the only certain choice. The best choice is evident when the intellect has intuitive certainty.

Our Electro-Magnetic Nature

All Human Beings are electro-magnetic by nature. We are electro-magnetic Beings and our natural energy is electro-magnetic in nature.

Human electro-magnetic energy is called Spirit. Spirit is electro-magnetic by nature. We do not have a physical battery but we do have a spiritual aura. Our spiritual aura is our electro-magnetic energy battery. We call it our life-force energy. When our life force is completely depleted our battery dies and our physical life is terminated.

All energy, in a three dimensional reality, has a vibration, a frequency & a wavelength. Frequency relative to wavelength equals the energetic vibration.

The frequency is the energetic force. Electrical force is measured in volts. Spiritual frequency is called Light. The human light frequency is called thought. The frequency of thought determines its mental force of authority, or wisdom.

The wavelength is the energetic magnitude. Electrical magnitude is its power, measured in amps. Spiritual magnitude is the power of Love. The magnitude of the human wavelength is relative to personal emotional feeling. The wavelength of personal feeling determines its emotional power.

The vibration is the energetic potential. Electrical potential is called watts. Spiritual potential is called Life. The potential of the human vibration is called experience. Spiritual potential enables the physical experience of Life. Physical ability is relative to the vibration of personal human experience.

Energy is never destroyed, it just changes form; relative to its current vibration. The potential of human life force energy is creativity.

We all potentially experience the creation of our own creative creativity:

- $\text{Potential} = \text{Force} \times \text{Magnitude}$
- $\text{Vibration} = \text{Frequency} \times \text{Wavelength}$
- $\text{Watts} = \text{Volts} \times \text{Amps}$
- $\text{Experience} = \text{Thought} \times \text{Feeling}$
- $\text{Physical} = \text{Mental} \times \text{Emotional}$
- $\text{Life} = \text{Light} \times \text{Love}$

The experience of Physical Life is a creative potential relative to the Personal Thoughts & Feelings of our Unique Electro-Magnetic Nature.

Human Magnetism is its natural power and force of attraction. Creating a physical experience is relative to the wavelength of power & force of authority of our mental thoughts and emotional feelings. Emotional feeling is the power of attraction and mental thought is its authority, called choice. Attractive ability requires a powerfully inspired choice to authorise it. Unauthorised choices have no attractive power. They are magnetically non-attractive or repulsively unattractive. Negative authority equals negative power equals negative ability. Authority is attractive when it is empowered. When authority is disempowered, it is non-attractive and when it is negatively polarised, it is unattractive. Human magnetic attraction works, whether we want it to or not. Positive thoughts attract positive experiences with positively powerful emotional feelings. Negative thinking attracts negative experiences of being disempowered and in need of motivation.

Our personal magnetic nature can be attractively flowing, non-attractively inert or unattractively entropic. I cannot attract that which I am disallowing flowing to me in a positively creative way. Magnetic attraction is not naturally creative, as it can be naturally destructive. I am continuously attracting new thoughts, feelings & experiences; whether I want them or not. We are all attractively creative Beings. The question is: Is my perspective polarised in a positive or a negative polarity? When thinking is negatively

polarised, feeling is a negative experience of unwanted emotions. When thought is positively inspired, feelings are positively empowered and experience is positively beneficial.

I cannot make a magnet work with my will power. I allow it to be naturally attractive when polarised in a positive direction and aligned with the clarity of a present perspective.

When my electrical aura is aligned with my magnetic attraction, my electro-magnetic nature is in balance & harmony, which is ideal for me.

Mental Emotions & Emotional Feelings

- Mental Emotions have a frequency
- Emotional Feelings have a wavelength
- Mental Emotions have a force
- Emotional Feelings have a magnitude
- Mental Emotions have a male gender
- Emotional Feelings have female gender
- Mental Emotions influence authority
- Emotional Feelings influence power
- Mental Emotions are yin
- Emotional Feelings are yang
- Mental Emotions have voltage
- Emotional Feelings have amperage
- Mental Emotions are a perspective
- Emotional Feelings are a perception
- Mental Emotions are called sins
- Emotional Feelings are called virtues

Sins include:

- Pride: The mental belief that I am outstanding
- Arrogance: The mental belief that I am right
- Envy: The mental belief that others are better served
- Gluttony: The mental belief that I need more than enough
- Lust: The mental belief that I need another
- Greed: The mental belief that I am elite or superior
- Wrath: The mental belief that I am in control
- Sloth: The mental belief that others serve me

Virtues include:

- Humility: The emotional feeling of being modest
- Humbleness: The emotional feeling that others are right
- Kindness: The emotional feeling of serving others well
- Poverty: The emotional feeling of having less than enough
- Caring: The emotional feeling of being needed

- Pleasing: The emotional feeling of being inferior to another
- Meekness: The emotional feeling of being controlled
- Duty: The emotional feeling of being of service to others

Male Emotions are a belief, relative to the frequency, of the force of authority, of a perspective.

Emotional Feelings are a sense, relative to the wavelength, of the magnitude of power, of a perception.

A virtue is without the belief in one's own mental authority.

A sin is without the feeling of one's own emotional power.

Being Irrational

Being Irrational is having no intellectually intelligent knowledge to support reasonable assumptions.

- It is reasonable to assume that in the absence of rational data & intelligence, the intellect is unintelligent
- It is reasonable to assume that unintelligent choices are irrational
- It is reasonable to assume that rational choices are unemotional
- It is reasonable to assume that emotional intelligence is a knowledgeable understanding of how one feels

It is not emotionally intelligent to assume that emotional feelings are irrational. Such intellectual reasoning assumes that all emotional feelings are an instinctive negative reaction, which is not an intelligent response. It rates all reactions as negative, unintelligent and therefore intellectually unreasonable.

It is the rational intellect that has declared emotion to be irrational, based on its own rationally intelligent assumptions. The paradox is that these rational assumptions have no emotionally intelligent rationale to support them. Without the emotional intelligence to compliment our rational logic, all intellectual assumptions are irrational. They assume only the existence of male rational energy, whilst denying the existence of female emotional energy. They assume quite negatively that their positive female emotional energy is irrational.

Without emotional intelligence it is not possible to intuitively see our own disconnected, insensitive, unemotional, negative expressions of male energy.

Disconnected means that the intellect has no knowledge of any intuitive inner guidance or support. It therefore assumes that it is nonsense because it has no conscious sense of connection to its awareness of personal insight, ingenuity, innovation, initiative,

invention or imagination. It is disconnected from its own source of creative potential and certainty of choice. This ensures that uncertain assumptions are the best choice available.

Insensitive means that the intellect has no knowledge or awareness of other people's emotional feelings.

Unemotional means that the intellect has no awareness of one's own emotional states of being. At best it is limited to understanding the polarity of emotion with what it calls a conscience.

My lack of emotional intelligence renders me insensitive to other people and disconnected from my own source of emotional power. It is not that I deny the existence of emotions but the fact that I have no intellectual way of rating my emotional feelings, which paradoxically is irrational.

The Ideology Of Belief

An Ideology is a set of beliefs.

The Ideology of Belief is a set of beliefs about belief:

1. Beliefs are either true or untrue. When they serve me, they are true and when they do not, they are untrue. A fact is true or false, a belief is true or untrue.

2. Beliefs determine perspective. My perspective relates to my story, which is factual. My story is never a fiction but I can falsely describe it, with a lie. A lie describes my story from a false perspective. When I lie to myself, I believe my own false perspective of my own story. When my beliefs are untrue, they can cause a conflict between my perspective and my behaviour. Behaviour follows sub-conscious belief and experience is relative to conscious perspective. My perspective causes my experience, which qualifies my behaviour and endorses my belief. Experiences that defy belief are unbelievably surreal.

3. Beliefs formulate into sub-conscious programmes. My sub-conscious programming operates in alignment with my beliefs. I am unaware of my sub-conscious beliefs until I consciously challenge them. I am conscious of other people's standards being imposed on me, as their boundaries of acceptable behaviour. My standard of acceptable behaviour is a programme of other people's boundaries, until I personally challenge and change it. When I believe that I am misbehaving, by crossing someone else's boundary, I can challenge that belief and bring it into alignment with my own truth. The fact is that my standard is someone else's boundary until I consciously own my own beliefs because they conform to my own personal standards. A Truth is a belief that I personally own because it is integral to my standard of good behaviour.

4. A belief is a mental meme encoded within a physical gene. A gene is a piece of physical information, which conveys a mental

meme. A meme can be both individual to a person and the collective belief of a culture or society.

5. Beliefs are changeable, opinions are easily changeable and convictions are difficult to change. When I change a belief, I change a behaviour, I change the mood and I change the experience. When I change my experience, I change my perspective. My mood either empowers or disempowers my perspective in a positive or a negative way. Changing a belief changes the meme, changes the mood and changes the genetic sequencing because these are the three aspects of my spiritual blue-print.

6. Genes, Memes & Moods are the physical, mental & emotional aspects of my belief system. My sub-conscious programmed belief system operates in relationship to my physical genetic sequencing. My beliefs form from a sequence of physical experiences. When a new belief goes viral, cell redundancy goes viral. Old cells with old genetic sequencing find their redundancy is the consequence of changing beliefs, behaviours and moods. They cannot reconcile new sequencing with old programming.

7. I am who I believe myself to be. My character is genetically formed in alignment with my beliefs about who I am. My personality determines the moods that I experience, relative to the character that I believe myself to be. It is my fate to play out the character of the personality with which I have been programmed in my early years of life.

8. An untrue belief is a meme that belongs to another's belief system, which I have never challenged & changed; so it still sub-consciously drives my negative behaviour. A true belief is one that allows positively beneficial behaviour, so I have no reason to challenge it. What other people believe may be true or untrue for me: Axioms, adages, idioms, proverbs, platitudes, maxims & old wives tales are all examples of memes that we sub-consciously

adopt by default and have never challenged. Whatever is running as a sub-conscious programme is determining conscious behaviour.

9. A Limiting Belief is a toleration. A negative meme causes a negative mood, which is a toleration. A toleration is unacceptable because it is an energy drain, which is disempowering and causes a bad mood. Tolerations limit my emotional power because they have a negative polarity, which is always a problem. Family Principles, Religious Morals, Professional Ethics, Institutional Rules, Government Laws and an Elitist Etiquette are all examples of other people's Ideological Belief Systems. They are ideologies that sub-consciously drive my mental operating programmes because I have never consciously challenged their authority to influence my behaviour. I have sub-consciously adopted their boundaries and their beliefs as my standards of behaviour because I never believed in my own personal authority to determine my own Ideology of Belief.

War & Conflict

War is the affect of mutual hatred, enmity or antagonism between two people, races, religions or nations. I am at war with an entity whose negative mental polarity impedes my chosen path. As two warring entities are both on a negative path, which they both believe is their only positive choice, nobody ever wins a war.

Battles may have a perceived winner & loser but wars only produce losers. Everybody loses when experiencing & expressing the hate, antagonism & enmity of their negatively polarised perspective.

Conflict is caused by either a personal or a mutual animosity or antipathy with either oneself or another. I am in conflict when the animus of my male energy is not complimentary with the anima of my female energy. When the male & female gender of my emotional energy is out of balance, inner conflict is the affect. I am in conflict when my chosen path is antipathetic to my truth or conflicts with another's truth.

My Soul is never at war with its Self. It is my ego that is in conflict with itself or at war with other people. When my ego sense of Self is out of alignment with my Truth, I am in conflict with my Self and I project that conflict onto others; who in turn reflect that conflict back to me. In truth I am really only ever in conflict with an untrue version of my Self.

My mental beliefs, when in conflict with my truth, cause my negative emotions to be in conflict with my positively empowered feelings. When my mental characteristic beliefs are in conflict with the personality of my emotional feelings, my inner peace is absent. In the absence of Inner Peace, inner conflict is present because I am at war with myself. In the presence of inner conflict, I am at war with my external beliefs about reality. With inner peace, I have no reason to wage war on anybody.

Certainty & Perfection

Certainty & Perfection are Soulmates. They are both Absolute Ideals. Having certainty & having perfection are both ideal for me. Being certainly perfect and being perfectly certain is the ideal Ideal. I am absolutely certain that this is absolutely perfect. I intuitively know that I am here to perfect my certainty.

In a dual reality world, with a relative perspective, my life can be less than ideal. It can be uncertain & imperfect. As a world of duality is certainly imperfect and imperfectly uncertain, I need a different way to perceive it. In absolute reality, my Soul perspective is absolutely certain & absolutely perfect. My Intuition aligns my Self with my Soul perspective. My Intellect aligns with my ego sense of uncertainty & imperfection. In relative dual reality, my ego perspective uses intellectual reasoning, based on educated intelligence, to perceive life with relative certainty or uncertainty; of it being relatively perfect or imperfect. The best that my intellect ever achieves is a degree of imperfection with a degree of uncertainty. Any degree of certainty or perfection is relative, not absolute. With no absolute certainty of what perfection is, I always default to the imperfection of my uncertainty. My intellect is never perfect because it is never certain. It is never certain when it is in contrast or conflict with my Intuition. From the higher perspective of my Intuitive Mind, a degree of perfection and a degree of certainty are both oxymorons. I can never attain a Degree in either Certainty or Perfection within an intellectually intelligent education system. Unless I intellectually acknowledge the absolute certainty and the absolute perfection of my Intuitive Emotional Intelligence, my intellect will never be perfectly certain and my intelligence will be certainly imperfect. Whilst my intellect remains in conflict with my intuition, I will experience the unreasonable imperfection of being reasonably uncertain with any choices that I make for myself in life.

Evolving Awareness

Awareness evolves through Consciousness.

In a relative dual reality, two dimensional duality of mind & body, consciousness & awareness are the same. I am aware of my consciousness but my awareness is unconscious. Unconscious awareness is the alertness of my sub-conscious mind, distinct from my conscious awakened Self.

My conscious perspective of my ego Self, is unaware of either the sub-conscious perceptions of my id or the super-conscious imagination of my entity. Ego, Id & Entity are the three dimensions or levels of my Soul's conscious-awareness of its Self.

When I align the perspective of my awake ego sense of Self with the sub-conscious alertness of my id and the super-conscious awareness of my entity, I connect with my true Id-Entity, my Soul.

- Instinct is my level of sub-conscious alertness
- Intellect is my level of conscious awakeness
- Intuition is my level of super-conscious awareness

It is not deemed intellectually reasonable to evolve the spiritual awareness of the super-conscious mind of a Soul Entity. Evolving awareness is not possible, whilst confined to just the rationally intelligent perspective of a conscious ego self.

I do not need to be physically awake to react with sub-conscious instinctive alertness. My survival depends on the sub-conscious mind being ever alert; even when the conscious mind is asleep.

- My Id is alert
- My Ego is awake
- My Entity is aware

I consciously evolved my level of comfort & security with the need to take responsibility for myself, by my Self; whilst physically, consciously awake. I evolved from survival happens to me as an instinctive reaction, to using my rational conscious choice to ensure

my continued safety & comfort, by my own intellectually intelligent responsibility.

Evolving intuitive awareness requires my new perspective, of life happening through me, in a certainly beneficial way; with the guidance & support of my super-conscious Soul. Evolving my awareness of my Entity is the essence of an expansive Soul.

I can only evolve my awareness, intuitively. An awareness of my Intuition is essential to the evolution of my Soul, through my Self. Through Self-Awareness, the Soul explores, discovers & experiences the True Identity of its Self.

The Evolution Of The Soul

The Evolution of the Soul, through relative physical experience in space-time-reality, is not limited to one human lifetime. The evolution of the Soul is expansive, unlimited, infinite, eternal & continuous.

In my current physical lifetime, my Soul is transforming from the Piscean Age of comfort & security to the Aquarian Age of awareness. Having transcended the Arian Age of survival in previous lifetimes and subsequently mastered my experience of comfort & security, it is now time to embrace a new age of spiritual awareness.

From a spiritual perspective, each Age lasts for a period of circa 2000 Earth Years or 2160 orbits of the Earth around the Sun.

From a purely physical perspective, each Individual Human lifetime survives from birth, through dependency as a child, to an adulthood of the comfort & security of co-dependence & inter-dependence; with an opportunity to awaken into an older age of inter-developmental wisdom & awareness.

Awakening to the age of elder awareness allows an inter-developmental relationship with the support & guidance of one's Soul. It allows an awareness of the Soul's purpose for its Self in this lifetime's journey through the physical realm. It starts with an awareness of one's own unique, individual & exclusive vision, mission & purpose for this lifetime.

My time in survival happened **to** me, my time in comfort & security happened **by** me and my new time of awareness, I am now allowing to happen **through** me.

Whereas opportunities for ascension through physical experience are coded within the annals of relative time, the Soul is not confined to the limitations of linear space-time-reality. My awareness already informs me that having mastered this new age,

future opportunities to evolve through a new Capricorn Age are available on Earth, commencing in the year 4172AD.

Opening My Heart

My Heart Opened when I intuitively perceived it to be the source of my mental wisdom, my emotional power and my spiritual ability. As a brain-centred, emotionally disconnected, intellectual human being; my physical experience of life was severely inhibited:

- My flow was static
- My inertia was resistant
- My entropy was chaotic
- My mental perspective was out of alignment with my emotional perception

Opening my Heart reconnected my three intuitive senses:

- My intuitive knowing allowed mental alignment
- My intuitive feeling allowed emotional balance
- My intuitive seeing allowed physical harmony

With an Open Heart, I intuitively realised the Source of my Spiritual Energy System is at the core of my heart centre. Mental, emotional & physical energy springs forth as the Essence of my Heart. My core essence is my Soul's Spirit.

My personal spiritual power, authority & ability is in alignment with my Source, which I call my Soul. My Soul is the source of my mental wisdom, my emotional wealth & my physical health.

My destiny is to transcend the duality of a relative existence, by transforming the perspective of the ego, through my alignment with my Soul. It is to ascend out of the hell of a negative physical survival, through the strife of a safe & comfortable existence, to absolutely thrive as a divine expression of life in my own ideal version of heaven on Earth.

My mission for my life is to spiritually evolve from a victim who is surviving, through a trial of striving, to the opportunity of thriving; in a physical world, as a Human Being with an expansively Open Heart.

Spiritual Energy

Spiritual Energy, often referred to as kundalini or life-force energy is: The Potential of Resistant Inertia, with the Balance of Static Flow, which allows a Creative Way out of the Entropic Chaos of Life.

“Chaos is not a Theory but the default experience of life”

A two dimensional, spiritual, perspective sees the chaos created in life as an unfulfilled potential due to an imbalance in the flow of kundalini energy through the inertia of our chakras. Traditionally, Spiritual Novices have been initiated into a system of raising their energy vibration, by ascending through the chakras from their base or root to their head or crown; because it is believed that Source Energy flows through the crown chakra and is earthed through our root chakra. To ascend back to source requires a linear balancing of seven bodily chakras, thus allowing the Soul to ascend from earth back to heaven. This energy system combines the seven rainbow colours of physical light, one for each chakra, to become pure white light. Each chakra is a wheel, which must spin in balance and open to the Light of Ancient Spiritual Knowledge in order to become enlightened and for the initiate to spiritually ascend back to Source.

From a three dimensional perspective, the Spiritual Energy System has a different Potential Creative Balance. The energy potential is a vortex or hyperbola that manifests an inverse torus, which seeks balance through physical existence. Spiritual balance is attained when six spiritual aspects of the torus align with the seventh, core centre of the hyperbola. Oneness with Source is attained when an Individual Torus vibrates in pure harmony with the Hyperbole of the Aether. Aether is the spiritual potential of Source Energy and the potent creative power to physically manifest emotive energy as matter.

A Torus is an energetic expression of a duality of vibrational frequency & wavelength, with a potential of force & magnitude,

causing a contrast in spin & tangential rotation of magnetic magnitude & electrical force. The electric force of the authority of mental thought (Light) causes the magnetic magnitude of the power of emotional feeling (Love); which enables the potential experience of manifest physical reality (Life). Life is the effect of wavelengths of love & frequencies of light vibrating in the inertia, entropy & stasis of ethereal flow.

The mental energy of Thought with the emotional energy of Feeling allows the physical Experience of life to flow; with a personal choice of entropy, inertia or stasis. The spin and rotation of a revolving, individual torus is relative to the frequency & wavelength of the the vibration of an Individual Person. The pure, harmonic potential of the creative hyperbola of the aether of source energy drives the spiritual energy systems of all incarnate Beings.

Platitudes

Platitudes are trite, stale, insipid beliefs that are personally limiting because they override conscious individual choice. I would never consciously choose to express a platitude, nor choose it as a true belief.

Axioms, Adages, Idioms, Proverbs, Maxims & Old Wives Tales are all similarly limiting beliefs.

A limiting belief is any belief that restricts my personal choice of behaviour because of conformity to the authority of other people's principle axioms, ethical idioms, familiar adages, moral proverbs, elitist maxims or traditional rules.

- An Axiom is an established rule that is self evident to law abiding people
- An Adage is a traditional saying, which is a generational old wives tale
- An Idiom is a professional ethic
- A Proverb is a moral instruction
- A Maxim is a guide to etiquette and best behaviour

All Platitudes are bereft of truly inspired revelation.

All limiting beliefs are without the empowered authority of conscious personal choice.

Emotional Distinctions

Emotionally Intelligent People are aware of the intelligent distinction between two different pieces of emotional information:

Happiness & Pleasure
Wellbeing & Wellness
Intuition & Instinct
Destiny & Fate
Compassion & Sympathy
Empathy & Sensitivity
Kindliness & Kindness
Detachment & Disconnection
Connection & Attachment
Appreciation & Gratitude
Values & Needs
Faith & Belief
Awareness & Consciousness
Adjective Being & Subjective Doing
Feeling & Thinking
Emotion & Thought
Gender & Polarity
Personality & Character
Joy & Bliss
Fulfilment & Euphoria
Contentment & Ecstasy
Tolerance & Acceptance
Abundance & Plenty
Aspiration & Inspiration
Power & Authority
Conflict & Confrontation
Passion & Desire
Empowered & Motivated

Drama & Trauma
Grace & Favour
Greed & Gluttony
Envy & Jealousy
Humility & Humbleness
Sloth & Laziness
Yin & Yang

Rational Distinctions between the above pairs of Emotional Definitions are available in: The Inner Coach Book of Distinctions.

<https://www.asktheinnercoach.com/wp-content/uploads/2021/04/book-of-distinctions.pdf>

Kindliness

Kindliness is the emotional state of being unconditionally approving.

Kindliness offers no mental resistance of enmity, hostility, antagonism or aggression.

Kindliness offers no negative inertia of passive inaction and no negative entropy of chaotic action.

Kindliness overcomes both the active control drama of intimidator & poor me and the passive control drama of interrogator & aloof.

Kindliness overcomes the sinful duality of superior greed & inferior pleasing, arrogant pride & humble humility, kind nicety & nasty envy, extravagant gluttony & destitute poverty.

Kindliness has the powerful authority of graceful goodness, which enables the ability of gentle repose.

Kindliness is the gentle expression of good grace and sensitive detachment with all other people.

When Defining Energy:

When Defining Energy: Think Matter & Motion ($e=mc$)
When Defining Motion: Think Matter & Energy
When Defining Matter: Think Energy & Motion
When Defining Spirit: Think Mind & Emotion
When Defining Vibration: Think Frequency & Wavelength
When Defining Experience: Think Thought & Feeling
When Defining Potential: Think Magnitude & Force
When Defining Life: Think Love & Light
When Defining Genes: Think Memes & Moods
When Defining Ability: Think Power & Authority
When Defining Time: Think Speed & Distance
When Defining Speed: Think Time & Distance
When Defining Distance: Think Speed & Time
When Defining Reality: Think Space & Time
When Defining Intensity: Think Polarity & Gender
When Defining Physicality: Think Mentality & Emotionality
When Defining Spiritual Intelligence: Think EQ & IQ
When Defining Creativity: Think Art & Science
When Defining Religion: Think Theology & Science
When Defining Philosophy: Think Love & Wisdom
When Defining Quanta: Think Tora & Hyperbola
When Defining Intellect: Think Instinct & Intuition
When Defining Consciousness: Think Mind & Thought
When Defining Awareness: Think Feeling & Emotion
When Defining Meaning: Think Definition & Distinction

Empaths & Sensitives

Empaths intuitively sense people's male directive energy by the polarity of their thinking. Being empathic is sensing directive thoughts. I empathically know what you are thinking.

Sensitives intuitively sense people's female supportive energy by the gender of their emotions. Being sensitive is sensing supporting emotional feelings. I sense the emotion you are feeling.

Empaths & Sensitives are a duality of male & female psychic energy. A true Psychic, intuitively connects with Soul or Source Vibrational Energy (the Psyche). Intuition is a Triality of psychic thoughts, feelings & experiences.

- Gnostics intuitively know with psychic thoughts
- Sensitives intuitively feel with psychic feelings
- Seers intuitively see with psychic experiences

Confusion arises when trying to guide & support other people.

When relating to other people, a state of being sensitively detached is essential for empaths & sensitives. Empaths are required to be sensitive and sensitives are required to be detached. The essence of a beneficial relationship is sensitivity for emotional support, whilst remaining detached from the trauma of other people's personal dramas.

Following my own path, with guidance and support from my own Soul, requires my being both sensitive & empathic. When I intuitively know & feel what is right & good for my Self, I see my own present direction clearly. My exclusive connection with my Soul allows my exclusive connection to the direction of my path and the support that I require to follow it.

My exclusive connection with my Soul allows my sensitive detachment with other people.

My ego is my disconnected sense of Self and my Soul is my connected sense of Selves. All is connected at the Soul Level of

conscious-awareness but all is disconnected, yet attached, at the level of the conscious ego physical sense of self.

Any sensitive attachment to other people directs my empathy in the opposite polarity of sympathy. Any insensitive disconnection polarises me towards apathy. Without emotional intelligence, being sensitive will feel too sensitive, over sensitive or overwhelmingly hyper sensitive and being empathic will become either apathetic or sympathetic.

Being in sympathy with another is an emotional attachment. I need to be sympathetic with whomever I need emotionally. Sympathy is a negative vibrational resonance with someone that I am attached to because I need them emotionally.

Being apathetic with another is a mental disconnection. I do not like them because my thinking does not resonate with their beliefs or behaviour, so I disconnect from them.

Being empathic with another is compassionately sharing a similar path with them. Without the sensitivity to support them on their path, we will inadvertently guide them along our path.

The Law of Attraction brings people together who empathically share the same path. It also attracts sensitive people with contrasting or complimentary genders of emotional feelings.

Without the emotional intelligence of sensitive detachment, it is difficult to discern who has empathy with our own path and who does not.

Without an exclusive Soul connection, there is no intuitive sensitivity or empathy, just an inclusive disconnection from any guidance & support from Source Energy. My inclusive attachment to others offers me no genuine support and my insensitive disconnection offers no authentic guidance.

Being empathically sensitive unites my male mental thoughts with my female emotional feelings and empowers my intuitive inspiration.

It is my exclusive connection to Soul, with my sensitive detachment with others, that allows the guidance & support for my Self to guide & support other sensitive empaths.
Sensitives attract empaths and empaths attract sensitives. It is the Law.

Freedom Of Speech

Freedom of Speech is not a given. In general, we do not give others the freedom to speak freely in our presence. Our personal boundaries censor other people's freedom to speak freely and censure any speech that we find to be offensive. Our personal boundaries disallow others speaking in a way that doesn't have our approval. Any speech that makes us feel insecure or uncomfortable, may be tolerated, but it is not freely acceptable. There is always a personal price to pay when we speak words that others find unacceptable.

Freedom of Speech is demanded by our News & Media Industry. It is also censored and censured when not in alignment with their choice of agenda. They confuse freedom of speech with freedom of choice. Any free speech that does not align with their free choice is censored. They believe that their freedom of speech is free to oppose the freedom of others to speak freely. The standards of our free press impose boundaries on the freedom of others to speak freely. They hide behind the Laws of libel and slander, unless it suits their agenda not to.

Freedom of thought is a given that is not always taken. Few people have a mind that is openly free to intuitively receive the wisdom of clearly inspired thought. Most people's thinking is restricted and filtered by their own resistant and fearful beliefs. We are all free to think but not everyone has the true freedom of pure thought.

Freely walking my talk requires my personal standards to align with my personal boundaries. When I freely speak unto others only in a way that others are free to speak unto me, my choice of speech as a rule is golden. When my personal standard is to speak freely, any attempt to censor or censure others is hypocrisy.

Most people believe that they are free to speak their truth, as long as they do not lie. Unfortunately, few people know the Truth of their own version of the truth. My experience of reality is true when

my standards align with my boundaries. Freedom of speech is not as important as the freedom to choose when to speak freely. Offensive speech is always offensive, which makes people defensive. Offensive speech is restrictive & destructive, never freely constructive.

I am free to think what truly frees me and free to think what truth confines me. The Paradox of Speech is that I am free to speak whatever I think and I am confined by what I think and bound by whatever I speak.

We do not have the right to freely speak wrongly. It is never good to freely speak badly.

The Sins Of Christian Virtue

The Sin of Christian Virtue is being without & doing without by going without. Being without is a sin, not a virtue.

- Humbleness sees the confidence of others as arrogance
- Meekness sees the wrath of others as anger
- Patience makes patients of those who are impatient
- Pleasantness sees other people's power as greed
- Kindness envies what other people have
- Modesty sees pride as arrogance
- Humility is being proud of not being proud
- Diligence sees being lazy as slothful
- Temperance requires restraint & abstinence
- Carers need to be needed
- Poverty has an abundance of scarcity
- Forgiveness without acceptance is intolerable
- Receiving without allowance is charity
- Righteousness without approval is sanctimonious
- Followers have no faith in their own destiny

True Virtue is expressed when both male & female emotional energy is in balance. Female energy without male energy is as much a sin as male energy without female energy. The sin is to express one gender of our energy in isolation from the other.

Environment

My Environment is that which surrounds, embraces & environs me. From a physical perspective, I sense the material world, which surrounds me, with my physical senses. When all humans use the same physical senses to perceive their environment, they agree on the physical nature of their environment. This is called Science. We are all embraced by the physical environment that surrounds us. We also surround the physical environment that exists within us. The environment without is an organic holon, which embraces organic life. The environment within is a cellular holon, which surrounds cellular life and embraces the life of my cells. These two environmental holons of existence embrace each other and operate together, yet separately. The phrase 'as within, so without', has no meaning from a physical perspective. Our internal physical environment, in no way resembles our external physical environment. From a spiritual perspective, I am a three part Being comprising of physical, mental & emotional energy. The energy aura that surrounds me has a physical, a mental and an emotional environment. When I embrace my true reality, I am embraced by the physical environment of material experience, the mental environment of my thoughts and the emotional environment of my feelings. Metaphysically, these three spiritual environs are known as the astral mental plane, the emotional etheric plane and the physical corporeal plane. A plane is a two dimensional level of existence, development or achievement. In a three dimensional existence, I live in an environment, not on a plane. Unless that is, I am physically or metaphysically flying (as in astral projection). How we embrace our inner thoughts and feelings determines the conditions of our external environmental experiences. Paradoxically, the conditions of our external environment can determine our internal thinking and emotions. I either influence & control my external environment or I am controlled & influenced by

my external environment. Similarly, I either control my internal environment or I am controlled by my internal environment. How I embrace my outer thinking & feeling experiences determines my inner reality. This means that my inner cellular health, is relative to how healthy my external environment appears to me. The condition of my mental & emotional environment is relative to the conditions that I impose upon it. My emotional environment is relative to my mental environment. Right thoughts allow good emotions but wrong thinking causes bad feelings. Whereas, the condition of our external world is an environment that is shared by all other life forms, the condition of my internal environment is uniquely personal to me. According to Physical Scientists, the external physical world is the same for everyone. According to Mental Psycho-Analysts, the reality of our mental & emotional environments differs substantially from person to person and from their perspective, our thoughts and emotions have substance. When my external organic environment is ideal & healthy, my inner cellular environment autonomously creates a similarly ideal & healthy experience of life. Ideal & Healthy are mental & emotional conditions that describe my environment when I ideally have a healthy perspective of life. My ideal mental environment causes my healthy emotional environment, which allows the experience of my physical environment to be a healthy ideal. My mental ideal of inner peace overcomes any external conflict and my emotional inner clarity overcomes any external chaotic confusion. As mentally & emotionally within, so physically without. I cannot directly control my external physical environment but I can directly influence my internal physical environment and when I change my internal mental & emotional environment, my experience of the external environment automatically comes into alignment.

Genes, Memes & Moods (2)

Genes determine my physical appearance. Masculine & feminine Human Beings have a similar set of chromosomes but the genes are sequenced differently, within the chromosome, for each Individual. Gene sequences are inherited from parent to off-spring because they replicate within the cell nucleus as it divides. I share the same chromosomes as every other male person and I share the same genes as my parents and my children. All humans share the same genetic blue-print as their operating system, with unique epigenetic characteristics or phenotypes for each Person.

A Meme determines my mental characteristics. All human beings, both male & female, can share the same or express different mental characteristics or memes. Our mental beliefs determine our mental characteristics. My mental belief system is made up of either similar or different memes. A meme is a mental belief.

People with similar mental beliefs express similar mental characteristics, irrespective of physical sex. Our sexual orientation changes our mental perspective, with different mental beliefs & memes. A male with a feminine orientation of perspective expresses the female side of their character. A female who expresses male mental characteristics has a masculine orientation of perspective. In patriarchal, Victorian Society, women were raised to mentally express only their female characteristics, so they orientated with only a feminine perspective of their mental character. Men were allowed to be Beaus or Dandies and express their feminine characteristics openly.

Masculine & feminine mental characteristics are not relative to male & female sex chromosomes but are inherent within an Individual's gene sequencing. Genetic Chromosomes never change. I am born a human being and I die a human being. Surgically changing my physical sex will not change my mental characteristics. Confusion can arise when the gender orientation of my physical sex is out of

alignment with the mental characteristics of the gender of my memes. I can have male physical chromosomes with characteristic feminine memes & gene sequences, or vice versa.

Both genes and memes can be personal, individual or familiar. They may or may not be passed down the family line. All babies are different, both physically & mentally, with the exception of some identical twins.

A Mood determines my emotional personality. It is the emotionality of an Individual or a group of individual people. A mood is an emotional feeling. My emotional feelings determine my moods.

Although moods are an individual experience, expressing a personal emotional state of being, they can have a sympathetic resonance with other sensitive people. Moods do not have a gender. They are an expression of the positive or negative polarity of an emotion, not its male or female orientation. The polarity of my perspective, determined by the truth of my belief, is relative to the polarity of the emotion that I am feeling. A true meme has a positive perspective and perceives a good mood. False beliefs have a negative orientation of polarity and perceive a bad mood. Moods are perceived as good or bad and Memes are believed to be true or false, which makes my perspective right or wrong.

Untrue memes have a wrong polarity and cause a false perspective with a bad mood. True memes with a right polarity of perspective allow the perception of a good mood. What is right or wrong, good or bad, positive or negative, true or false, beneficial or detrimental is relative to the perspective of an Individual's mental memes and the resulting perception of their emotional moods.

What is true for all human beings is that changing a negative meme for a positive meme changes a negative mood to a positive mood. With enough emotional power, we each have the mental authority to re-orient a negative physical gene sequence to a positive physical gene sequence. This is how genes negatively mutate or positively evolve.

Physical genes, mental memes and emotional moods have no inherent polarity. It is the polarity of my perspective, relative to the power of my personal authority, and the orientation of my belief system, which determines whether my genes, my memes & my moods either serve me or not.

We all have choice and we each individually have a choice of unique genes, exclusive memes and personal moods.

Is A Virus Alive?

The answer is relative to how we define a virus and how we define alive.

A virus can be seen as active or inactive and malignant or benign. This does not mean it is alive, just inactively benign or actively malignant. We define medicines, poisons & fungi in the same way. Medical science is currently discovering that bacteria, which are all living organisms, can also be active or inactive, malignant or benign.

When a virus is believed to be active & malignant, it is defined as a disease with viral attributes. The question is: Does the virus cause disease or is the dis-ease caused by a viral belief?

A harmful or destructive influence is one dictionary definition of a virus. As in the pernicious virus of racism or the auto-immune deficiency of the gay viral plague. Did the viral belief in a gay plague cause the deficiency in auto-immunity?

An organism is alive because it is self-organising. An organism organises itself, whereas a virus does not.

Viruses are believed to be parasites because they only reproduce inside the cells of plants, animals & bacteria. A parasite is an organism that lives, feeds & reproduces on or in an organism of a different species; which causes harm to its host. As a virus is not an organism, it does not feed because it is not alive, so it cannot be a parasite. The only thing that feeds the malignancy of a virus is our evolving belief that it is alive, reproducing and mutating.

A virus, as defined by virology, is either an isolate, a variant or a strain; not a species. A virus is an actively beneficial fundamental part of every organism, its DNA or RNA. It has an active part to play influencing the life & death of a cell, not the apparent life of a viral disease.

A viral isolate is an extra-cellular DNA remnant from a redundant cell. It carries the instruction for all similarly redundant cells to self-

destruct. It is part of the bodies autonomic cellular waste-disposal system.

DNA is a set of instructions that is our cellular genetic blue-print. It is influenced by our mental belief system in accordance with our perspective of reality. Our beliefs determine our environmental conditions, as they are a condition of our mental environment. Every virus is obligated to one specific set of environmental conditions. They condition our mental environment. My perspective is that a set of environmental conditions is a strain of viral beliefs.

A parasitic belief has parity, or polarity, with a common viral (environ) mental belief. Only negative or malignant false beliefs or fears are environmentally detrimental.

An isolated virus, called an isolate, has been separated from a host and grown in a different culture medium. The culture of the virus grows within the medium of the cell culture. Physical science sees a physical virus in a physical culture of a physical cell medium.

An isolate is a representation of a part of a physical genome sequence. The genes of our genetic genome are a physical representation of the 'gen', data, intelligence, information & memes of our mental belief system.

When an isolated mental belief goes viral, it influences our mental environment in a specific way. Whole species can be influenced detrimentally, by one strain of a common mentally programmed belief.

The mutation and evolution of programmed mental beliefs changes the environment of a culture and the cultural environment of an organic society of living organisms.

Negative Viral beliefs, called fears, are very much alive within the culture of our cells and within the environment of our society.

Feeling Good

Good is an emotional feeling. When I am emotionally feeling good, I am experiencing my emotional state of being, as 'good'.

My emotional state of being determines the power of my creative ability. Creating beneficial, or good experiences, requires creative emotional power. Being good is the power to experience feeling good. I intuitively feel whatever I am emotionally expressing.

An intuitively good feeling is the power to make a choice with authority. An authorised choice writes a new chapter in my experiential Book of Life. Creating a new experience in life is beneficial when it feels good.

Feeling good allows the ability to experience life in a beneficial way. When good feelings happen to me, I am not aware of what is causing them; so I put it down to luck. I am only aware of what I am doing whilst I am feeling good. Continuing to do what initially felt good does not maintain the feeling indefinitely. The Soul is continually seeking new experiences for growth. Unaware of the source of my good feelings, I can become addicted to what I believe will make me feel good.

Becoming attached to, dependent on and addicted to what I believe will make me feel good, is not evidently beneficial. I think it will feel good, without actually feeling the emotional power of it being good for me. When I am not creating a new experience, it essentially doesn't feel good. Feeling good is a creative opportunity. It has the power to create opportunities.

There is nothing that I have to do to feel good. The more I try to feel good, the worse I feel. Trying to do good often fails to make me feel good.

Feeling good is only a good feeling when it is empowered with an inspired thought. Uninspired thinking is never accompanied by a good empowered feeling.

Intuitively taking inspired action, when I know it's right because it feels good, is always certainly beneficial. When I intuitively see the essence of a wise choice, know the certainty of a right choice and feel inspired by a good choice, it always is. I never feel good when making a bad, detrimental or wrong choice for my Self.

Recent Shifts In Modern Medical Perspective

- Herd immunity no longer happens naturally, only after vaccination.
- Vaccination no longer boosts a natural immune system, it now stops infection.
- Inflammation is no longer part of our immune system as it has become a major cause of infection.
- Histamine is no longer part of our immune system because it is now a major cause of allergies & skin conditions. A histamine immune response is now seen as an allergic reaction to histamine.
- Thrombosis is now a vascular disease caused by an embolism and no longer the clotting of blood for routine vascular maintenance.
- Psychology has failed to find the cause of happiness, so Neurology is now looking for it in the brain.
- Psychiatry no longer treats abnormal functioning of the brain with electric shock treatment, unless drug treatments fail. It now defines what is sane or insane mental behaviour by what is a threat to society or not. It prescribes stimulants for depression and sedatives for anger, as all other drugs and treatments have proved useless.
- Stasis is now defined as the unhealthy absence of flow, a standstill or blockage of bodily fluids; instead of a healthy balance of natural autonomous cellular birth & death.
- Suppressed, depressed or over-active innate immunity is now considered a disease, called auto-immune disease. Unless it is caused by direct medical intervention, which is a treatment.
- Innate immunity is now complimented by adaptive immunity, which is no longer seen as innate but as boosted immunisation through vaccination.
- Auto-immunity is now a disease, not a self-healing system.

- Acquired immunity is acquired through vaccination, not natural immunisation.
- Cell destruction in a cell medium is proof that a virus is alive and breeding.
- Healthy people are now diagnosed as asymptomatic and everyone is potentially infectious, whether they have been vaccinated or not. We are now infected & infectious, irrespective of any symptoms.
- Being overweight & obese is now a medical problem because it can cause ill health issues.

These unhealthy shifts in perspective are providing a National Illness Service, not a National Health Service.

Positive Thinking

Positive Thinking requires a positive perspective. A positive perspective enjoys a beneficial experience. A beneficial experience endorses a positive belief system. A positive belief system allows positive thinking to flow, without the restriction of a negative perspective. I cannot think positively with a negative belief system giving me a false perspective of my reality. The belief that detrimental things happen to me, or by me, allows that experience into my reality.

Positive thinking requires a magnitude of positive emotional power. The power of positive thinking is the positive emotional feeling that accompanies a mental thought. Negative thinking is devoid of positive emotional power. A void of emotional power causes negative mental thinking. I cannot think positively when my emotional energy is suppressed or depressed. Negative beliefs depress my emotional power. A negative perspective suppresses my ability to think positively. With low emotional energy, I will believe that detrimental things will happen to me, or by me.

The paradox of positive thinking is that my negative thinking can be believed to be positive. Positive & negative are just a choice of the polarity of my personal perspective. I can believe that thinking about the negative things that can happen allows me to find a positive solution to my problems before they occur.

Inspired thought has the wisdom to intuitively know that problems are never a beneficial opportunity. No matter how positive I believe a solution to be, I am still faced with a problem, not an opportunity. It is my negative thinking that allows problems to manifest as my real experience. Positively thinking with inspired thoughts allows beneficial opportunities to materialise.

Inspired thoughts are a pure form of positive thinking. They are certainly beneficial because there is no such thing as a negatively inspired thought.

Positive thinking is impure, with a negative outcome, when a thought is not inspired because it is not emotionally empowered. Overcoming negative thinking with will power is not a positive action. Motivation to overcome negative thinking is never wise. Neither motivation nor will power make negative thinking a positive action. I only ever require will power and motivation when my thinking is neither inspired nor empowered.

Impure positive thinking denies the absence of inspired thought and empowered emotion. It believes that motivation and will power are positive attributes.

Inspired thought is empowered with authority because there is no negative polarity present. With no negative polarity, a thought is certainly positively inspired. Negative thinking is expressed with negative words that motivate negative actions to have negative outcomes. Negative affects are always the result of a negative cause. The negative polarity of an experience is caused by the negative polarity of the belief, on which negative thinking is based. I own my own positive beliefs when, in my own experience, they cause a beneficial outcome. My positive beliefs always beneficially affect my experience. Any affect of a detrimental experience is caused by a false perspective, a limiting belief or a fear.

False truths, limited beliefs and dreadful fears cause negative experiences because they project a negative perspective of reality. A real experience is negative because I perceive it to be so with the polarity of my thinking.

Empowered thoughts are truly inspired because they are not filtered through a negative belief system. A negative belief system sponsors negative thinking, which causes the negative experience of my own actions.

My clear mental operating system allows my true beliefs to be expressed as inspired thoughts of positively beneficial thinking.

Being Immune

Being Immune requires being exempt from duty or obligation. An obligation to fulfil a duty is a toleration that I have to, ought to, must or should do. A duty is a tax because tolerating what I am doing taxes and drains my emotional energy. When I am toleration & problem free, I am being immune. I am exempt from the problems of other people's negative beliefs and mental influences. Influenza is the affect of my attachment to other people's viral beliefs and mental influences. It is caused by my belief in the reality of their dramas and traumas. I am being immune to influenza when I am no longer tolerating the taxing duty of following other people's negative authority. When I am positively flowing freely in my own authority, I no longer suffer the influence or influenza of other people's negative beliefs. A pandemic is caused by the viral belief that we are all under attack from a detrimental and lethal virus. When a negative belief goes viral and I believe it is my duty to conform to that viral belief, I come under the negative influence of a new strain of influenza virus. When I challenge and change the belief that I am personally under attack and at risk of dying from a deadly disease, my natural immunity is enabled. I have no duty or obligation to the fearful negative perspective of other people's influence. When I unconditionally accept the beneficial evidence of my own self maintaining, healthy, healing ability; my wellbeing is ensured and positively enabled.

Being immune is my exemption from the traumatic experience of other people's detrimental beliefs & fears, which are influencing the events of their negative dramas.

Being immune requires an awareness of the emotional intelligence of my own sensitive detachment from other people's traumatic dramas.

Being Immune, I'm one with my own truth; not aligned with the reality of other people's perspective of their truth.

Ascertain

I Ascertain that which is Certain. Whatever is certain is absolutely True. Only my absolute Truth is certain. A relative truth can be relatively certain or uncertain. It can be certainly untrue or truly false.

I Ascertain my Truth. Determining a lie is never as certain as ascertaining a Truth. I determine an untruth with my rational intellect. I ascertain a Truth with my intuition. I intuitively see, feel & know my truth with certainty.

With the clarity of my direction present, I ascertain my true path through life. Intellectual reasoning is not as certain as Intuition. Intuition is certainly true, whereas intellectual reasoning can prove to be either true or false.

Nothing is certainly false or untrue. True & untrue, true & false, are opposing perspectives of an uncertain reality; until I ascertain the absolute truth of my purpose in life.

I determine my fate and I ascertain my destiny.

Unless I intuitively ascertain a beneficial life as certain, my experience of life will be uncertain, counter-intuitive and certainly detrimental.

My Truth Is

My Truth Is: The alignment of my sub-conscious thinking with my super-conscious thought.

My Truth Is: When I am believing that someone else's path is true for me, I am lying to myself and denying my own truth.

My Truth Is: My subjective vision of my objective mission to fulfil my adjective purpose.

My Truth Is: I can only see the vision of my true purpose in life, with my intuitive insight.

My Truth Is: My rationally intelligent intellect cannot reasonably ascertain the true subjective purpose for my life, with a false perspective of an objective reality.

My Truth Is: There is only one version of my truth and everyone else has their own 'one version' of their truth.

My Truth Is: I experience the affect of what my choice causes. My objective is to experience what I sub-consciously believe that I need to experience, until I become the subject of my super-conscious choice for my Self.

My Truth Is: The purpose of my subjective experience is to thrive.

My reality is: My objective experience is to strive to survive.

My Truth Is: My experience of reality is man-made. I experience an artificially aesthetic reality of my own making.

My Truth Is: The facts of life are a fiction that is manufactured by the author of my own life story.

My Truth Is: My Soul manifests my true choices on my life path as my personal manifesto.

My Truth Is: The spiritual growth of my Soul is my true story. The fact is: I am the star of the story of my own life and I am the light of the brightest star in my universe.

My Truth Is: My personal experience of reality is not always aligned with my truth. The fact is: Other people's truth is often a fiction because they have made it up. The fact is: Other people's stories

are real but they are not my truth. The fact is: My story is real even when it is not a representation of my truth. The reality is: My truth is often a fiction, even when the facts appear to be true.

My Truth Is: Facts can be a fiction and reality can be surreal, when I align with a false perception of the true perspective of my life.

The Passing Of Space & Time

I am not travelling in Time! Time is passing through me.

I am not travelling in Space! Space is passing through me.

The passage of time allows a passage through space.

The passing of space-time through me, allows my experience of reality. My reality is the experience of space-time happening through me. Reality is the energy vibration of spiritual experience. Spiritual experience is an energy vibration of reality in space & time. Spirit is the experience of a creative energy vibration called the reality of space-time. Spirit is also the creator of an experience called space-time-reality.

Reality is an energy vibration with a frequency of time and a wavelength of space. In a space-time-reality, the frequency of an energy vibration is relative to its wavelength and time is relative to space. Space-time is a relatively real experience. The more mental time that I have, the more emotional space that I have and the more emotional space that I have, the more mental time I have. Reality is a relative creation of an absolute Creator. The creative authority of thought, with emotional power, is the frequency & wavelength of an absolutely pure vibration of spiritual energy. A pure vibration of spiritual energy is absolutely divine. The ultimate creative experience of the creativity of a creator is the divine experience of pure spiritual energy.

The potential of a frequency of pure thought, transmitted on a wavelength of pure emotion, is an absolutely divine experience. When a pure force of authority aligns with a pure magnitude of power, a pure creative potential is enabled in space-time as a real experience.

- Divining the purity of thought takes time
- Divining the purity of emotion requires space
- Divining the purity of experience is a reality

The Divine Energy of Creativity is called the Aether. The reality of the aether is experienced as space-time. The potential of the aether to create a reality in time & space is realised through the physical experience of mental thought & emotional feeling. Aether is the 'clay' with which the 'potter' creates a 'pot'. A clay pot forms from the imagination of the potter, with the power of a spinning wheel. The reality of the pot forms within the time of the spin and the space of the wheel. The speed of spin, its revolution in time, is its force of frequency and the wavelength of the spiritual wheel is its spatial magnitude. Together they determine the creative vibrational potential that is realisable. The 'wheel of creation', called a spiritual chakra, is relative to the force & magnitude of its toroidal potential; realised through the pure emotional thought of the aether. How I allow the aether to pass through me, as time & space, determines my experience of reality.

Levels Of Awareness

Consciousness is a Level of Awareness.

From my level of Consciousness, I have an awareness of the level above and the level below my level of consciousness.

The level above my consciousness is my awareness of the super-conscious level of my Soul. Any awareness of my Soul is at the super-conscious level of my awareness.

The level below my consciousness is the awareness of the sub-conscious level of my Id. Any awareness of my Id is at the sub-conscious level of my awareness.

Conscious, sub-conscious & super-conscious are the three levels of awareness, of which I am currently aware, from the perspective of my Ego sense of Self.

My level of awareness is relative to the processing frequency of my brainwaves. Brainwaves are the frequency of mental thoughts, which determine my awareness of my level of consciousness.

- I am aware of my super-conscious thoughts at the frequency of Alpha brain activity.
- I am aware of my sub-conscious thinking at the frequency of Theta brain activity
- I am aware of my conscious focus at the frequency of Beta brain activity

The frequency of my brain activity relates to my level of awareness:

- Beta awareness relates to my present experience of reality
- Theta awareness relates to my past experiences of reality
- Alpha awareness relates to my future experiences of reality

My conscious ego sense of self is unconscious to its awareness of sub-conscious instinct and super-conscious intuition

- My Ego is a conscious sense of awareness
- My Id is a sub-conscious sense of awareness
- My Entity is a super-conscious sense of awareness

Becoming conscious of my levels of awareness allows conscious access to my intuitive senses, my instinctive senses and my true Id-Entity.

- My conscious level of awareness uses 5 physical senses of sight, hearing, taste, smell & touch
- My sub-conscious level of awareness uses 4 instinctive senses of thermal heat, kinetic motion, physical balance & emotional power
- My super-conscious level of awareness uses 3 intuitive senses of seeing, feeling & knowing

My higher & lower levels of awareness become unconscious as I learn to experience, explore & discover the material world with my physical senses.

- Physical science remains unaware of how our instinctive senses physically operate
- Religious theology remains unaware of how our intuitive senses spiritually operate
- Neurology remains unaware of any distinction between a mind full of creative thought and a brain full of waves

Becoming distinctly conscious of my levels of awareness requires a distinct awareness of my levels of Consciousness, with a clear distinction between physical consciousness and the mental awareness of spiritual Consciousness.

A Modern Physical Perspective

With a Scientific Perspective of Physical Life:

- Logic is without Logos
- Pathology is without Pathos
- Ethics is without Ethos
- Eros is erotic sex without romance
- Philos is romance without intimacy
- Agape is caring
- Intimacy is without love
- Intuition is counter-intuitive
- Consciousness is without awareness
- Philosophy is without love or wisdom
- Being without is a virtue, not a sin
- Science is neither scient nor omniscient
- Metaphysics is not scientific
- Alchemists were trying to make gold
- Sensitives are too sensitive
- Emotion is irrational
- Presence is absent
- Appreciation is financial
- Wrath is being angry
- Assertiveness is not bossy or arrogant
- Envy is being jealous
- Gluttony is being greedy
- Greed is being selfish
- Sloth is being lazy
- Humility is being humble
- Pride is praising someone else who is outstanding
- Scarcity is in abundance
- Truth is a real fact
- Surreal truth is a fiction

- Spirituality is religious nonsense
- Life is an evolutionary accident
- The Soul is poetic jargon
- Co-incidence is accidental
- Paradox is unexplainable
- Imagination is imaginary imagery
- Creativity belongs in the Arts

A spiritually awakened perception of physicality sees life from a different perspective:

- Logos is spiritual Wisdom
- Pathos is emotional Wealth
- Ethos is mental Health
- Intuition is a spiritual sense
- Consciousness is a level of Awareness
- Eros is the love of opposing genders
- Philos is the similarity of like polarities
- Agape is the love of pure emotion
- Philosophy is the love of wisdom
- Science is intuitive knowing
- Metaphysics is beyond physical perception
- Sensitives intuitively feel
- Gnostics intuitively know
- Seers intuitively see
- Emotion is the wavelength of a frequency of thought
- Presence is always being present
- Appreciation is growth
- Wrath is experiencing my own fate
- Meekness is experiencing another's fate
- Envy is being without kindness
- Gluttony is being without scarcity
- Greed is being displeased
- Sloth is being without diligence

- Humility is being without pride
- Being proud is standing out
- Abundance is the contentment of enough
- Truth is my alignment with my chosen path
- Reality is the experience I create for my Self
- Fact is my belief in my story
- Spirituality is an individually unique experience of energy
- Soul is the Source Of Unlimited Life, Love, Light & Learning
- Life is a Creation of the Imagination experienced as a Paradox of Co-Incidence relative to personal perception & perspective

The Seven Hermetic Spiritual Choices

The Seven Hermetic Principles, attributed to Hermes Trismegistus as the teachings of the Egyptian God Thoth, relate to the dual reality of a relative physical existence on Earth. The seven spiritual dualities of opposing energies are:

1. **Mentality:** The duality of mind & consciousness
2. **Correspondence:** The duality of the above & the below, the inner & the outer, the micro & the macro
3. **Vibration:** The duality of matter & motion, action & inertia, chaos & order, the frequency & wavelength of force & magnitude
4. **Polarity:** The duality of paradox and positive & negative perspective
5. **Gender:** the duality of male & female, yin & yang, masculine & feminine
6. **Rhythm:** The duality of ebb & flow, rise & fall, expansion & contraction
7. **Cause & Effect:** The duality of objective action & the subjective effects of chance & opportunity, fate & destiny, fortune & misfortune

The Absolute Nature of the experience of physical reality is attained by transforming the perspective of the Self to transcend the experience of relative duality, on a tris-megistus path where one's destiny is hermetically sealed in truth.

Overcoming these 7 dualities requires the perspective of a Third Way.

This allows Seven Hermetic Spiritual Choices, of the physical, mental & emotional nature of life:

1. **Mentality** is the manifest perspective of the perceptual energy of mind, thought & consciousness; causing an awareness of emotional feeling as a matter of choice of physical experience
2. **Cause & Effect** realises that: A choice of thought is the cause, a choice of emotion is the effect and a choice of experience is so created
3. **Correspondence** is a choice of consciousness of the Self with an awareness of its Soul, which allows a conscious-awareness of the connection of the Soul with its Self and the confidence of its Self in its Soul. As above in the super-conscious imagination of the Soul, so below in the sub-conscious intellect of the Self.
4. **Vibration** is a choice of frequency of mental thought with a choice of wavelength of emotional feeling, which allows a choice of vibration of physical experience
5. **Polarity** ensures that every frequency of conscious thought has a choice of a positive, a neutral or a negative polarity, which determines the intensity of an experience
6. **Gender** ensures that every wavelength of emotional feeling has a choice of male & female perception, or a balance of both
7. **Rhythm** ensures that life flows with opportunity when consciousness is aware, gender is balanced, polarity is neutral, vibration is in harmony, correspondence is aligned and paradox is reconciled because the affect is the cause of a creative and an adjective reality, of personal choice

The Law of Attraction ensures that like energy unto itself is drawn, so whatever I mentally think and emotionally feel becomes my physical experience of life. Pure vibrations of mental & emotional energy are potentially, divinely, beneficially, creatively attractive.

The potential of Creative Ability is relative to the magnitude of emotional power, which is relative to the force of mental authority. Correspondence & confidence between the Soul and its Self ensures that mental authority is emotionally empowered to enable a divine physical ability to overcome the limitations of relative dual reality life.

Immunity

Immunity is exemption. When I am exempt from external influences, I am exempt from external dramas. I am never exempt from external conditions. External influences & conditions determine our environment.

With immunity, I am free to determine the extent to which my external environment influences my internal condition. I do not choose immunity from my external environment. I choose to experience the destined benefits of my environment without a contrasting negative perception. My negative perspective perceives a toxic external environment, which I am trying to survive by striving to defend myself from a fate that is attacking me. My positive perspective sees a benign & beneficial environment in which I am destined to thrive.

My house is not immune from the natural processes of wear & tear. It is not immune from the extreme conditions of weather, accidents of nature, the damage of fire or theft by malign forces. A policy of insurance, maintenance & repair ensures that my house is kept in healthy working order.

My body is not immune from the natural processes of wear & tear. It is not immune from the vagaries of damage by malignant forces. Malignant forces are a negative perspective, which sees viruses, bacteria, fungi, toxins & poisons as an invading army. Having a defensive armoury does not make me immune from an attacking army of malignant forces. I am really attacking myself with a malignant belief in how I process life.

My natural self-healing system is designed to ensure the continued maintenance, repair and healthy condition of my body. My immunity from physical disease & illness is the wealth of wisdom that enables the innate natural healing systems of my body to proceed, free of any self imposed resistance.

I am immune from ill health when my thoughts, beliefs & mental programmes are positively beneficial & healthy. A wise healthy mind with a wealth of healthy emotions ensures that a healthy physical body is exempt from any negative effects of my external environment. In the absence of any negative internal influences, I am immune from any negative external conditions.

I do not require the physical immune system of a defensive army when I have cellular cleaning, maintenance & repair scheduled autonomously. At the cellular level, my healthy body is repairing itself, rebuilding itself and maintaining an internal operating environment, in alignment with the perspective of its own nature. My perception of Being Healthy is my immunity to the discomfort & dis-ease of an unhealthy perspective.

"As above, so below. As within, so without"

Diagnosis & Prognosis

Gnosis is the knowledge of the Gnostics. The knowledge of the Gnostics is the intuitive, a priori knowledge of insight. The knowledge of Modern Physicians is the rational, a posteriori knowledge of intellectual reasoning.

A Diagnosis is formed using intellectual knowledge from past experience. This rational intelligence, called knowledge, becomes more intellectual and more reliable as more experience is gained through time. Physicians make an intellectual guess, called a diagnosis. They believe that their best guess is intuitive but it is never certain. A diagnosis can therefore be either right or wrong.

A Prognosis is a projection of intellectual reasoning into the future. It is a prediction of how a diagnosis will behave over time. It is intellectually reasonable to assume that if a medical practice has previously cured a complaint, then the prognosis is good. When medical practitioners have no good solution to a complaint, the prognosis is inevitably bad. A prognosis is never considered to be right or wrong as it is always a best guess.

Medical practitioners have no intellectual way of knowing whether either their diagnosis or their prognosis is certainly right or wrong. They are limited by the uncertainty of their best guess, based on past experience.

A Gnostic certainly knows that their a priori intuitive knowledge is certainly true for themselves. Gnosis is the knowledge of the inner guidance & support of one's own True Self. Gnostic teachings reveal knowledge of the path of an Individual's Truth.

I cannot diagnose the true nature of my own illness. In truth, my true nature is health. We only ever diagnose illness, never health. The prognosis for a healthy person is always a healthy life. I can prophesy with absolute certainty that a healthy, self healing, person will experience good health with gratitude & appreciation for the duration of their life.

The prognosis for an unhealthy person is an unhealthy life of sickness & disease. An unhealthy person has an unhealthy programme of unhealthy beliefs that cause an unhealthy perspective, with the ongoing effect of an unhealthy experience of life. I know this both intuitively and from my own experience of life. It is certainly not my best guess.

I know with certain intuitive insight that my healthy perspective of life, with my healthy programme of beliefs, allows a prognosis of a very healthy future experience of life. I can prophesy my future health with absolute certainty when exclusively connected to the insightful wisdom of my wise Inner Tutor.

My Healthy Prognosis eliminates the need for any medical diagnosis.

Dreams & Nightmares

My Dreams are an unconscious experience of my life.

My Life is a conscious experience of my dreams, which can also be a nightmare.

Dreams are a duality of being awake and being asleep. I can daydream whilst awake and I can night dream whilst asleep.

My conscious physical life is a personal journey in space-time-reality, which experiences my life story. Each day is a page and each year is a chapter in the diary of my book of life. My story continues from my birth to my death, with a daily break when I go to sleep. I always wake up realising that my reality is continuous, as my story unfolds.

I am awake in the beta frequency of my conscious mind and asleep in the delta frequency of my unconscious mind. Between being unconsciously asleep and consciously awake, my sub-conscious theta mind is awake to my super-conscious alpha mind.

My dreams are a conscious Ego recollection of the inter-action of my sub-conscious Id and my super-conscious Entity. The super-conscious entity of my Soul communicates with its Self on a frequency of alpha brain waves, called intuitive thought, which provide beneficial guidance & support. The beliefs of my sub-conscious programming instinctively drive me with a frequency of theta brain waves, called intellectual thinking. This is the conscience of my moral & ethical compass.

My conscious mind is the spectator and the observer. My sub-conscious mind is the driver & navigator and my super-conscious mind is my architect and my supporter. The experience of my journey through physical life is relative to the fact of my true reality and the contrasting surreality of my untrue fiction.

My conscious mind appears to experience the facts of my true reality; whilst my unconscious mind apparently experiences the surreal fiction of my untrue journey in the life of my dreams.

The Reality is that I am conscious when I am awake and unconscious when I am asleep.

The Fact is that my story is a conscious experience but the trailer is an unconscious dream.

The Truth is that my super-conscious Soul knows my true path but my sub-conscious Id can get lost, confused and very frustrated by the truth. This is because the reality of my programmed beliefs is a fact that is not always true.

My nightmares highlight the parts of my journey that are out of alignment with the true path of my Soul. They portray an exert of when I am lost in time, where I am confused in space and how I am frustrated by reality.

The presence of my conscious-awareness of my dream sequences allows the presence of my true direction to become clear.

When life happens to me, my nightmares portray:

- The irrationality of my rational experiences
- The unemotionality of my emotional experiences
- The disconnection of being lost when I am going in the wrong direction
- The inclusivity of my shared confusion with others
- My insensitivity to the personal path of other people
- My attachments for what I need emotionally

When life miraculously happens as the True me intends, my dreams portray:

- The rationale of my emotional experiences
- The emotionality of my rational experiences
- The connection to my true guidance & support
- The exclusive path that I am clearly following
- My sensitivity to other people's personal path
- My detachment from other people's dramas

My Soul is my Imaginative Imaginary Dreamer.

My Self is the Experienter of the Experience of those Dreams.

Lie & Lay

A Lie is an untrue belief. A Truth is a true belief. A belief can be my truth or a lie. A true belief is one that I have challenged and I own as my own belief. A personal truth is a belief that I personally own because it intuitively feels good and I intuitively know that it is the right perspective for my Self. Other people may judge my belief to be a truth or a lie.

I Lay down my physical experiences as mental beliefs in my sub-conscious mind. When I lay down a belief, whether it be true or false, I give birth to that belief in my sub-conscious memory.

Hatching a plan is metaphorically laying a mental egg in my mind. When I lay down an intention, it may be supported by a true belief or a lie.

A fear is false evidence appearing real, which causes the experience of not feeling emotionally good because I believe my intention to be mentally wrong. My fear can be a true awareness of a wrong intention or a false belief about a good intention. Whether I am lying to my Self or my sub-conscious is lying to me, is a matter of personal perspective.

My intuition never lies. Whatever I intuitively know to be right, feel to be good or see as beneficial for my Self, is certainly true for me. My personal path of intuitive guidance & support is always truly beneficial. When I lay down my intuition in favour of my rational intellectual reasoning, I have no certain way of discerning what is my truth and what is a lie.

My super-conscious intuitive guidance & support never lies, but my instinctive sub-conscious intellectual reasoning may be in alignment with my fears and out of alignment with my truth. False evidence is always a lie, whether it appears real or not.

“When I let things lie, I withhold my truth”

“A Lie always Lays heavily on my Heart”

A Really True Fact

It is a Really True Fact that rational, scientific, intellectual thinking is limited to a physical perspective, of a physical experience, of the physical world, with only the physical senses. This is true, it is a fact and it defines the physicality of physical reality.

It is a really true fact that scientists, chemists, physicians & biologists all believe that we are all physical Beings physically experiencing a physical life in a physical world. Neurologists believe that we think with a physical brain and feel with the nervous system of a physical body.

It is a really true fact that professional science professes to have no real, true or factual distinction between what is real, what is true and what is factual. The fact is that only their personal perspective professes the truth of what is real. It also professes their contrasting view of what they believe to be surreal, untrue and a fiction. They have declared the religious teachings of the Bible, the Torah and the Koran to be a surreal fiction, with no empirical evidence of really true facts.

It is a really true fact that neither modern science, modern religion, nor modern philosophy understand the factual truth of spiritual reality. A really true fact is that spirituality is not scientific, religious or philosophical. The fact is, it is the true reality of non-physical energy.

It is a really true fact that science has no definition for a field of non-physical energy because it was unable to scientifically prove the physical existence of the aether. It is currently in the process of exploring God Particles, the Quantum Void, Dark Energy & Dark Matter, the Spacial Plenum, the Universal Creative Potential and the Point of Dielectric Inertia; to prove the physical nature of spiritual energy.

It is a really true fact that Spirituality is the reality of non-physical energy. The fact is that both thought and emotion are non-physical

vibrations of energy. The fact is that true thought and true emotion are a real physical experience.

It is a really true fact that spirituality is the real effect of turning the spiritual energy of pure thought and emotion, into physical experience. Science only studies the physical evidence of the physical energy of motion turning physical matter into the physical energy of heat or the destruction of physical matter into heat to cause physical motion. The physical force of heat and motion produced with the destruction of physical matter called fuel, is in no way spiritually creative or expansive.

It is a really true spiritual fact that all physical matter forms from non-physical spiritual energy. Spirituality is the real effect of turning spiritual energy into physical form. Physicality forms from the spiritual energy of the aether. Matter is a form of energy. It is energy that has formed into matter.

It is a really true matter that spiritual energy is a fact, which is really surreal to physical science and a real fact of metaphysical truth. Whereas a purely physical perspective of life has no distinction between reality, truth and fact; a pure spiritual perception of life intuitively knows that:

- Beliefs are true or untrue
- Experiences are real or surreal
- Stories are fact or fiction

Scientific stories are in theory either a fact or science fiction.

Religious beliefs are considered to be morally true or untrue.

Physical experience is believed to be real or surreal. A surreal experience is above and beyond what is experienced with our physical senses.

It is a really true spiritual fact that intuition is an energetic sense that spiritual reality is factually true. When we believe the stories of other people's real faith in their truth, we lose the surreal imagination of our own spiritually creative metaphysical potential.

It is a really true fact that from a spiritual, non-religious, perspective; we are all Energetic Beings, living an energetic life, in a world of spiritual energy.

- My Physical Story is a fact or a fiction, relative to all others
- My Mental Beliefs are true or untrue, relative to all others
- My Emotional Experiences are real or surreal, relative to all others

It is a really true fact that spiritual energy is a triune reality of:

- Mental Thoughts
- Emotional Feelings
- Physical Experiences

When I experience the fact of my true reality with my three super-conscious intuitive senses, my four sub-conscious instinctive senses and my five conscious physical senses; I make complete sense of the fact that I am truly real.

The Influence Of Love

The Influence of Love determines the emotional power of the mental authority of our personal choice. The true influence of pure love has the potential power of wise authority as its choice.

In a three dimensional reality, there are three relative influences that authorise the power of love:

- Pathos is the influence of emotional feeling
- Ethos is the influence of mental thinking
- Logos is the influence of Intuitive Thought

There are also three aspects of love that influence the power of our authority of choice:

- Eros is sexual erotic love
- Philos is romantic platonic love
- Agape is pure divine love

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

Ethos & Philos are the influence of our individual sub-conscious emotional needs. What I need emotionally, and my partner needs emotionally from me, determines the nature of our attachment to be romantic, erotic, sexual or platonic.

Ethos & Pathos are the influence of our mental programmes & beliefs. I am influenced by the ethos and the ethics of the behaviour of similar minded people. I am influenced by the pathos and sympathy of those who are sensitive to my beliefs.

Agape & Logos are the influential power & authority of my Soul.

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

The Pathos of Philos causes the non-attractive inertia of similar genders of energetic wavelengths of unique emotional feeling. The Ethos of Eros causes the unattractive entropy of opposing polarities of the vibrational frequency of our personal thinking.

The Logos of Agape allows the pure potential of life to attractively flow into the experience of our individually exclusive, physical reality.

Inertia, Entropy & Flow

Inertia, Entropy & Flow are the three signposts on a spiritual path.

- Inertia & Flow are the opposing genders of female inactive inertia and male active flow
- Entropy & Flow are opposing polarities of negative entropy and positive flow
- Inertia & Entropy are opposing intensities of resistance (not flowing) and flow

Chaos is the affect of the entropy of negative flow. Inertia is the apparent affect of no flow. Effortlessness is the effect of unrestricted flow.

- Unattractive chaos is caused by entropy
- Non-attractive inertia has no flow
- Unattractive inertia is seen as resistance
- Attractive flow is effortlessly beneficial

Attractive, non-attractive & unattractive are the three perspectives of how the Law of Attraction appears to work.

- Entropy happens to me
- Inertia happens by me
- Flow happens through me

I choose flow, entropy or inertia with my perspective of how life happens.

- Entropy is the affect of a negative personal choice, not inertia
- Inertia is the affect of choosing not to choose, not entropy
- Flow is a beneficial & ideal choice

Entropy & inertia are the opposing negative affects of choosing and not choosing. Fears & limiting beliefs cause entropy, which causes the procrastination & prevarication of inertia.

- Negative thinking causes the chaos of entropy
- Inaction is the resistance that causes inertia
- Inspired thought allows the flow of active, attractive opportunities

Empowered inspirational thoughts release the potential of inertia to flow effortlessly without entropy. Limiting beliefs & fears are the resistance of inertia to flow, which causes the entropy of experience to descend into chaos.

- Conscious rational thinking without thoughtful emotional awareness is entropic
- Spiritual awareness without physical consciousness is inert
- The conscious-awareness of spiritual flow allows physicality to be beneficially ideal, without either inertia or entropy

I am free to choose inertia, free to choose entropy or free to choose effortless flow.

Divine Time

Divine Time is Ideal & Beneficial.

- Saving time is not ideal
- Wasting time is not beneficial
- Spending time in an ideal & beneficial way is divine

Spending time is a choice. I always have a choice as to how and on what I spend my time. When I spend time doing what I truly value, I am in divine time. When I spend my time doing what I need to do, it is not ideal.

Bad times happen to me when I am not allowing time to flow.

When I set a deadline, I block my lifeline. When I push against the flow, I am resisting ideal beneficial opportunities occurring.

Beneficial opportunities flow through me in a divine way at an ideal time. My faith in divine timing allows beneficial opportunities to manifest in an ideal way.

Divine Times are a beneficial experience of an ideal reality. I am feeling the emotional benefit of an ideal mental idea as a divine physical experience.

“The metaphysical quality of divine time allows miracles and magical surprises to apparently occur”

Divine time requires a divine space to be occupied. I occupy a divine space when my emotional energy is pure, empowered & potent. I empower the potential of my own divine state of being.

My emotional space is not a physical place. It is the energetic wavelength of my balanced gender of emotional feelings. My

mental time is not the affect of speed & distance. It is the frequency of my thoughts and the polarity of my mental thinking.

My emotional space is relative to who I am emotionally being. It is the expression of my emotional state of being, not the mental role that I am physically doing.

In Divine Time with Divine Space, my Divine Reality is an ideal and beneficial experience that I approve, accept and allow as my own personal choice.

Genes, Memes & Moods (1)

Genes, Memes & Moods qualify the three aspects of our spiritual identity.

- Genes identify our physicality
- Memes identify our mentality
- Moods identify our emotionality

All three are subject to viral transmission between people and are seen collectively as the identity of our racial or societal culture.

Taken individually, they identify my personal identity as exclusively unique. Taken collectively they identify similar traits in personality, character and ethnicity.

Human Beings each have a choice of individual identity. Our individual identity is what makes us Individuals. A similar character or personality in our make up is seen as a collective culture, relative to how we each qualify our own spirituality.

Spirituality is the triune reality of our physical reality, mental reality and emotional reality. Each reality has a polarity, which can be physically experienced with either a positive or a negative mental perspective of what is considered to be right or wrong, or an emotional perception of what is felt to be good or bad.

- Polarity is positive or negative
- Genes are malignant or benign
- Memes are right or wrong
- Moods are good or bad
- Experience is beneficial or detrimental

All three aspects of our spiritual identity have:

- A polarity
- The ability to be transmitted virally
- The ability to mutate
- The ability to evolve

A Virus is the physical manifestation of a viral mental programme or belief, transmitted on a wavelength of viral emotional feeling. With

a negative perspective of viral activity, this can cause physical panic, mental fear & emotional trauma.

A good virus is a DNA protein that promotes the healthy ability of the body to function well. A bad virus is one that promotes physical illness, mental dis-ease and emotional discomfort in the body. A healthy body has the natural ability to detoxify or debug itself of any malignant viral cell debris and toxic DNA.

I can debug any unwanted viral mental memes by challenging and changing a fear or limiting belief for a personal truth that I consciously own. By changing the polarity of a meme from negative to positive, I instantly change my mood accordingly. Beliefs & feelings, memes & moods, are the frequency & wavelength of the same energy vibration. As I change one, the other automatically follows. As genes are the physical manifestation of memes & moods, at both the atomic and cellular levels of the body, they also change their polarity accordingly. The polarity of a gene is the direction of its vibrational energy vortex, not its physical spiral helix.

Spiritual identity identifies our energetic mental & emotional make-up, as well as our physical make-up. Our physical, mental & emotional characteristics manifest relative to the energetic genetic vibration of our spiritual blue-print.

- A gene provides the 'gen' or information for our physical blue-print
- A meme is a similar or same information or belief as other people concur with, as their mental blue-print
- A mood is the individual & collective feelings that people share as their emotional blue-print

They are collectively, three aspects of our spiritual blue-print.

Politics

Politics is the art of being polite. It is practiced by the ruling classes. The standard of behaviour, expected by the ruling classes, when relating to the ruling classes is called etiquette. The standard of behaviour used by the ruling classes to govern the working classes is called politeness; which has evolved to become political correctness. Being politically correct is the standard employed by our politicians when politely governing the populous.

Historically, the upper ruling class of the Court of the Ruling Monarch governed the people directly. Today, monarchs reign but no longer rule. A Government of Politicians is elected by the people to represent the people, but they are not the ruling class. Politicians today are servants of the ruling class who ensure that their politics is politically correct. The ruling class owns the public media and owns the freedom of the press, to decide what is, and is not, politically correct. Politicians are politically correct when they follow the diktat of their political party. It is politically correct for a political party to elect their own political leader, who is always endorsed by the media and the ruling class, who own the media. The work of parliament is politically correct under the leadership of the Parliamentary Speaker. Parley means to speak. The work of Government is politically correct when it follows the doctrine of the ruling elite, which is no longer the Monarch. It is politically correct for the Monarch to appear to be Head of State without having any political involvement. To govern their country, the ruling elite must appear to have no political involvement, which is considered politically correct.

Politicians are politically correct when they follow the diktat of the ruling class as printed in the popular press. It is the 'press' or pressure of the ruling class that determines the freedoms of the populous. This gives the ruling class the freedom to rule indirectly, with politicians as their agents and the media as their servants.

Politicians are driven by popular opinion as decided by the owners of the so called popular free press. Nothing is ever freely printed in the press that contravenes the philosophy of its ruling owners. In return for the freedom of the ruling class to rule, its government offers its people security in return.

The ruling class ensure their freedom with the security securely imposed by its government on the people, by law. The general population of the working class is misled to believe that their security, that is managed and controlled by government, ensures their freedom.

Security & freedom are opposing genders of the same energy vibration. The paradox is that I am free to give up my freedom and become secure in the security of an elected government. This choice allows me to become either a freedom fighter or a terrorist in the eyes of the government. I am free to fight for the laws of the land to be securely upheld or I can terrorise the freedom of the ruling elite to govern the people. I am either securely controlled by a political government or I am declared unlawfully out of control and confined within the security of its justice system. The ruling elite will take their justice or revenge against any who oppose their sovereign right of authority that they have declared over their subjects. All subjects are politely subjected to the laws of the land that ensure the freedom of the rulers at the expense of the freedom of its people.

The aim of a benign government is to control the populous politely and securely, to allow the freedom of the ruling class to rule freely.

Pathology

Pathology is the study of Pathos.

In Ancient Greek Philosophy:

- Pathos is our emotional influence
- Ethos is our mental influence
- Logos is our spiritual influence

Pathology was the study of our intuitive, personally inspired Method of Choice. A Priori intuitive Knowledge was deemed superior to a posteriori rational intelligence. They sought the influence of the ethos to intuitively know, the pathos to intuitively feel and the logos to intuitively see their best choices in life. Ethos, Pathos & Logos were the three modes of influence that identified our three intuitive senses, which guided and supported the wisest choices for our Self.

To our modern Physicians, pathos has become the study of the cause of pain, discomfort & disease. It identifies the possible causes of acute, chronic & critical illnesses; both whilst we are alive and after our death.

Modern Pathology is devoid of emotional pathos, which has been demoted to the art of acting and relegated from the science of medicine. Research into physical & mental illness is now scientifically rational, with no spiritual influence or emotional intelligence.

The ethos and ethics of modern medicine is based on a mental belief system of rational logic, without any emotional pathos nor any logos of spiritual logic. Ethos is without pathos and logos is without intuitive logic. Logos has been lost in the rational logic of unemotional ethics, driven by the professional reasoning of intellectual intelligence alone. Intuitively influential choices are today considered to be just a lucky guess. Their logos or word requires the endorsement of their peers, instead of the authority of their own wisdom.

Medical professionals profess only the a posteriori knowledge of our physical illness with the ethos of their ethics. The pathos of negative emotional fears is the major influence on the ethical logic of their intellectual Professors. They profess that only an unemotional, insensitive, inclusively rational attachment to the pathos of their pathology is professionally acceptable as ethical.

A Spiritual Well & A Spiritual Pit

My Spiritual Well is the Source of my Wellbeing. It is my spring of spiritual Happiness.

A well contains water. It is a water source. Water is the spiritual element of Mental Wisdom. My spiritual well is the font of all my wisdom. I draw from my well of wisdom with my intuitive sense of knowing. Drawing wisdom from my well of infinite spiritual knowledge, requires a metaphorical bucket to lift my metaphysical rejuvenating water. A hole in my bucket is analogous to a fear or a limiting belief that drains my emotional energy.

Air is the spiritual element of Emotional Wealth. Drawing water from my spiritual well, aerates my mental thoughts with the feeling of potent emotion, called empowered inspiration. A problem is a toleration and an energy drain that is represented by a hole in my spiritual bucket. Every hole is an emotionally draining mental toleration, which depletes my vital wellbeing, by disconnecting my source of mental wisdom.

My Spiritual Pit is an emotional affect caused by my mental despair. My pit of despair is devoid of any life giving water. Without the imagination of inspired thought from my intuitive well of wisdom, there is only the drought caused by my negative mental thinking, which sub-consciously drives me to despair. My negative beliefs that drive my desperately negative thinking disempower my positive emotional feelings and depress my ability to be well.

In my spiritual pit of despair, I am depressed because there is no emotional well-spring of vital spiritual energy. With no ladder, to climb out of my pit, there is no way out of the deep depression that I have dug myself into. This can make me very intolerant and angry, whilst frustrating my Physician's ability to decide whether to accurately prescribe a sedative for my emotional anger or a stimulant for my mental depression.

There is no positive mental wisdom at the bottom of my spiritual pit because I do not have the positive emotional power to connect intuitively with it. I have only the negative emotional power of my own anger, intolerance & frustration; which ironically is how I desperately dug myself into the hole to begin with.

“Life cannot thrive in the conditions of stale air and stagnant water”

Life thrives with the unrestricted spring of mental water from source and the emotional air of wellbeing that always flows with it.

My pit of emotional despair is the affect of the absence of any source of mental wisdom. A ladder that connects me to my own innate source of intuitive wisdom is required to empower my ascent out of my pit of emotional depression.

Prophecy & Prophecy

Prophecy is a prediction of the future from a Prophet.

Prophecy is an intuitive knowing one's own beneficial choice in the present.

When I believe that I need to predict the future, in order to make a choice in the present, I have no personal insight. Without insight, I use intellectual reasoning to predict the best choice for a beneficial future. Without the ability to intellectually reason what is best for myself, I look to the prophecy of a Prophet.

The most common prophetic prophecy in use today is astrology. Astrologers are modern day Prophets with the apparent gift of prophetic star reading. Alternatively I may consult a spiritual medium or oracle for their intuitive gift of Prophecy.

- Clairvoyants are Seers who have the intuitive gift of clear seeing
- Clairsentients are Sensitives with the intuitive gift of clear feeling
- Clairaudients are Gnostics with the intuitive gift of clear knowing

With my own gift of intuition, I am able to channel my own messages of clear direction for my Self, from my own inner guide.

Without the guidance of my own spiritual senses, I will have no way of knowing whether a Spiritual Medium is channeling my prophecy or their own prophecy.

Religion, having no distinction between their religion and their spirituality, has no distinction between what is prophecy & what is a prophecy. Personal prophecy, from a divine & beneficial source with intuitive insight, is not seen as credible for religious followers.

Apparently only religious leaders have the gift of prophetic prophecy, which is the path that their congregation will collectively follow.

Prophecy is the insight of personal foresight.

Prophecy is a communal or congregational prediction allegedly given as the word of an external god.

All Individuals who follow their own lead, on an exclusively divine & uniquely beneficial spiritual path have the intuitive awareness of their own personal prophesy.

Individuals who follow the leadership of a Prophet on an inclusively collective religious path have no way of knowing whether they are guided by prophesy or prophecy.

Epistemology

Epistemology is the study of Knowledge.

To the Ancient Greek Philosophers, there were two sources of Knowledge and two types of Intelligence.

Knowledge is Intelligence.

1. A Priori knowledge is 'known before' experience. It is new knowledge, without prior knowledge or experience. It is an inner source of knowledge that comes through invention, initiative, intuition, innovation, ingenuity, imagination and inspirational insight. It is now defined as Emotional Intelligence.

2. A Posteriori knowledge is old knowledge previously gained from external personal or collective physical experience. It is first, second or third hand knowledge from subjective or objective experience of cause & affect, in alignment with intellectual reasoning. It is now defined as Rational Intelligence.

Modern Philosophy has no Emotional Intelligence. Knowledge is believed to be rational and unemotional when emotion is believed to be irrational. Knowledge is knowledge and is called epistemic knowledge, which is determined by reasoning of the intellect to be intelligently true or unintelligently false. Knowledge of reality is believed to be true and any unproven knowledge is believed to be unintelligent, unintelligible and therefore irrational & false.

Modern Philosophers, like modern Scientists, study physical knowledge to ascertain whether it is true. If knowledge of reality is proved to be true, it is real knowledge and if it cannot be proved and understood intellectually, it is false. Truth and reality have no distinction to a modern Philosopher. From a physical perspective and a physical experience of the world with only the physical senses, only physical knowledge of the physical reality of life is believed to be true. Modern Philosophers & Scientists only experience the physical world with their physical senses. What they

physically experience, they know to be true and they call it physical reality. They have no concept of a reality that is non-physical or metaphysical because they have no empirical data to substantiate its existence.

Ancient Philosophers, as their name implied, had a love of wisdom that allowed them to invent, initiate and intuitively innovate with the ingenuity of inspirational insight. In the absence of any true empirical knowledge of what these metaphysical mental acuties actually are, modern science has been reduced to furthering their epistemic knowledge with only the skill of a lucky guess.

In the absence of true a priori wise intuitive knowing, modern intellectual thinkers have disappeared up their own a posteriori backsides with an acute case of freudian anal retentiveness. There is a complete absence of either love or wisdom in the theories of modern philosophy & science.

Modern Religion has suffered a similar fate as it has no distinction between spiritual philosophy and dogmatic theology. They follow only the doctrine of the spiritual philosophy of their sacred theology as directed by their interpretations of their religious texts. No new knowledge is ever forthcoming from religious preaching. Religious epistemology has not changed for thousands of years, but it has been edited, censored and re-interpreted many times.

EMC & The Aether

The Aether is the Source of all Energy, Matter & Motion.

- E is the symbol for Energy (Emotional Love)
- M is the Symbol for Matter (Physical Life)
- C is the symbol for Motion (Mental Light)

Love, Light & Life are the three spiritual aspects of the Aether.

Energy, Matter & Motion are the three fundamental properties of the Aether. This allows the aether to be defined as a triune physical reality with:

- Energy as the matter of motion
- Motion as the energy of matter
- Matter as the motion of energy

EMC is an acronym for Everything Materially Conceived. Everything materially conceived is manifest from the Aether. **Aether Evolves THE Reality.** It manifests conceptually as a Thought of a Conscious Mind.

The thought of a conscious mind evolves reality. Without a conscious mind, there is no thought and there is no reality. Everything in reality is, was and ever will be conceived with a thought from the mind of consciousness.

- Consciousness is the **M**atter of a thoughtful mind
- Mind is the **E**nergy of conscious thought
- Thought is the Motion (**C**) of a conscious mind

Mind is the energy of the Creator, Consciousness is the energy of the Creation and Thought is the energy of Creativity. The Aether is the Creative Potential of a Creator to Create a Creation.

- Mental Thought is the Creator's Energy (**E**)
- Physical Experience is the Creation called Matter (**M**)
- Emotional Feeling is Creative Energy in Motion (**C**)

EMC = Aether (The All of Everything in Creation)

The One Potential of a Creator is the Potential Creation of Everything from the Nothingness of the Oneness.

A Condition

A Condition is the affect of a cause. Causing an affect causes a condition. Affects are always a condition of their cause.

There are no conditions to a creative life. A creative life is unconditional. Creativity is not the affect of a cause. Effective creativity is beyond the duality of cause & affect. When I put conditions on myself, I cause the affect of blocking my creative ability.

My authority of choice is unconditional, unless I choose the conditions under which I am unable to make a choice. When my choice is subjected to another's conditions, I am choosing their authority and not my own. When I live under the authority of another, I tolerate the conditions that they put on me.

When I put conditions onto my own choices, I am limiting my ability to receive what is most creatively beneficial. I cause the affect of my negative conditions, I do not effectively create them.

Negative conditions are the affect of a negative perspective, caused by my own negative beliefs & fears. Whether a condition is positive or negative, beneficial or detrimental, is a matter of personal perspective.

When my perspective is aligned with the choice of my own authority, I am creating the experience of my own reality. My own reality is a creation of owning my own beliefs. When I place no conditions on the creation of my own reality, my experience of reality becomes unconditionally beneficial. When everything in my reality is perceived to be beneficial, it's condition is beneficial and there are no adverse conditions that I am presently causing in my life.

My life is unconditionally creative when I realise that there are no conditions under which my creativity is realised. Creativity is just the creation of a creative creator.

Animosity & Enmity

Animosity is the emotion of hate.

When love is a duality of love & hate, love is the female (anima) emotion and hate is the male (animus) emotion. I sub-consciously love someone who gives me their female emotional energy and I hate someone who withholds it or steals it from me. Animosity is my male emotional reaction to my lack of female love. When I have female love, I value it and when I need female love, I hate it when it is withheld and I hate whomever withholds it from me. When I am sub-consciously driven by my need for emotional energy, I will default to the anima of my female energy or the animus of my male energy.

Enmity is the hatred of mental will.

My mental will determines my choices in alignment with my beliefs. When my will is denied, I hate whomever is denying or blocking my will. I like people who are like me and have a like-minded will or ego sense of self. I hate people with enmity who oppose the will of my ego, with the will of their ego. Enmity is the effect of opposing polarities of mental energy. The mental energy of my intellectual thinking often contrasts with the thinking of other intellectuals. When I believe the reasoning of others to be false, my truth is in enmity with theirs. Enmity is caused by the opposition of contrasting perspectives, driven by the fears of contradictory belief systems.

By the Law of Attraction, like polarities of thinking are attractive and opposing genders of emotion are attractive. Therefore opposing polarities of negative beliefs & reasoning cause enmity and similar genders of negative emotional feeling cause animosity. Only the pure love of agape is without the hatred of either enmity or animosity.

Occupation

“Whatever occupies my Mind, occupies my Time”

Wherever I spend my time and focus my attention, occupies my mind. When my mind is focused on my work, I am occupied with my occupation. When I get home from work, I occupy the house that I call home.

When I hold a responsible position at work, I occupy that office or status. Whether I am concentrating my attention at home or at work, my mind is occupied with what I am doing. Whatever fills my time, occupies my mind.

What occupies most people’s minds, most of the time, is their occupation. Someone who stays home to raise their children, states their occupation as Housewife or Househusband.

Children fill their minds and their time with play. The belief that all adults need an occupation sends children to school, to prepare for their future occupation. When children are occupied with education, their minds and their time are under the occupation of an external education authority.

Any external sovereign authority, which by law, occupies our mind and our time with the force of their authority, is an Army of Occupation. The Education Authority is an Army of Occupation that imposes their sovereign authority over the time & minds of all our children. It’s stated purpose is the pursuit of an Adult Occupation for each child.

It is through our education system that every child, by law, is helped to determine the Occupation of their adult life.

Which Sovereign Authority occupies your mind and your time?

Attaining The Quality Skill Of A Life Coach

The Primary Skill of a Coach is Listening.

The Primary Quality of a Coach is Being Empowered.

The Primary Attainment of a Coach is Presence.

With the attainment of presence, a quality coach is empowered with the skill of listening. The skilful quality of a coach is empowered listening.

Hearing is a physical sense, not a skill. I do not need skill to hear another talk. I require the presence of empowered listening to intuitively see a clear direction for the client. Physically hearing the confused frustration of a lost client is not a quality skill.

Empowered listening allows clear direction to be present. When my empowered listening is present, I intuitively see, feel & know a clear direction for the client is presently being presented. A clear direction in life is always present but it requires empowered listening to intuitively see it clearly.

Listening is a coaching skill that can be learned with the development of our intuitive senses. Intuition is a sense that can be developed because it is innate within everyone. I cannot teach another to be intuitive but I can coach them to connect to their own intuitive presence.

Intuitive presence allows the presence of intuition. I cannot teach another to be present but I can coach them to attain presence. I cannot empower my client but I can coach them to connect to their inner power within.

With the presence of their own intuitive connection, the client is empowered to listen to their own clear direction in life. With enough emotional power present, the skill of listening can be accomplished instantly.

When disconnected from my inner source of emotional power, my hearing is misdirected towards the outer world; where I can get lost, confused and very frustrated.

The Primary Role of a Life Coach is to restore the presence of a clear direction in life for their client. When disempowered the client is unable to hear their own clear messages of direction, which are always present.

Being present with the client allows the Coach to listen to the client's messages, which are there to offer them a clear direction.

When the client is disconnected from their own intuitive direction, the Coach allows them to see their lessons, which once learned reconnect them to their own beneficial opportunities in life.

With the presence of empowered listening, the Coach intuitively reconnects the Client to their own personal path of beneficial opportunity.

Conquer, Concur, Conker

“Conkers Concur to Conquer”

A Conker is the seed of a Horse-chestnut tree. Conkers is a game of superiority. Two individual Conkers battle to destruction, to declare one to be better than the other. A superior Conker conquers all other inferior Conkers.

A Superior Conqueror declares sovereignty over a defeated Nation. A Sovereign Nation has sovereignty over its own laws and boundaries.

I conquer my fear to attain personal sovereignty over my own choices. Personal sovereignty is my own supreme authority of choice, which allows my own choice of authority.

To conquer is to overcome adversity. I conquer a mountain by overcoming the adversity of its ascent & descent. I conquer my fear when my feelings concur with my beliefs, in an agreeable way. When my positive thinking concurs with my positive emotion, I have overcome my fears.

I do not conquer my fear by fighting or resisting it. I conquer my fear by choosing to overcome it as a sovereign entity with choice. When I concur with my beliefs, I agree with my beliefs and I own my beliefs because they beneficially serve me.

When my beliefs are in conflict, they do not concur and I have inner turmoil. I have no inner peace because I am sub-consciously at war with my Self.

When my beliefs concur, I have faith in my path because I have concurred my beliefs & conquered my fears. When I concur a belief, I agree it as agreeable, then own it as my own because I have faith in it being positively beneficial for me.

As my own Sovereign Entity, my standards of behaviour follow concurrent beliefs in alignment with my stated boundaries. I no longer concur with others to either conker or conquer others. I

have no need to demonstrate my superiority as my owned authority is supreme.

Making choices with my own supreme authority is always superior to the influence of any externally imposed sovereign authority.

Clarity Flows

Clearing mental blockages allows clarity to flow.

When clarity flows to me, I am blocking its emotional flow. When I am inclusively attached to the flow, I get confused.

When clarity flows by me, I am insensitively disconnected. When I try to control the mental flow, I block its freedom to flow because my sensitivity to flow is disconnected. When I block the flow, I get lost & frustrated.

Clarity flows through me, both mentally & emotionally, when I am exclusively connected to the flow of experiential life; whilst being sensitively detached from any experience of dramatic trauma.

Clarity flows intuitively. When my intuition is clear, I hear my messages that learn my lessons, which unblock my frustrations and allow my clarity to flow directly through me.

When clarity flows, I see that problems happen to me, challenges are accepted by me and opportunities clearly flow through me. I clearly see opportunities in my life when I am no longer blocking their ability to be present. Opportunities are only clearly presented, as a present, in the present moment of time. Problems of the past cause challenges in the future when I see no opportunity as being present.

When I clearly see my present being presented to me, in the present moment of time, as a positively beneficial experience; life is certainly ideal. I can only see clearly with my intuitive insight. I am only ever blocking what I am disallowing because I disapprove of whatever I believe is unacceptable.

When I am Being approving, allowing & accepting, clarity flows effortlessly & intuitively through me.

The 3 Ages Of Conscious Perspective

In a Relative 3 Dimensional Experience of Reality:

There are 3 Ages of Modern Man:

- The Age of Survival – Aries
- The Age of Comfort & Security – Pisces
- The Age of Awareness – Aquarius

There are 3 Levels of Consciousness:

- A Mindless Sub-Conscious Instinctive Reaction
- A Mindful Conscious Intellectual Thinking Response
- A Mindfree Super-Conscious Intuitive Flow

There are 3 Perspectives of How Life Happens:

- Life Happens To Me
- Life Happens By Me
- Life Happens Through Me

In the 1st Age, I am sub-consciously driven to instinctively survive life happening to me.

In the 2nd Age, I act with intellectual reasoning to consciously obtain comfort & security by life happening by me.

In the 3rd Age, I am intuitively attaining the super-conscious awareness of life beneficially happening through me.

Cute & Acute

Cute & Acute are a choice of perspective.

My wellness is cute & beneficial.

My illness is acute & detrimental.

Acute is unattractive & unhealthy from a negative perspective.

I always have a choice between being ill & being well.

Being well requires the attainment of wellbeing. Wellbeing requires the attainment of mental wisdom. Mental wisdom requires the attainment of emotional wealth. With the attainment of mental wisdom & emotional wealth, I attain the ability for physical health to flow effortlessly through me.

A physically healthy perspective is cute, attractive & appealing but it doesn't happen to me, I am required to attain it. Without the attainment of a healthy perspective, I experience an acute fear of illness with every intense feeling of pain.

Holding past pain in the physical body traps negative emotional energy as a future trauma.

Holding past fearful beliefs in the physical body traps negative mental energy as a future drama.

An unhealthy perspective is acutely negative because it causes the dramatic effect of a traumatic illness.

Pain is the affect of low emotional energy.

Fear is the affect of false mental energy.

Together they cause the traumatic dramas & the dramatic traumas of acute illness & unwellness. Both pain & fear are an acute indication of an unhealthy perspective of life happening to me in a negative way.

My wealth of wisdom allows my cute perspective of a healthy life, flowing beneficially through me. I can believe that I am a victim of an unhealthy life happening to me or I can intuitively allow any pain or fear to flow through me and out of my present experience.

In my past, I feared the pain of an acutely intense illness. Allowing the cuteness of my present wellbeing allows it to flourish in my healthy future. My perspective of a healthy future is how I heal the fear of a painful past.

When acute illness is no longer my personal choice, a cute experience of health becomes my present experience. With enough emotional wealth & mental wisdom, I allow pain & fear to flow through me without it being a problem.

When my wealth of wisdom is fully flowing, there is no mental or emotional blockage to cause the affect of my fearful pain or my painful fear. When I allow my acute fear of pain to flow out of my reality, my cute healthy perspective is restored instantly.

Choice is a perspective and my choice of a positively beneficial perspective of life flowing through me, realises a cute healthy experience of life; in contrast to an acutely sick & unhealthy experience of illness.

I cannot be well without first attaining the ability to attribute Wellbeing to my Self.

Three Types Of Reality

Reality is a matter of personal perspective.

My perspective perceives three types of reality:

- Objective reality
- Subjective reality
- Adjective reality

Objective reality is whatever I can physically see, hear, taste, smell or touch. It is the reality of the physical world out there. I object to any negative experiences that happen to me in the outside world. My objective reality is perceived by my intellectual sense of self. It is the perspective of my ego Self.

Subjective reality is whatever I perceive to be caused to happen by me. It is the reality of my world as experienced from within me. I subject myself to a world that appears to be real, to me. My subjective reality is a perception of my sub-conscious Id, which is my instinctive self.

Adjective reality is whatever I intuitively know, feel or see to be my experience of life happening through me. It is the reality of a certainly beneficial world created specifically by my Self, for my Self. My adjective reality is the creation of my super-conscious Entity, who is my intuitive Self.

- My Conscious perspective perceives an intellectual reality, which is objective
- My Sub-conscious perspective perceives an instinctive reality, which is subjective
- My Super-conscious perspective perceives an intuitive reality, which is adjective

The objective of a subjective perspective is to describe my adjective reality. Without both an external & an internal perspective of reality; I cannot create, perceive, describe, define, express & experience my own adjective reality as a balance between the two. A third choice of an adjective reality is required to overcome the duality of a personally subjective & objective experience of life.

Dominance, Immanence, Poignance

Dominance is the essence of a task. The ability to dominate a task is an essential quality for success. Self-esteem is the essence of dominance. Dominance requires a keen sense of one's Self, being in the flow. With dominance, my every task is effortless because my dominant Self dominates the action required to achieve the task.

Dominance requires Immanence & Poignance.

Immanence is the essence of the confident mental authority to make beneficial choices. With a keen sense of time, I am presently in the now with the presence of immanence.

Poignance is the essence of the emotional power to make valued and worthwhile choices. It is the keen sense of being empowered and emotionally worthy, by being in the gap with poise and good grace.

With poignance & immanence, my dominance is ensured.

Poignance is my sense of emotional self-worth and the power to take my opportunities for growth. Opportunities for growth, when poignant, are the essence of my spiritual development. In every poignant moment, there is a message of clarity & direction.

Immanence is my sense of self-confidence to make authoritative choices. Every opportunity for growth is achieved with the confidence of my authorised choice. When I confidently choose with the esteem of my self-worth, my immanence is poignant and my poignance is immanent. My emotional power is mentally authorised and my inspired choices are empowered.

Immanently in the now and poignantly in the gap, I am dominantly in the flow.

My dominance is effectively the consequence of my poignant immanence.

Being Idealist

Being Idealist requires a list of ideas.

'Idea' derives from the Greek 'to see':

- When ideas are limited to our sense of physical sight, no new concepts are conceived
- When ideas are seen intuitively, with insight, they are conceived conceptually as concepts

An Idealist intuitively sees ideas that are ideal. An ideal idea is certainly beneficial to experience. The idea of an ideal experience is certainly beneficial for my Self.

A beneficial idea is epistemological, ontological and existential.

This means that it exists both mentally & emotionally, as a concept in physical reality. Ideally it is conceived as knowledge with intuitive knowing, as emotion with intuitive feeling, by intuitively seeing it, as a concept in physical existence.

Ideas require thought, feeling & experience to become realised.

- Without thought, there is no idea
- Without experience, there is no feeling
- Without feeling, there is no ideal experience

Feeling the emotion of a physical experience is how I mentally perceive whether an idea is ideal.

The purpose of an Idealist is to conceive the vision of an ideal life, lived on purpose as a personal mission. It is to see an idea conceptually and ideally experience that concept physically, as one's own personal vision for one's life.

"An Idealist has a vision, a mission and a purpose in life"

When I conceive of being 'adjective', adjectivity becomes a concept or idea that may or may not be ideal for my Self. When I experience being adjective, I realise that it overcomes the duality of being either subjective or objective, which I decide is ideal for me. Having conceived a conceptual idea of being adjective, I experience the feeling of my adjectivity, by becoming mentally aware of my emotional state of being.

Being emotionally intelligent is adjectivity in action. Using an adjective to describe my emotional state of being allows me to list all of the emotional states of being that I experience as being ideal. My ideal list of emotionally adjective states of being, allows my connection to my innate emotional power. Being emotionally powerfully connected is ideal for me.

- Mentally authorising my emotional power is ideal
- Physically enabling my mental authority to be emotionally empowered is ideal
- Intuitively seeing the potential of my ideas is ideal
- Intuitively feeling the potential power of my ideas is ideal
- Intuitively knowing the destiny of an Idealist is ideal

In my Ideal world I am fulfilling the destiny of my Idea List.

The Source Of Unlimited Learning

The Source Of Unlimited Learning is the SOUL.

SOUL is an acronym for the source of unlimited learning.

Learning is an unlimited mental experience. Learning the source of an unlimited mental experience is achieved through the exploration & discovery of the Self.

The Self is a mental explorer on an experiential journey to discover the source of its unlimited love of learning through an enlightened life. The Light Source of Unlimited Love of Learning about Life is the Soul.

The three principles of mental learning are:

- Mind
- Thought
- Consciousness

The three principles of emotional experience are:

- Emotion
- Feeling
- Awareness

The three principles of all forms of energy are:

- Wavelength
- Frequency
- Vibration

The three principles of all energetic Beings are:

- A Wavelength of Mind & Emotion
- A Frequency of Thought & Feeling
- A Vibration of Consciousness & Awareness

Spirituality is the spiritual reality of all energetic Entities. My spiritual reality is that I am:

- A vibration with a wavelength & a frequency
- A frequency of thoughtful feelings
- A wavelength of mindful emotions

A conscious-awareness of my spiritual vibration allows the discovery, exploration & learning experience of my Soul.

The three principles of the Soul are:

- Love
- Light
- Life

Learning about the love, light & life of my Self enables the discovery, exploration & experience of the Soul.

Soul is the source of:

- The emotional wavelength of my feeling, which is my power of love
- The mental frequency of my thought, which is the authority of my light
- The physical vibration of my experience, which is the ability of my life

Gnostic is the intuitive knowing of the super-conscious awareness of the Mind's Entity.

Agnostic is the sub-conscious instinct of the ignorance of the Mind's Id.

Diagnostic is the conscious intellect of the relative dual reality nature of the Mind's Ego.

The Source of this Learning is my Soul.

As my Self intuitively learns, my Soul expansively grows.

Dominance & Domination

Dominion means choice.

Domination is asserting my choice, my will and my authority onto other people. The power of domination comes from those who are being dominated. It is called fear. Domination is an expression of greed & superiority.

Dominance is the state of being confident in the execution of a task to achieve an objective. The power of dominance is an innate connection to the true value of the opportunity that is being undertaken.

There is no love in subduing, subjugating or beating other people. There is great joy in the dominance of successfully overcoming a challenge.

- Dominance over a challenge is empowered
- Domination over a challenger needs motivation

Domination requires a motivating force called will power, whereas dominance is self-empowering.

- Domination of others is Arrogance
- Dominance of Self is Confidence

Being controlled by another's arrogance is succumbing to their domination, which has no value, esteem or self-worth.

- Domination is the objective control of another person or other people
- Dominance is the subjective control of oneself.

With self control, I am confident in my own dominance. Without self control, I believe that my domination of others will stop them being in control of me.

- Domination pleases the need to win and the need to be superior and better than others. It appeases the belief that I am not good enough.

- Dominance expresses the power of our own opportunity to better ourself. It expresses the intuitive knowing that I am Good Enough.

Great Men rise to Dominance and Despots stoop to domination.

- Domination is a racial issue and the choice of a nation
- Dominance is a personal choice with an individual stance

Dominating myself with Dominance or dominating others with domination is a choice that is within the dominion of everyone.

- Dominance is the confident ability to dominate a task
- Domination is the arrogant authority to dominate a person

Assertiveness

Assertiveness is a quality attainment of choice. How well I assert my choice determines the quality of my choice. I can assert my choice in a positive way, with authority or in a negative way, without authority.

Negatively assertive authority is called will power. Negative authority is not empowered and will require the motivation of will power, to be assertive. My choice always has authority as I am always authorised to make choices. However my choice of authority is not always empowered. When my choice is empowered, it is beneficially effective. My choice is the effect of my creatively empowered authority. It is therefore, only beneficial for my Self to assert my authority when I am inspired to do so.

I assert my authority well, when I make a choice that feels good. Asserting my authority in a way that does not feel good is never wise.

Assertiveness has a choice of polarity, which is either positive or negative. I cannot assert my authority in a neutral way. When I do not assert my authority, I have a neutral interest in whatever is occurring. Non-assertive action is neutral because it asserts no power or authority as one's default choice. When I assert my choice with my own empowered authority, it is positively polarised and acceptable. When I assert my choice over someone else's choice, I override their authority with my own. This is negatively polarised and disempowers us both when it is tolerated as an imposition. When two people are similarly disempowered, they will compete for the authority to make each other's choices. Trying to assert my authority over the choice of another is never positively empowered. Stealing other people's energy, by influencing their authority, may feel good but it is never positively empowered with authority. When another person is asserting their choice in an agreeable way, I offer no resistance. Similarly, when I am asserting my choice

without resistance, other people are finding my choice agreeable. The paradox of assertiveness is that when I assert my choice in an agreeable way, I am not seen to be assertive.

Assertiveness is seen as being disagreeable when it is imposed on other people. An imposition, no matter how assertive, is always seen from a negative perspective. Asserting my authority over other people is not always seen as disagreeable to them. Many people choose to defer their authority to the choices of others. They do not see other people's authority as an imposition, so they agree to it.

When I agree to assert my choice without imposition, it is always positively and mutually beneficial.

Spiritual Defence

Spiritual Defence is practiced by those who believe that they are subject to spiritual attack.

Spiritual attack can happen to me and can happen by me, but it never happens through me. When life happens through me, it is always a certainly beneficial opportunity; which needs no spiritual defence. I only ever need to defend myself against the perceived problems of being spiritual attacked, never the opportunities experienced through spiritual growth. I do not need to defend myself against an opportunity for personal development.

Life is a mental choice of perspective, in which I experience the objective reality of my subjective focus. When the focus of my attention is on needing to defend myself from spiritual attack, then that becomes the experience of my own perceived reality.

The Law of Attraction ensures that the energy vibration that I am expressing, which is the frequency of my mental thoughts and the wavelength of my emotional feelings, draws unto me that experience of physical reality. Other people come into my life as a mirror image of my spiritual vibration because like energy unto itself is drawn. No defence is needed against other people, once I realise that I am the point of their attraction as they are the point of my attraction. In actuality, I only ever need to ensure that I am never the victim of my own negative, mental & emotional, energy vibration. I am only ever under attack from the frequency of my own negative thinking, which causes the affect of my own negative emotional feelings. When I no longer threaten myself with evil thoughts, I no longer experience evil deeds. As I do unto others, so I attract it unto myself.

My own positively beneficial inspired and empowered thoughts, flowing through my life, create an environment that overcomes the duality of spiritual attack & spiritual defence; allowing a personal state of inner peace & harmony.

Pneumonia

Pneumonia is any illness or discomfort caused by inflammation of the air sacks in the lungs.

- Illness is called a disease
- Discomfort is called dis-ease

Inflammation, which is part of the body's innate immune system, is the dilation of blood vessels to enable the maintenance, repair & rebuilding of new cells and the removal of dead cells. The increased blood flow allows:

- Red blood platelets to provide oxygen
- White blood cells to remove the waste
- Plasma to provide the cellular building materials

Inflammation is a fundamental aspect of the body's cellular healing maintenance & repair system. The symptoms of inflammation are redness, soreness & swelling, which cause relative discomfort & dis-ease. Suffering the affects of low emotional energy caused by negative thinking increases the pain, discomfort & dis-ease.

When the dis-ease of inflammation is believed to have an external cause, inflammation of the lungs, which is called pneumonia, becomes a disease called pneumonia. This disease is believed to be caused by invading pathogens, which are viral, bacterial or fungal in nature. In the fight to eliminate these invading pathogens, pneumonia is seen as a disease and inflammation is seen as a symptom of the disease, called an infection. By fighting the symptoms of a potential infection, instead of relieving the symptoms of any dis-ease, we are blocking the body's own self healing ability.

Inflammation cannot be the cause of a disease and be a fundamentally essential part of the healing process. When we confuse a pathogen, believed to be the cause of the disease, with the disease itself; we turn an acutely painful issue into a chronic mental problem.

Pneumonia is either a disease or a dis-ease, not the cause of a disease, which is believed to be a pathogen. When inflammation of the lungs is seen as an infectious disease that disease has been diagnosed as:

- ARS: Acute Respiratory Syndrome
- SARS: Severe Acute Respiratory Syndrome
- MERS: Middle Eastern Respiratory Syndrome
- ARDS: Acute Respiratory Distress Syndrome
- CAP: Community Acquired Pneumonia
- HAP: Hospital Acquired Pneumonia
- RSV: Respiratory Syncytial Virus (human orthopneumovirus)

Any of the above acronyms for the syndrome of pneumonia, may be classified as acute, chronic or critical, relative to the severity or intensity of the distress, discomfort or dis-ease of the patient.

The diagnosis & treatment of a patient becomes even more confusing when the dis-ease, which is called a disease, is called a pathogen.

The influenza or cold virus is believed to be a pathogen, which causes a disease called the cold or flu. A common cold with acute symptoms of dis-ease can develop into a chronic case of flu, which when critical can be diagnosed as pneumonia.

The Covid-19 corona virus and its various variants are now called SARS-COV2 with variants called alpha, beta, gamma, delta etc.

There is no distinction between the dis-ease & the disease and the pathogen which is believed to be causing both. The disease of

influenza is believed to be caused by many different pathogenic viruses, commonly called influenza viruses.

The word Pneumonia derives from the Greek word Pneuma, meaning Breath, Spirit or Wind. It is the Holy Spirit in Christian Theology. It is the metaphorical 'Breath of Life'. From a physical perspective; pneumonia blocks the passage of life giving oxygen to the cells, from the lungs via the bloodstream. From a spiritual perspective; the body's life-force energy breathes through the lungs of a healthy body.

Healthy lung maintenance & repair is essential to both the physical and the spiritual vitality of the human body.

Disease & Dis-ease

Disease is an illness.

Dis-ease is a discomfort.

Both disease & dis-ease are the affect of a cause.

- Dis-ease is the affect caused by discomfort
- Disease is the affect of the confusion caused by the cause of the discomfort

The lack of clarity with regards to what causes a disease, causes discomfort & dis-ease. Patients often feel relieved when their dis-ease is diagnosed as the affect of a particular disease. Confusion arises when we are seeking a physical cause (a disease) for an emotional affect (dis-ease). Such is the confusion that dis-ease causing diseases cause. The emotional dis-ease grows with the belief in a causal disease.

When dis-ease is not seen as a symptom of self-healing, it is believed to be infectious. The cause of the infection is called a disease. With no clear distinction between the dis-ease and the disease, the cause and the affect become confused and both are seen to be infectious.

The question is: Does the dis-ease cause the disease or does the disease cause the dis-ease?

When dis-ease is the effective effect of self-healing, there is no disease. Dis-ease is caused by low emotional energy, not disease. Low emotional power may cause pain, discomfort & dis-ease but it is not a disease causing an infection.

- I am affected by dis-ease
- I am infected by disease
- I am effective with self healing

It is our disconnection from our source of emotional power that causes our discomfort & dis-ease. Our negative emotional power allows the negative mental perspective that our dis-ease is caused by a disease, which is caused by a pathogen that has allegedly overcome the natural immunity of a self-healing body.

Positive cellular genetic maintenance, called self-healing, both requires and allows the flow of positive personal emotional power. With positive emotional power and a positive mental perspective, self-healing is pain free, fear free & problem free.

Negative emotional thinking causes the affect of negative emotional power, which is experienced as physical discomfort & dis-ease. It is the physical discomfort of emotional dis-ease that sponsors the confused mental belief in infectious pathogenic diseases.

The Pathos Gene becomes infected with a negative mental perspective, instead of being empowered with positively beneficial emotion. Feeling well, without dis-ease or discomfort, is essential to maintaining good health.

Self healing is effective when I effectively heal my Self. The cause of self healing is Self healing. Self healing allows the Self to effectively maintain good health, without either dis-ease or disease.

The Pathos Gene

Pathos is the attribute of emotional feeling.

A Gene encodes a piece of programmed information or 'gen', called a belief or a meme.

Negatively polarised memes cause negative emotional feelings.

A pathogen is an external substance that is believed to affect the

body in a negative way. A pathos gene allows positive beliefs to

feel good. Positively polarised genes allow positive mental

thoughts to be experienced with positive emotional feelings. In a

positively polarised world, pathos genes allow happiness &

wellbeing to flow with a wealth of joy. With a negatively polarised

perspective, pathos genes cause the feelings of pity, sorrow &

suffering. With an externally polarised perspective, a pathogen is

believed to cause the suffering. Pain & suffering is the affect of low

emotional power, which is caused by any disconnection from our

positive emotional feelings. I cannot connect to the positive

emotional power of my sensitively intuitive feelings, whilst

pathogenically disconnected. When my thinking is negative,

traumatic & painful, I disconnect my feelings rather than change my

beliefs. My belief that pathogens are external toxic substances that

make me sick, causes that experience to be realised. The belief in a

sickness caused by a pathogen, redefines my Pathos Gene with a

negative polarity of thinking. My body is sub-consciously

programmed to fight & destroy pathogens, instead of being

genetically programmed with the positive pathos of innate self

healing.

Self Healing requires the positive emotional pathos, which is

genetically programmed into all healthy people.

A wealth of positive pathos maintains healthy genes.

A dearth of negative pathos causes the destruction of healthy

genes and the production of faulty genes.

Three Principle Perspectives

We each have a personal choice of perspective. My choice of perspective determines how life occurs as my reality. Your choice of perspective determines how life happens to you. I realise my experience of reality with my particular choice of perspective, as do you.

Physical experience is relative to personal mental thought and emotional feeling, which is unique to each Individual. I experience life happening in three principal ways relative to my principles, which are my familiar beliefs.

When I believe that what occurs in my life principally happens to me, I react emotionally without thinking. My sub-conscious autonomous mind, which is responsible for my emotional power, reacts instinctively relative to whatever is occurring. When I perceive myself to be in danger or at risk, I sub-consciously react with an instinctive choice of flight or fight.

With enough emotional power, I can consciously choose for life to happen by me. Overcoming a sub-conscious reaction, with a conscious response, requires sufficient emotional power to be effective. My conscious mind responds relative to my feelings. I respond well to whatever feels good and I respond badly to whatever feels wrong.

Becoming spiritually aware of my level of consciousness, I can choose to allow life to happen beneficially through me. The benefit of life happening through me is that it is intuitively certainly beneficial. Instead of sub-consciously reacting or consciously responding, I am immanently accepting of whatever occurs in my life, when I intuitively know that it is most beneficial for my Self.

- Emotional thinking happens to me
- Mindful feelings happen by me
- Conscious-awareness happens through me

Mindful feelings turn emotional thinking into conscious-awareness.

Placebo Effect

Placebo literally translates as 'I Shall Please'.

A placebo effectively pleases me:

- Whatever relieves my pain, pleases me
- Whatever allays my fear, pleases me
- Whatever solves my problems, pleases me

Placebo is an affect with no apparent cause. The fear of painful problems is effectively cured with a placebo, when I am pleased with my improved health.

- A placebo overcomes the fear of being ill, when I know that I am better for taking it
- A placebo overcomes the pain of being ill, when I feel relieved
- A placebo overcomes the problem of being ill, when I see it as a solution

I am always pleased when I feel better, whether from the treatment of a remedy or from the remedy of a placebo treatment.

Creating Real Experiences

Reality is Created by the Mind, with Thought, through Consciousness:

- Consciousness does not create reality. It is the medium through which physical reality is created.
- Thought does not create reality. It is the medium with which physical reality is created.
- Mind is the medium by which physical reality is created, through consciousness, with thought.

Experience is created by Emotion, with Feeling, through Awareness:

- Awareness does not create experience. It is the medium through which physical experience is created.
- Feeling does not create experience. It is the medium with which physical experience is created.
- Emotion is the medium by which physical experience is created, with feeling, through awareness.

Without Emotion, there is no feeling and no awareness; only the conscious thinking of a mindless physical brain.

With Emotion, there is an awareness of feeling that empowers the creation of conscious mindful thoughts, which are processed through a physical brain, with the Creative Potential for Real Experiences.

In Paradise

In Paradise:

- There is a Wellbeing Service that maintains health
- There is a Wealth Service that maintains finances
- There is a Wisdom Service that facilitates learning
- Justice is delivered by the Law of Attraction
- Everyone allows life to unfold in a beneficial way
- There are agreed personal standards and extensive personal boundaries that align as a Golden Rule
- There is no organic stress, no cellular stress and no molecular stress
- Work is a creative activity that is deemed to be an honour and a privilege
- Everyone is free to choose their own thoughts and follow their own exclusive path
- Miracles are an everyday occurrence
- Everyone is Individually guided and supported

A Duty Of Care

There is no Love in a Duty of Care.

Duty is a tax that is paid. It is a physical obligation and a mental toleration. Nobody loves paying taxes, doing their duty or carrying out an imposed obligation. There is no emotional love in a physical duty carried out by order of an external authority .

By decree of an external Local Authority, I have a duty of care to process and recycle my rubbish. I pay my Local Authority taxes for the privilege of carrying out this duty of care.

A duty of care is a standard practice, which takes care of someone else's physical needs, carefully but without love. The love involved in a duty of care is an emotional need. An emotional need by definition is the absence of Love. I do my duty in order to meet my own emotional needs. I take care of other people's physical needs in order to meet my own emotional need to be needed.

Caring about another person requires the sensitivity and emotional intelligence to intuitively know what they need emotionally. Caring for another emotionally requires both compassion and empathy, not apathy, sympathy or pity.

It is an honour to care for someone in a loving and compassionate way, not a duty. There is no emotional tax to pay from my compassion or empathy, when truly caring for the wellbeing of another.

Caring for one's Self is an act of love, never a duty to perform.

Loving oneself requires care, not duty. We do unto others as we choose others to do unto us in a caring, loving & compassionate way, not out of duty.

Free Radical Activity

In Chemistry, a Radical is an atom, molecule or ion that has an unpaired valence electron.

- An electron has a negative charge
- A proton has a positive charge
- An ion has a particular charge

An ion has no electron/proton pair and is therefore unbalanced and unstable. Any single unpaired electron is radical and causes oxidation.

In Metaphysics, a balanced energy torus has angular spin and tangential rotation. A radical ionic torus has either spin or rotation but not both. Chemists define this as unpaired valence. The unpaired valence of a free radical ion has no compensating balance and is therefore unstable, as it has no energetic unifying capacity. A balanced energetic charge is neutral, dielectric and stable. In an organism or cell, as well as an energy torus, this is called Homeostasis.

In Biology, homeostasis is the state of steady internal physical & chemical conditions, maintained by living organic systems. This is the condition of optimal functioning of an organism called wellbeing.

In Health, maintaining our physical body in mental & emotional balance requires a conscious perception of our own personal energy, from both a molecular and a cellular perspective. Any cellular molecule with an unbalanced, positive or negative electric charge is not valent because it is not contained within its own electric field. It is both free and radical.

Valent Dielectric Currents form the parameters of the magnetic field in which they are bound. They have both spin & rotation, force

& magnitude, frequency & wavelength, with both positive & negative polarity. All dielectric energy is bi-polar. It flows in two opposing directions at the same time and creates its own magnitude of space called a magnetic field.

Electric currents flow in only one direction, which is free but radical. They flow freely when unrestricted by their own magnetic field. This allows the potential of electricity to produce heat and linear motion, from spin without rotation, and to be destructive.

A Human Body's life force energy is electro-magnetic with dielectric spin & rotation. This is disrupted by the destructive spin and restricted rotation of any free radical activity.

Maintaining Valence at the energetic level of Human Wellbeing is essential to quality of Life.

Three Types Of Illness

There are Three Types of Illness:

- Acute
- Chronic
- Critical

Acute Illness has an acute condition, which typically affects one part of the body and responds to treatment with an apparent cure. Chronic Illness has a chronic condition, which affects multiple areas of the body, persists for an extended period of time and is not fully responsive to treatment; so there is no apparent cure.

Critical Illness has a critical condition, which requires Intensive Care because it is life threatening. The objective of intensive care treatment is to preserve life by avoiding death.

- Health deteriorates on a critical path from acute to chronic to critical
- Health improves on a healthy path from critical to chronic to acute

The three types or conditions of illness are the three stages of deteriorating or improving health.

Modern medical practice focuses on the relief of pain, discomfort & dis-ease caused by an illness; in contrast to the maintenance of good health.

With the efficient & effective maintenance of health, acute symptoms never become chronic. With the current medical treatment of acute illness, chronic disease is becoming out of control. In the treatment of chronic illness, critical care is becoming increasingly necessary.

Germ Theory dictates that most disease and discomfort has an external cause, which requires an external remedy to take affect. We are the victims of villainous pathogens and our Health Service is the only hero that can save us. The responsibility for maintaining personal wellbeing, through self healing, has been abdicated to an external authority.

When all dis-ease and discomfort is realised to have an internal cause then it will become evident that it's relief will require an internal effect in order for the body to return to optimal health. The belief in three types of illness causes three types of discomfort: Acute Discomfort is experienced in one part of the body as the result of one or more of three symptoms:

- The redness of increased blood flow called Inflammation, which is treated with anti-inflammatory drugs
- The swelling of increased blood plasma called an Edema, which is treated with a diuretic drug
- The itching of the presence of Histamine, the body's natural protein production for maintenance & repair; which is treated with an anti-histamine drug

Chronic Discomfort is experienced in multiple parts of the body and persists for an extended period of time. It is caused by the body's inability to self heal. It is the physical response from a body whose potential for self healing has become blocked and it is unable to heal its own acute discomfort due to external interventions.

Critical Discomfort is the body shutting down due to the inability to regulate its own potential for self healing. It is the critical discomfort of a dying entity.

Three Types Of Giving

There are Three Types of Giving:

- Giving & Taking
- Giving & Receiving
- Giving & Accepting

When life happens to me, I give away what I no longer need and I take whatever I do need. Other people give only what they do not want and take from others whatever they believe that they do need. Giving is called charity and taking, without permission, is called theft. Taking with permission is someone else giving.

Morality & Law agrees that taking is wrong and giving is good.

Give & Take often causes big problems.

When life happens by me, I give in order to receive. I give this in order to receive that. I am in control of whatever I receive, relative to whatever I give. I give my time and my service to receive payment in kind. I hope that whatever I give will be returned to me in kind. I take exception when I give more than I receive. When life fails to happen by me in a beneficial way, life appears to happen to me in a detrimental way. Receiving more than I give is deemed to be good fortune, whereas receiving less than I give is deemed to be my misfortune. My fortune is relative to what I receive, when I fail to see that my fortune is relative to what I give. Balancing my giving and receiving is always a big challenge.

When life happens through me, I am giving and I am accepting. It is no longer what I am doing but who I am being in relationship to whatever I am doing in my life. I give my life to accepting the opportunities for the beneficial experiences, which I allow to flow through me. I am unconditionally accepting of everything that occurs and is given unconditionally for me. With certain faith, I

accept that everything that I need is already given, even before I ask. With every experience in life being beneficial, I give my life to accepting every big opportunity for my spiritual development & growth.

Content & Contentious

Content is being happy with the physical content of my life. It is experiencing enough physical content, without which I am discontent.

Discontent is the experience of the belief that I am without something that I need or with something that I do not want.

Whatever I believe that I do not want becomes a contentious issue.

Having to contend with contentious issues, which I fear to be detrimental, makes my perspective and my actions contentious.

I am contentious and a contender against whatever I fear is happening to me in a detrimental way. I see an issue as contentious when I fear that it can go wrong.

I cannot be contentious and content. Overcoming all my contentious issues allows me to be content. I overcome any contentious issue when I change my perspective from a bad situation is happening to me, to a beneficial learning opportunity is unfolding through me.

I cannot strive to be content. Contentious issues always cause strife. When my contention is to be content, I attract contentious issues. Striving and strife are contentious issues.

Contentment unfolds through me, only when I allow it to do so because I am happy with whatever is occurring.

Being Overt

Being Overt is the Third Way between being introvert and being extrovert.

Being Overt is being Open to:

- Intuitive Awareness
- My Personal Power, Authority & Ability
- Beneficial Opportunities
- Life happening through me & as me
- Providence providing everything that I need
- Inter-developmental relationships
- A Personal Destiny
- The Fulfilment of an exclusive Life Vision
- Freedom of Personal Choice
- Miracles becoming everyday occurrences
- Imaginative Creativity
- Invention, Initiative, Innovation & Insight
- Heaven manifesting on Earth
- Natural Wellbeing
- Innate Happiness
- Having enough of everything
- Being Inspired
- Being Empowered
- Feeling Good
- Having Confidence, Worth & Esteem
- Being my Really True, Authentic Self

Hubris, Bigotry & Avarice

Hubris, Bigotry & Avarice are three standards of a Plutocratic Elite. They are the elite standards of those who believe themselves to be superior to others because of their position within a ruling class.

- Hubris is common pride, masquerading as elite self-esteem
- Bigotry is common arrogance, masquerading as elite self-confidence
- Avarice is common greed, masquerading as elite self-worth

“When hubris is outstanding, bigotry is self-important and avarice is self-evident; then self-confidence is really arrogance”

- Monetary riches offer the elite a false sense of competence, power & self-worth
- A Public School Education offers the elite a false sense of ability, capability & self-esteem
- A Position in Society offers the elite a false sense of capacity, authority & self-confidence

When “masquerading” at their exclusive “Masked Balls”, the elite commonly flaunt their hubris, bigotry & avarice; whilst hiding their true Identity.

- They conceal their hubris with their perceived humility of service to the public
- They conceal their bigotry by appearing to please or appease the whims of their own puppet government
- They conceal their avarice with their perceived humbleness to charitable causes (usually their own)

A plutocratic perspective does not see itself as suffering from the pride, arrogance & greed of the common people. With their standard of hubris, bigotry & avarice, the ruling classes continually undermine the self-worth, self-confidence & self-esteem of those who commonly choose to serve them. The common people are there, merely to serve the extravagant excess that they believe is their birthright.

Pathogens & Antigens

A Pathogen is any agent that causes disease. Especially a virus, a bacterium, a fungus or a parasite.

An Antigen is any molecule that is capable of binding to an antibody because it is classified by the human body as a toxic substance. It may be a component of a virus, a bacterium, a fungus or a parasite.

- A Pathogen is a cellular invader
- An Antigen is a molecular invader

All toxic cellular pathogens are, at a lower holon of existence, toxic molecular antigens.

An Antibody is any one of the human body's many neutralising agents. The human body neutralises the effect of both pathogens and antigens, with antibodies.

Immunity means that I am physically unaffected by either a pathogen or an antigen because they are both neutralised effectively & efficiently by the antibodies that are produced naturally in my body.

Being Healthy means that I am neither infected by a pathogen nor affected by an antigen because my antibodies are effective. Being healthy is the natural state of a body that is in balance because it is able to neutralise and dispose of any toxic substance effectively.

Antigens & Pathogens are the same toxic substances perceived from opposing perspectives:

- My healthy perspective sees the immunity that I have from all antigens, due to my effective antibodies
- My unhealthy perspective sees the immunity that I need when I am infected with a pathogen

Vaccination is the immunisation of the body when it is believed to be potentially unhealthy, whether affected by dis-ease or infected by disease.

I always have a choice of seeing the symptoms of toxin disposal as positively beneficial and anti-genetic or the symptoms of an infection being negatively detrimental and pathogenic.

Subjure

- I Subjure any toleration that I subject myself to
- I Subjure any choice that I have not consciously chosen
- I Subjure whatever is self-imposed
- I Subjure whatever I need emotionally
- I Subjure whatever I sub-consciously judge to be less than good
- I Subjure whatever I endure because I believe that I have to, I ought to, I should or I must
- I Subjure whatever I am unable to subdue
- I Subjure the chaos, entropy and inertia of my life
- I Subjure whatever happens to me in life
- I Subjure my subjective beliefs of what can go wrong in my life
- I Subjure myself to that which can injure myself
- I Subjure my sub-conscious judgments about whatever I consciously subjectively experience and endure

A Choice Of Love

Love is a Choice, in our dual reality world of relative experience. Love is an emotional energy with a choice of polarity. Every Individual has a choice of positive or negative perspective. I can positively love the perception of my polarity or negatively hate the polarity of my perspective.

I love what I lust for and desire, when I get it; but I hate it when I need it:

- I only ever need what I believe that I do not have
- I only ever lust after what I think that I need
- I only ever fear not having what I need

I can choose lust, need & fear; or I can choose love. I am choosing love when I am inspired and empowered with my choice. I experience love when what I am choosing feels good. Love is the emotional power with which I feel good. I love whatever allows my wellbeing and my good feelings. I LOVE Lots Of Vital Energy. Love is the vital energy of life. A life full of vital energy allows the experience of love. Vitality is the reality of vital energy. Love is vital and essential to life. Love is the essence of Life. Life is essential to the experience of love as love is essential to the experience of life. Every divine thought of my Light allows Love to flow effortlessly through my Life, as my choice.

- Need is the absence of my essential energy. Disconnected from my essence, I need the emotional power of love.
- Lust is the presence of a desire for what I think that I need.
- Fear is a belief that my presence is absent. It is the belief that my needs & desires will remain unmet. It is the experience of love being absent and need being present.

My lust for what I need drives my fear of being powerless. I am driven sub-consciously by my lust, my needs and my fears. This is my unconscious choice, which is neither empowered nor inspired. My conscious choice is to always express my true nature with a positive aspect of love. I can express my true nature through many aspects of love. I can choose aspects of love that are prime, natural & divine. Alternatively, I can choose aspects of love that are negative, fearful, needy or even evil.

The polarity of my choice is always relative to the direction of my perspective: I can consciously or unconsciously choose to:

- Love myself or hate myself
- Fear others or love others
- Need others or love others
- Hate others or love others
- Desire others or love others

I can choose to see the positive aspects of love or the contrasting negative aspects of love, and I can choose to experience either or both; relative to my personal perspective of life.

The Four Divisions Of Nature

The Four Divisions of Nature are the subject of the Periphyseon; the work of a philosopher, theologian & poet of the Early Middle Ages called John the Gaelic Scot from Ireland (c.800 – c.877).

The 4 Divisions of Nature are:

- Naturally creating yet not created. That which creates and is not created is the source of the power for the creation of all things. This is emotional feeling.
- Naturally creating and naturally created. That which is creating and created is the creative force of all things. This is mental thought.
- Naturally created yet not naturally creating. That which is created but does not create is the matter of material creation. This is physical experience.
- Neither naturally creating nor naturally created. This is the spiritual aether.

Emotional feeling, mental thought, physical experience and spiritual aether are the four natural divisions of the created, creative, creativity of the Creator.

- Emotional Feeling is the power of creativity
- Mental Thought is the authority of the creator
- Physical experience is the ability of the created creation
- Spiritual aether is the creative creator's potential

The Ancient Philosophers intuitively knew these to be the four elements of a creative nature:

- The emotional flow of Pneuma – Air
- The mental fluidity of Nous – Water
- The physical flux of Soma – Earth
- The spiritual flair (flare) of Psyche – Fire

It is the nature of the Universe to be creative. The nature of creativity is to create or not create, be created or not be created; or a mixture of both. This is the duality of the Creator & the Creation; the creative creator and the created creation.

When God is defined as the Universal Creator, then this is the Nature of God.

Three Powers Of Attraction

The Power of Attraction is emotional feeling. The three emotional feelings that are most attractive are:

- Being in Gratitude
- Being in Appreciation
- Being in Wonder

The quality of gratitude, appreciation & wonder determines their power of attraction.

- Gratitude puts what I have now into my future
- Appreciation puts more of what I have now into my future
- Wonder is the awareness of knowing that what I have now is the perfect experience of abundant contentment

The way that Providence provides is always full of wonder, when I am positively in awe of my provision.

- I cannot feel gratitude when I disallow my provision
- I cannot feel appreciation when I disapprove of my provision
- I cannot feel wonder when my provision is unacceptable

Being allowing, approving & accepting of Providence providing my provision allows my gratitude, my appreciation and my wonder to be beneficially attractive.

- My gratitude affirms my allowance as being authorised
- My appreciation attests my approval as being empowered
- My wonder acknowledges that my acceptance is enabled

My gratitude is attractive, my appreciation is more attractive and my wonder is most attractive. All three are very potent and powerful.

The Four Elements of Energy

Greek Philosophy named the matter of our four spiritual elements as: Earth, Water, Air & Fire

They represent the energy of:

Physicality, Mentality, Emotionality & Spirituality

All energy has a motion, which has:

Flux, Fluidity, Flow or Flair.

- With flux, I am physically enabled to overcome resistance
- With fluid thought, I am mentally authorised to overcome inertia
- With emotional flow, I am empowered to overcome entropy
- With spiritual flair (flare, fire), I connect with the wonder of my inspired imagination

My imaginative flair allows the emotional flow of fluid thought to be the flux of my ideal physical experience.

- When my physical experience is without flux, I am frustrated
- When my emotional feeling is without flow, I am confused
- When my mental thought is not fluid, I am lost
- When my spiritual flare is without flair, I am stuck

When:

- My body is earthed and presently in flux
- My mind is watery and fluid
- My emotion is a clear flow of fresh air
- My spirit is on fire with flair

Then:

My chosen path through life is direct and clearly present.

Free Radicals

A Radical is a concept, which is conceived from Source. All concepts conceived from Source are ideal ideas.

Radical ideas are ideal for Individuals but are an anathema to the Establishment. To the Establishment, only established ideas are ideal for Individuals. The Establishment believes that ideal ideas, for all Individuals, have been already established. They are the foundational principles under which society currently operates. The Establishment abhors any change to the established norms of its society. The Establishment believes that it is, itself, the source of all new concepts that are ideal for its society. Therefore, by their own ideal standards, radical concepts or ideals are idealistic and anti-establishment.

Radical ideas are new and innovative. To an Establishment, whose role is to uphold tradition, the initiative of innovative ideals is a risk to their own security. Freely flowing radical ideas are a risk to the security of the status quo of the Establishment.

The power & authority of the Establishment is established by the security of its own ideals. Indeed, security becomes one of its principle ideals. Individual Idealism is contrary to the ideals of the Establishment because it threatens both their power and their authority. The authority or direction of the Establishment is enabled by the power or support of its people. The people are directed by established ideals to which they willingly give away their power. When the people withhold their power, they deprive the Establishment of their authority, which contravenes the Established Laws of their Society.

The freedom of the Individual to challenge the Ideals of the Established Society is a risk to the security of the Establishment's Authority. For an established society to be secure, it must give up

its individual freedom and outlaw the radical ideals of its free thinking Individuals.

The idea that we are all free thinking Individuals, with our own exclusively unique and personal vision, mission & purpose for our life, is totally radical to an established society. Societal standards are maintained by principles, morals & ethics; which have been established through many generations of that society.

The Leaders of the Establishment cannot establish their authority to lead, if Individuals in society are freely following the radical authority of their own inspired and empowered ideas.

Only individually inspired & empowered ideas are ideal for Individuals following their own unique path in life. This will always pose a security threat to the authority of an Establishment that is without any true power.

Without the personal power of each Individual in society, the Establishment cannot establish its authority to rule and dictate law. Without the power to rule, it cannot establish the Laws that give it the authority to rule.

The Establishment has decreed that the Power of the People must not be used to undermine their authority, with freely flowing radical ideals.

The Establishment promises to keep society secure and safe from the terror & evil of free radical activity called Idealism or Terrorism. Individually following one's own ideal vision for one's life is actively discouraged by both governmental and religious leaders. One does not need external leadership to follow one's own ideal path in life.

The Established Government & Religion of a Society needs to be the source of all standards, morals, principles, rules, laws, concepts, ideas and ideals. It calls these ethics and conforming to established standards as being ethical. All of society's established professional practices, practice under a code of ethics. All of a society's leadership practice under a code of etiquette. All of society's

people behave under a rule of law. Freely practicing new and radical ideas is not ideal for the Establishment.

When radical ideas are oppressed; initiative, innovation & imagination are suppressed; which is ideal for the Establishment but never ideal for the Individual.

Personal Flow

Creativity flows as the personal thought of a conscious Mind.

Mindful conscious thoughts have creative authority.

Creativity flows as the personal feeling of emotional awareness.

The personal feeling of emotional awareness is the creative power of personal authority. In the flow, my personal authority is inspired & empowered.

Creativity flows as the physical experience of mentally conscious thought, with emotionally aware feelings. The presence of personal mental intellect, with the absence of personal intuitive emotion, renders personal authority to be uninspired, unempowered & uncreative.

The conscious-awareness of creatively empowered thought is the essence of personal flow. The four dimensional flow of three dimensional creative energy is beyond the capability of a two dimensional rational intellect,

There are four ways that my perspective of life influences my personal flow. I can:

- Regulate it
- Moderate it
- Facilitate it
- Generate it

When I regulate the flow, I attempt to normalise what is regularly happening to me. Regulations are regularly imposed onto me, so that normal life happens to me.

When I moderate the flow, I modulate the flow to raise or lower its intensity. I attempt to control the flow, by me moderating it's intensity.

When I facilitate the flow, I allow it to flow through me with least resistance. The facility of least resistance allows life to effortlessly flow through me.

When I generate the flow, I become the flow as life is happening as me. I generate the generations of life through which I am flowing as the generator of life.

In the personal flow of life, my personal power, authority and ability is my personal choice.

The Fourth Dimension Of Energy

The Fourth Dimension of Energy is Flow.

Flow is the sum of the force, the magnitude and the potential of energy.

From a three dimensional perspective, the potential of energy is relative to its force & magnitude, but from a four dimensional perspective, the absolute flow of energy becomes relative to the potential of its force & magnitude. Force & magnitude are the potential of absolute flow.

- Absolute flow has a relative potential, which is relative to its magnitude of force
- Absolute flow has a vibration, which is relative to its frequency & wavelength
- Absolute flow has a reality, which is relative to its space & time
- Absolute flow is an experience, which is relative to its thought & feeling

Absolute flow was originally defined by Philosophers as the Aether. Unfortunately, four dimensional flow cannot be seen from a two dimensional scientific perspective, which has no real vibrationally energetic potential. Seen from a two dimensional scientifically intellectual perspective, flow is called:

- The quantum void
- The quantum vacuum
- A quantum field
- A point of dielectric inertia
- Dark energy
- Dark matter
- A spatial plenum

Flow is the Universal Creative Potential. As science could not prove the existence of an Aether, it now defines four dimensional flow as: 'A vortex of subtle, fluid, unknown vacuum, which is mass-less, continuous, non-viscous & incompressible; without material qualities but responsible for all the properties of matter'. When our flow of unenlightened conscious thinking is without the flow of the empowered love of our emotional feelings, then our rational logic has no emotional intelligence, our spiritual logic is devoid of a fourth dimension to energy and our flow is greatly restricted and unable to be creative.

The Presence Of Clear Direction

The Presence of Clear Direction overcomes resistance, entropy & inertia.

- With Resistance, I get frustrated
- With Entropy, I get confused
- With Inertia, I get lost

Inertia is the presence of potential but the absence of benefit. The potential of benefit is in its realisation. Seeing the benefit of inertia realises a calm and peaceful experience. Seeing the potential of inertia releases its creative power.

Entropy is the chaos that I experience when I am confused without the presence of a clear direction. An absence of clarity in my past puts more confusion into my future. The more confused I am, the more chaotic my life becomes.

Resistance is the frustration that I feel when I am opposing the beneficial flow of life. In opposition to flow, what can go wrong will go wrong:

- My resistance is the cause of my problems
- My entropy is the cause of my pain
- My inertia is the cause of my fear

It is flow that brings beneficial opportunities into my life. In the flow, I am:

- In the zone of reality, without resistance, I have presence and I am never frustrated
- In the gap of space, without entropy, I have clarity and I am never confused

- In the now of time, without inertia, I have direction and I am never lost

In the zone of reality, I am enabled; in the gap of space, I am empowered; in the now of time, I am authorised; in my flow of creativity, I am the creator of my own life experience:

- In the flow, life happens as me
- In the zone, life happens through me
- In the now, life happens by me
- In the gap, life happens to me

With my 4 dimensions of perspective, the presence of clear direction always beneficially flows.

Initiating The Flow

- When life happens to me, I resist the flow
- When life happens by me, I get out of the flow
- When life happens through me, I go with the flow
- When life happens as me, I initiate the flow

The flow always originates from Source. Being the Source, initiates the flow. Flow is an initiative of the Soul. Being my Soul initiates the flow. The Soul is a flow of Beingness. Beingness is a flow of energy. My essence expresses the essential nature of the Soul. Being the essence of my Self, initiates the flow. The essential nature of the Soul is a pure energy vibration. Expressing the pure nature of my Soul is my initiative.

My awareness of my initiative is intuitive. Initiating my intuitive nature allows my awareness of the flow. The flow is always present, even when my awareness of the flow is absent.

Being conscious of the fact that life is not flowing effortlessly is a normal experience of life. Being aware that life is flowing effortlessly is the nature of my true experience of life. My true nature is an expression of flow.

Flow is pure energy without entropy, inertia or resistance. Overcoming entropy, inertia & resistance initiates flow.

- Resistance is the experience of life happening to me
- Entropy is the chaos of life happening by me
- Inertia is the stillness of life happening through me
- Flow is the creativity of life happening as me

Initiating the flow is effortless, which is not easy. Being the pure potential of divinely creative energy, initiates the flow.

- Opposing the polarity causes resistance
- Dividing the gender causes entropy
- Balancing the intensity causes inertia
- Initiating the beneficial potential of the Soul, creates flow

Flow is the purely beneficial ability of the Soul's empowered authority.

Thoughtfulness

Thoughtfulness is:

- An Ideal Perspective
- Being Inspired
- Being Empowered
- Being Enlightened
- A Revelation
- Serendipitous
- Co-incidental
- A Super-conscious Capacity
- Beyond Mindfulness
- Intuitive
- Certainly Beneficial
- Beyond Intellect
- Creative
- Wise
- Fulfilling
- Visionary
- Imaginative
- Attractive
- Expansive
- Inter-developmental
- A Personal Attainment
- A Divine Quality
- My Destiny
- At Choice
- In Appreciation
- In Gratitude
- In Integrity
- Clear

- Direct
- Present
- Abundant
- Need free
- Pain free
- Problem free
- Without Judgment
- Acceptable
- Good
- Gentle
- Graceful
- Self-healing
- My Authority
- Enabling
- Opportune
- My Potential

Thoughtfulness:

- Sees the Big Picture
- Has Awareness
- Happens as me
- Initiates Innovation
- Flows through me
- Has my approval
- Allows contentment
- Provides with Providence

Three Perspectives Of The Mind's Eye

With my Mind's Eye, I can see:

- A Physical Perspective
- An Intellectual Perspective
- An Intuitive Perspective

My Mind's Eye perceives or senses reality in three different ways:

- My Mind sees with my physical eye sight, which is a physical sense
- My Mind sees with intellectual foresight, which is an instinctive sense
- My Mind sees with intuitive insight, which is an intuitive sense

My Mind's Eye is a mental capacity of my perspective:

- Eye-sight enables my conscious capacity
- Foresight enables my sub-conscious capacity
- Insight enables my super-conscious capacity

In my Mind's Eye, I can see with:

- My Vision
- My Visualisation
- My Imagination

With my vision, I see what is real or unreal; with my visualisation, I see what is fact or fiction and with my imagination, I see what is true or untrue.

With my vision, I see what is present; with my visualisation, I see a future projection of a past experience and with my imagination, I see my potential.

- My vision is the perspective of my ego, which is enabling
- My visualisation is a perspective of my id, which is constructive
- My imagination is a perspective of my entity, which is creative

My vision allows me to construct what I can visualise and create what I can imagine. When the creative imagination of the Soul is visualised by the Self, a co-operative vision is enabled as a true & factual reality.

The role of the Self is to enable the vision of the Soul to be seen and experienced as a physical, mental & emotional reality. What is conceived in the imagination of the Soul is enabled in the mind of an intuitively intellectual Self.

Time & Light

Time is the frequency of a conscious thought.

Light is the frequency of a thoughtful consciousness.

Time & Light are both mental experiences of thought & consciousness.

I mentally experience both time & light as a two dimensional linear experience. As I move in a straight line in time, I experience the linear effect of light. The duality of time is space and the duality of light is density. The duality of space is density, therefore the duality of time is light. A duality is the same energy seen from a contrasting direction or an opposing attitude.

Both time & light are an expression of frequency. Whereas frequency is a measure of time, light is a measure of frequency. The colour of light (red, yellow, blue) is a measure of its frequency. The speed of a frequency (daily, monthly, yearly) is a measure of time.

We calculate the speed of light, not as its frequency, but as distance relative to time (mph). We calculate the vastness of space as a distance measured as speed over time (a light year).

A two dimensional perspective of linear time & light sees the space between a subject and an object. On Earth, where both time & light are a constant frequency, distance is a purely linear measurement (feet & inches).

In absolute reality, there is no space or time and light is an instantaneous thought. Absolute thought has an eternal frequency and an infinite wavelength. It is only in the experience of relative duality that there is a space between a subjective observer and the objective object being observed. It is this duality that allows the light of each thought to have a frequency (moment) of existence in time.

In a reality where time is relative to space, the gap between a subject and an object creates the time for a specific reality to exist.

The reality of time exists within each gap of space between thoughts:

- The light of each thought has its own frequency of time
- The love of each emotion has its own wavelength of space
- The life of each experience has its own vibration in reality

The frequency of time of an enlightened mental thought is relative to the wavelength of space of an empowered emotional feeling.

- Time allows light to evolve out of darkness
- Time allows good to overcome evil
- Time allows different moments of perspective to be light or dark
- Time allows the unaware to become enlightened over time
- Time allows our light to shine and our light to fade

Frequency is a modulation of the Mind to experience Light over Time:

- Without time, there is no experience of different frequencies of light
- Without light, there are no different times to experience

Personal experience changes through light over time. This allows mentality, the mental reality of our mind, to change & grow. Mentality is the mental reality of our Time and of our Light.

Scarcity

Scarcity is a belief, a perspective and an experience. The belief in scarcity causes the perspective of scarcity, which causes the experience of scarcity. When I believe that my experience of scarcity causes my perspective of scarcity, which convicts my belief; then scarcity becomes a reality that I cannot change. The reality of a scarcity mentality is the real experience of not having enough of what I want & need.

When I know intuitively that when I change my scarcity beliefs, I change my perspective and I change my experience, then my personal reality changes accordingly.

Scarcity is a fear, which is based on false evidence and appears to be real. Scarcity only appears in my experience when I believe it to be real. Although scarcity is a real experience, it is not based on a true perspective. It is a false perspective caused by the fear of a negative belief.

When I fear that there is not enough of something in my life, I cause my perspective of scarcity. When I experience not having enough in life, I convict my belief in scarcity.

When scarcity is a duality opposing abundance, I will either have too little or more than enough of everything in my life. Not enough is called scarcity. Too much is called extravagance. Enough of everything in life is abundance.

An abundant life always has enough of everything. With the abundance of enough of everything that I need, I am content. I can be happily content with a lot or very little. Either way, I have enough and my life is therefore, abundant. Wanting for nothing is the instantaneous way of being content with the abundance of enough.

Without enough, abundance eludes me and discontentment is my contrary experience. Without enough, I can never be content and

happiness will escape my experience. I can be happy with very little as long as I am content with everything that I need.

- Scarcity is a measure of not having enough
- Extravagance is a measure of having more than enough
- Abundance is the contentment of having enough

Scarcity is a perspective of life happening to me. Extravagance is a symptom of life happening by me. Abundance is the certainly beneficial experience of life happening through me.

Personal Self Healing

Personal Self Healing (PSH) requires personal responsibility for maintaining personal health & wellbeing. It starts with a certain knowing that we are all pre-programmed, at a cellular level, with the sub-conscious ability to be innately healthy. We do not have to do anything to be healthy, except allow our healthy body to maintain its own inherent vitality. Growth, decay and rejuvenation are all part of natural cellular activity. When we allow our body to naturally grow, maintain itself and decay at a cellular level, we remain healthy.

This requires a Positive Mental Attitude ((PMA). When my mental attitude is positive, I intuitively see that my body is growing itself, maintaining itself and healing itself, at a sub-conscious cellular level, when I allow it to. Natural re-growth, maintenance and replenishment becomes the true definition of healing. Health is preserved or cured through this natural process of PSH.

Allowing PSH at a cellular level requires Tender Loving Care (TLC):

- Being Tender requires the ability of gentleness
- Being Loving requires the power of grace
- Being Caring requires the authority of goodness

I gently and gracefully allow my PSH to be maintained with PMA & TLC.

A negative mental attitude to PSH perceives the body to be sick, ailing & diseased. This negative perspective called illness creates the personal experience of not being well. With this perspective of illness happening to me, I block my own ability to personally self heal and I will seek the services of an external authority to cure me. I will also need the agency of an external care source to supply the TLC that I am unable to give to myself.

Without my own emotional power of grace, my own good mental authority and my own gentle physical ability to allow personal self healing to flow through me, my TLC will be in short supply.

Without my own wealth of true emotional power, my own wisdom of true mental authority and my own physical ability to be truly healthy; my mental attitude will have an opposing negative polarity.

My PMA allows my perspective that:

- The physical effects of self healing are not the physical symptoms of illness or disease
- Viruses, bacteria & fungi are part of a solution, not the cause of a problem
- I am clearing a true path of self healing, not fighting a pathogenic war of resistance

My TLC for my Self listens intuitively to my body, hears its messages and responds accordingly with the most suitable life choice for me.

My PSH is how I maintain my physical, mental and emotional body in harmony & balance at the organic, cellular and molecular level of my existence.

Three Vital Anatomical Systems

Three Anatomical Systems are present in every Human Body:

- The Cardio-vascular system
- The Endocrine system
- The Lymphatic system

The Cardio-vascular system delivers vital supplies for maintenance of vitality.

The Endocrine system supplies vital deliveries for vitality maintenance.

The Lymphatic system maintains the delivery of vital supplies.

The vitality of the Human Body is maintained with the delivery of essential supplies to each and every cell. Maintaining the delivery of vital supplies is a pre-requisite for Physical Health:

- Maintaining a clear delivery & supply network is the role of the lymphatic system
- Maintaining a present supply for delivery is the role of the endocrine system
- Maintaining a direct delivery of supplies is the role of the cardio-vascular system

Maintaining clarity, direction & presence is the essence of maintaining good health. Any entropy, inertia or resistance within any one of the three systems is the root cause of all ill health.

- Entropy in the endocrine system reduces maintenance due to a lack of vital supplies
- Inertia in the lymphatic system reduces delivery & supply due to a lack of vitality

- Resistance in the cardio-vascular system reduces delivery, which reduces the supply of vital supplies

The Human Body is a co-operative of trillions of individual cells. Each individual cell has its own life-cycle of growth, maintenance & decay.

- Without a vital cardio-vascular system, growth is impeded and cell death is certain
- Without a vital endocrine system, maintenance is impeded and cell death is certain
- Without a vital lymphatic system, decay is rampant and cell death is certain

All three anatomical systems are programmed sub-consciously to operate and co-operate autonomously, in harmony together. Every single cell is sub-consciously programmed to operate autonomously in harmony, together with all other cells. It has its own power supply and its own operating authority to carry out its unique function, in co-operation and harmony with every other single cell in the body.

Every organ in the body grows itself, maintains itself and replaces itself; one cell at a time.

The Health & Vitality of a Human Body is relative to the health & vitality of its organs, which is directly relative to the health & vitality of each and every body cell and cellular body.

The Aether

Science declared the Aether not to exist in physical reality, which is absolutely true. In absolute reality, the aether is pure creative potential, which is as yet unrealised or yet to materialise. Only once the aether exists in the imagination can it's creative potential become both physically and mentally realised.

Aether + Imagination = Reality

Without the realisation of imagination, the aether cannot exist as a reality. This is a priori realisation, in contrast to a posteriori realisation.

The aether is the un-materialised energetic motion of matter, from a metaphysical perspective, and the matter of un-materialised energetic motion, from the perception of mental thinking.

Metaphorically, the aether is the clay which forms pottery and the sand which forms glassware.

Metaphysically, the aether is:

- The pure vibration of energy, without frequency or wavelength
- The non-existence of life, in the absence of love or light
- The intensity of pure emotion, without gender or polarity
- Pure creative potential, without force or magnitude
- The Incommensurability of being without power or authority
- The inert presence of inactive uncreativity
- The nothing from which something & everything manifests
- The latent potential of innate ingenuity, initiative & innovation
- The continuous infinity of eternity, without existence
- The prime element with which the creator creates every creation

The aether can only be imagined, conceived and perceived from the supra-conscious perspective of the Soul. I cannot my Self consciously perceive the aether, without the conceptual imagination and creative ability of my Soul.

Without the imagination of the Potter or the Glass-blower, the clay and sand remain inert.
Science without aether is soul-less.

Incommensurability

Absolute Reality is incommensurable with any relative duality. I cannot compare my individual experience of a choice of dual reality existence, with the absence of existence.

Absolute reality does not exist until I become the experienter of it. To experience my absolute version of my ideal reality, I am first required to create it. I am only able to experience the creative potential of my reality, once my creative potential becomes fulfilled.

Incommensurability does not exist in a dual reality world, where everything is relative to something. Whatever is relative to something else is measurable, comparable and therefore has commensurability. Whatever I like is commensurate with whatever I dislike and whatever I love is commensurate with whatever I hate, loathe or detest.

Whatever I love or hate, like or dislike, is incommensurable with my version of an absolutely ideal & divine reality. It has no measurable comparison with my one version of a beneficial experience of life. The only thing that I can compare my ideal reality with, is a beneficial experience of life that I am creating for my Self. There is no duality, contrast or opposition between a beneficial experience and my ideal life. My ideal life is one beneficial experience after another, which is absolutely divine.

We each have the potential ability to create our own unique version of our ideal life of choice. This potential is present in all of us and presented to us with the power of pure emotional love; which accompanies in our life, the authority of pure mental light. My realisation of my potential is through my own empowered inspiration. The relative duality of love & light allows shades of darkness with moods of emotion. Through the exploration &

discovery of pure enlightened thoughts, empowered with pure feelings of love, I realise the pure experience of my ideal life. My ideal experience of life is a triune reality, which is commensurately measurable & comparable with a dual reality experience of life. This allows a relatively detrimental experience of life to become absolutely beneficial.

I can only measure the ideal balance between every dramatic experience of duality by comparing the two extremes. My ideal triune reality of a third way out of the duality of dramatic experience is always the balance and neutral point between the gender & polarity of my energy vibration. Every physical experience of life allows the expression of an energy vibration that can be good, bad or ideal.

The path of personal spiritual development is from singularity, through duality, to a triality of ideal experiences. It proceeds from:

- Absolutely incommensurable, immeasurable & incomparable, to
- Relatively commensurable, measurable & comparable, to
- Divinely incommensurable, immeasurable & incomparable

There is no comparison between my ideal life and anyone else's relatively commensurable existence. I cannot compare my life of thriving with someone who believes that they have to strive to survive.

I can only attain the benefits of my ideal life by following my own individual, exclusive & unique path of Incommensurability. The only thing that my ideal life can have in common with anyone else is it's Incommensurability. When I am following the Incommensurability of my own path, my ideal experiences in life are immeasurably beyond comparison.

Incommensurability ensures that my life is genuinely unique, which is ideal for me.

Equability

Equability is the Equality of my Equanimity.

Equability is the esteem of my self-confidence & my self-worth.

Equability is my emotional power & my mental authority, enabled.

Equability is the contentment of my joy, fulfilled.

Equability is the health of my wise wealth of wealthy wisdom.

Equability is being accepting & approving of allowing providence to provide.

Equability is the gentleness of my good grace.

Equability is the wonder of my gratitude, appreciated.

Equability is the awareness of being both awake & alert.

Equability is the vitality of being valid & virtuous.

We each have the equal ability to attribute the attainments of equality & equanimity, to our Self.

Equanimity

Whereas Equality is a personal choice of beneficial polarity of direction, Equanimity is a personal choice of balanced emotional gender.

In a relative dual reality existence, emotional energy is divided by male & female gender. The purpose of every duality is to allow choice. Every emotional energy has a choice of male or female perception. This allows every personal perception to adopt a positive or a negative perspective of whatever is occurring. A positive perspective feels good or better than a negative polarity, which feels bad or relatively worse. Whereas opposing genders are consistent with everyone's intuitive feelings, meaning that we share the same experience of either a male or a female gender, we can each polarise our intuitive feelings in either a positive or a negative way; relative to our own belief system.

As personal perspective is relative to personal beliefs, personal experience is relative to the personal perception of the polarity of our energetic gender. I can love (female) or hate (male); like (positive) or dislike (negative), as beneficial (positive) or detrimental (negative), my male or feel energy that determines my masculine or feminine physical characteristics, emotional personality and mental beliefs.

It is my unconditional acceptance of a neutral polarity of discernment with non-judgment, which allows a balanced gender of emotion to be expressed as a quality attributable attainment. A quality attributable attainment is always in emotional equanimity. When my female anima is balanced with my male animus, I attain the attribute of true equanimity.

The serenity & calm associated with equanimity is due to the absence of dramatic intensity, which is always the effect of any emotional gender or mental polarity.

Equanimity allows the presence of my powerful emotional potential to be personally realised.

We each have the equal ability to attain the attributes of equality of thought and equanimity of feeling, which together allow the equability of experience.

Equality

We are all Equal because we are all equally creative and we all have choice. We all have the choice to be creative, uncreative or destructive. We are all equally attractive, non-attractive or unattractive.

We are all equally creative because we are all created equal, yet different. We have each chosen a different mission, vision & purpose for our life; even though we are all on the same journey of the Soul. We are all going in the same direction, but from different starting points in space and moments in time. We all have the same destination and we each have a unique destiny. We each have different problems, different solutions to our problems, different lessons to learn and different opportunities to learn from; but we all have the same opportunity for the personal development of our spiritual growth.

We each have different opportunities but we all have equal opportunities. We all have equal potential for beneficial spiritual growth. Our potential is always beneficial, although we may perceive it to be otherwise. We each have the potential to see our blessings as curses and our pain as pleasure. We each have the potential to be constructive or destructive, subjective or objective, active or inactive. We all have the potential to experience equality or inequality.

Inequality is a personal drama, caused by the intensity of the gender & polarity of the energy that an Individual is expressing. As we are all expressing different intensities of energetic gender & polarity, we are all causing our personal experience of different dramas or sharing the experience of other people's similar dramas. Like energy unto itself is drawn, therefore, we are drawn into the dramas of other people's similar experiences. We share each other's pain & pleasure with either sympathy or apathy. In the

pursuit of pleasure, there is always pain because it is the same energy perceived from a contrasting polarity of perspective. Only once I have experienced the extremes of both pain & pleasure can I find the joy of my own balance of pure emotional feeling.

We all equally have the potential to overcome the duality of negative pain and positive pleasure; by finding the joy of our own pure, individual experiences. Whereas intensity is the experience of a dual reality of energetic gender & polarity, our potential is the triune reality of our pure emotional power being personally experienced.

The equanimity of our emotional feelings, being experienced with the equality of our mental choice, allows our equal ability to fulfil our spiritual mission on Earth.

The equality of my mental choice determines the equanimity of my emotional experience, as my physical reality.

We are all equal, once we realise this to be our shared truth.

Quality Of Life Questionnaire

Highlight which statements, in each set of four, resonate with you:

1. I am careless
2. I am careful
3. I am caring
4. I am care-free

1. I am mindless
2. I am minding
3. I am mindful
4. I am mind

1. I am fearful
2. I am fearless
3. I am fear-free
4. I innovate

1. I have no choice
2. I have a dilemma
3. I choose a third way
4. I am at choice

1. Life is chaotic
2. Life is problematic
3. Life is problem-free
4. Life is one opportunity after another

1. I solve my problems
2. I learn my lessons
3. I hear my messages

4. Life is effortless

1. Life is painful
2. I manage my pain
3. I am pain-free
4. I am potent

1. I am alert
2. I am awake
3. I am aware
4. I am alive

1. My incompetence is sub-conscious
2. I am conscious of my incompetence
3. I am conscious of my competence
4. My competence is super-conscious

1. My fluidity is instinctive
2. My flux is intellectual
3. My flow is intuitive
4. My flair is imaginative

1. Life happens to me
2. Life happens by me
3. Life happens through me
4. Life happens as me

1. I am anchored
2. I am earthed
3. I am grounded
4. I am boundless

1. I am an effect

2. I am a cause
3. I am a creation
4. I am a creator

1. I am instinctively reactive
2. I am intellectually pro-active
3. I respond intuitively
4. I initiate

1. My brain processes theta waves
2. My brain processes beta waves
3. My brain processes alpha waves
4. My brain processes gamma waves

1. I am controlled by others
2. I control others
3. I am in self control
4. I am in sole/soul control

1. My awareness is sub-consciousness
2. My awareness is consciousness
3. My awareness is super-consciousness
4. My awareness is supra-consciousness

1. If you resonate with #1 statements, your perspective has a singular density of a two dimensional physical reality
2. If you resonate with #2 statements, your perspective has a dual density of a three dimensional physical reality
3. If you resonate with #3 statements, your perception has a triune density of a four dimensional spiritual reality
4. If you resonate with #4 statements, welcome to the fourth density of the 5th dimension of spiritual reality

Four Densities Of Existence

In my Fourth Density, I am creating a care-free, effortless, quality of life; with the imaginative flair of my Soul's supra-conscious competence. I am free to create, explore & experience, my cosmic holon of existence.

In my Third Density, I am aware of the caring, mindful, intuitive, initiatives; which support a third way, of allowing opportunities to flow through me, with super-conscious competence. I am grounded and thriving in my organic holon of existence.

In my Second Density, I am striving to ensure my comfort & security of carefully minding by me; the conscious flux of intellectual lessons of duality, which are the cause of my conscious incompetence.

In my First Density, I am surviving the careless, mindless singularity of the instinctive problems, which happen to me, due to my fluid sub-conscious incompetence.

With Zero Density, there is no existence.

Love

Love Is:

- The Soul's creative power
- A pure wavelength of emotional feeling
- The power of pure potential
- The value of self-worth expressed
- The absence of emotional need
- An energetic Divine Connection
- Source Energy Conceived
- The Aether Realised Emotionally
- Perception Perceived
- The Ultimate Attainment
- The purest state of Beingness
- The emotional flow of fluid thought
- A balanced gender of emotion
- A magnitude of ethereal energy realised
- Clarity of purpose
- An infinite wavelength of omnipotent power
- A boundless magnitude of feeling
- The presence of the Soul
- An exclusive connection with Source
- A sensitive detachment with others
- The most rational emotion
- Unconditional approval
- The Grace of God
- The Holy Spirit
- Undivided Togetherness
- Emotional Unity
- Omnipotent
- Pain free

- Intimacy
- The wonder of appreciating gratitude
- The gentleness of good grace
- The happiness of contentment, fulfilment & joy
- The wellbeing of health, wealth & wisdom
- The vitality of being awake, alert & aware
- The most positive state of being
- The essence of who I am
- Who I really am, expressed
- The essential nature of creation
- Certain intuitive feeling
- The experience of feeling good
- The absence of hate
- The absence of lust
- The absence of conflict
- Never having to say sorry
- Wanting for all others whatever they are choosing for themselves
- Unconditional acceptance

Density & Dimension

The 1st Dimension has zero density, which is Nothingness. This is the dimension of the pure creative potential of the Aether. It is the imaginary dimension of the Imagination. With a Delta frequency, the brain processes zero density as Unconscious.

The 2nd Dimension has one density, which is anything mental. It is the mental realm of the astral plane. The brain processes this sub-conscious frequency as the theta waves of Instinct.

The 3rd Dimension has two densities, which are either physical or mental. On the Earth plane, the brain processes this duality of conscious frequencies of beta waves as the Intelligence of the Intellect.

The 4th Dimension has three levels of density, which are a triality of body, mind & emotion. This etheric plane of Intuitive emotion, often confused with spirit, is the third level of density that is processed at the level of super-conscious Alpha frequencies.

The 5th Dimension has four levels of density, which are physical, mental, emotional & spiritual. Referred to by Ancient Philosophy as the four elements of Earth, Water, Air & Fire; they symbolise the corporeal, astral, etheric & spiritual realms of existence. Supra-conscious wavelengths of cosmic radiation are processed by the brain as gamma frequencies of electro-magnetic Light.

From a dimensional perspective:

- One dimensional is Nothing
- Two dimensional is Something mental
- Three dimensional is Anything physical
- Four dimensional is All-things emotional
- Five dimensional is Everything spiritual

From a density perspective:

- No density has one perspective of nothingness
- One density has a mental perspective of singularity
- Two density has a mentally-physical perspective of duality
- Three density has an emotional perception, as a third way out of a dual perspective of reality
- Four density has a spiritual awareness of a physical, mental & emotional experience of a five dimensional Consciousness.

The 5th Dimension has four densities or planes of existence and one density of nothing, which is the plane of non-existence.

Density & Dimension are not a duality. They are a 5 dimensional perspective of the five planes of density that define our spiritual existence.

Three Mental States Of Focus

The Three Mental States of Focus, or the Three Foci of the Mind, are:

- Being Awake
- Being Alert
- Being Aware

My mental focus is my attention. I can focus my mental attention through three different frequencies of consciousness:

- Conscious beta frequencies
- Sub-conscious theta frequencies
- Super-conscious alpha frequencies

Three mental foci with three levels of frequency, allow three different states of mind:

- The consciously awake ego
- The sub-consciously alert id
- The super-conscious aware entity

When the ego is consciously awake, I am focusing my attention with my five physical senses of sight, hearing, taste, smell & touch. Whilst the ego is consciously asleep, I am alert to the sub-conscious attention of the id. Using my four instinctive senses of thermal temperature, kinetic motion, vestibular balance & emotional power; I maintain a zone of comfort & security, whilst I am asleep.

Whether the ego is asleep or awake, the id is always alert and the entity is always aware. The focus of the awareness of my super-conscious entity is with my three intuitive senses of seeing, feeling

& knowing. It is with my intuitive awareness that I recall the thoughts, feelings & experiences of my dream world, whilst either awake or asleep.

The focus of my mental attention is called a thought, which can be:

- The focus of my conscious intellectual sense of being awake
- The focus of my sub-conscious instinctive sense of being alert
- The focus of my super-conscious intuitive sense of being aware

Every thought originates from a level of consciousness of the Mind. Three mental states of focus allow three levels of consciousness to exist as three aspects of my mind:

- My sub-conscious id has no awareness that it is awake
- My conscious ego is not alert to its potential awareness
- Only my super-conscious entity is alert to the awareness of being awake.

Dimensional Thinking

With One Dimensional Thinking, I have no choice because I believe that life happens to me. I am in survival mode. I have no choice but to survive whatever is happening to me. One choice of dimensional thinking has no other option. This is a single or singular perspective of the sub-conscious mind.

With Two Dimensional Thinking, I have two choices: I can let life happen to me or I can make life happen by me. When I choose to make life happen by me, I am in striving mode. I choose to strive to make life happen by me, in a better way. Sometimes I make a wrong choice and life happens in a worse way. My second choice of perspective causes an opposing polarity of thinking, which is a duality or dual reality of the mind. I discover that every choice has two options, plus a third choice of not choosing. This is the dual perspective of a conscious ego sense of self.

With Three Dimensional Thinking, I realise that I always have three choices. I realise that the third choice is a real choice and not my choice not to choose between either of the extremes of the duality. The reality of this third choice is that it is always the balance between the extremes of the duality. I can only realise that there is a third choice, once I have discovered, explored & experienced the extremes of my two dimensional thinking. Without an active see-saw of emotions, there is no fulcrum to explore and balance to experience. The balance between life happening to me and life happening by me is life happening through me. When I allow life to happen through me as my third choice, my three dimensional thinking allows my life to thrive. This is the triune awareness of my super-conscious mind.

If my one dimensional thinking is enabled in a three dimensional world, then my two dimensional thinking is enabled in a four

dimensional world and my three dimensional thinking is enabled in a five dimensional world.

- A three dimensional world happens to me
- A four dimensional world happens by me
- A five dimensional world happens through me

Putting Life Into Perspective

When I put life into my perspective, my perspective comes to life and I am able to put my perspective into my life.

Perspective is the Light of the Conscious Thought of my Mind.

Whatever I focus my mind upon, I shed light on. When my mind focuses on the Light of Conscious Thought, I attain a pure perspective of Life.

A pure perspective of life is the effect of a pure frequency of mental thought (light) transmitted on a pure wavelength of emotional feeling (love). The physical experience of pure emotional feeling is how I know my focus is on a pure mental thought.

The intellect of the conscious, ego, thinking mind influences the purity of every mental thought. I intellectually reason the polarity of my thinking as being either good or bad for myself. I think that my choices in life should always be positive & beneficial. I therefore avoid making choices that are negatively detrimental. I call these choices bad or wrong as opposed to the good or right choices, which I believe are most beneficial.

Alas, when the mental intellect of the egotistical mind disconnects from the emotional guidance of intuitive feeling, there is no certain way of knowing what is beneficial or detrimental for oneself. Only my sense of intuitive knowing, aligned with my sense of intuitive feeling, allows me to intuitively see what is certainly beneficial for my Self.

It is by balancing the perspective of my intellectual reasoning, with the perception of my intuitive feelings, that I am able to effortlessly take the opportunities, which are always my beneficial choice.

When I see only beneficial opportunities appearing in my life, my true perspective comes to life and I am putting my life into its true perspective.

My perspective comes to life when I see that physical experience (life) is the effect of mental thought (light) and emotional feeling (love). With a directly enlightened thought, inspired with a clearly empowered feeling, an ideal experience of life is potentially present in my reality. This is my true perspective of the life that I have chosen for my Self. It aligns with my true thoughts and my true feelings, to allow a true experience of who I really am; fulfilling my purpose for being alive.

When I put this perspective, of a beneficial chosen path of unfolding opportunities, into my life; then I realise that this is my true experience of life and I perceive it to be true as I physically experience it as being My Perspective of Life.

I put my perspective into life, when I stop putting other people's perspectives into my life. I put my life into my perspective instead of into other people's perspective of how my life should be.

My true perspective allows my life to effortlessly unfold before me, as I have chosen and as I will always choose for it to do.

Four Essential Essences

The Essential Essence of Creation is its potential.

The Four Essential Essences of Creative Potential are:

- Aether
- Energy
- Matter
- Motion

Motion is essential to matter, energy is essential to motion, aether is essential to energy and matter is essential to aether.

- There is no apparent motion without matter
- There is no apparent energy without motion
- There is no apparent aether without energy
- There is no apparent matter without aether

Creative Potential is realised through the emotional feeling of the mental mind of the physical body of a spiritual entity.

The essential nature of physical matter is:

- Plasma
- Gas
- Liquid
- Solid

The essential nature of energy in motion is:

- Flair
- Flow
- Fluid

- Flux

The essential nature of etheric thought is:

- Supra-conscious
- Super-conscious
- Sub-conscious
- Physical-consciousness

The Source of Creativity is Pure Consciousness. The essential nature of pure consciousness is attained through:

- The solid flux of physical consciousness
- The fluid liquidity of sub-conscious mental intellect
- The gaseous flow of super-conscious emotional feeling
- The ethereal flair of supra-conscious thought

The Essence of All Creation is Ethereal Thought:

- The essence of the Creator is the aether
- The essence of the creation is matter
- The essence of creativity is motion
- The essence of creative potential is energy

It is not possible to be aware of all four Essential Essences from a singularly solid physical state of conscious flux.

Consciousness became the 'Hard Problem of Science' because it could not prove the existence of the essential nature of the Aether, with only the logic of rational intellect.

Only the Spiritual Psyche of Supra-conscious Flair, aligned with the Emotional Pneuma of Super-conscious Flow and the Mental Nous of Sub-conscious fluidity, can appreciate the Matter of a Solid Conscious Flux of a Real Experience called Life.

Wonder

When I wonder about Wonder, I relegate it to my future and I impede it's current flow.

When I feel the Wonder of Life, I experience it in that present moment of time. The wonders of life are always being presented for my Self to experience.

The intellect wonders how to attain an experience. Only my intuition knows that wonder is how I attain every beneficial experience. I wonder, what wonderful experience will I allow to turn up next?

Wonder is the the answer to who is the providence of my provision, what is provided by providence, why providence provides and how provision is provided providentially?

"When I think more, I wonder less. When I think less, wonder appreciates".

- When wonder is a verb and something that I do, it is unattractive
- When wonder is a feeling and a state of being, it is powerfully creative

The wonder of imagination is its creative power. Potentially creative imagination is wonderful. The potential of imagination is to be wonderfully creative. The potential of wonder is to imagine its Creator. The creator of wonder is imaginary potential.

- When I imagine the presence of wonder, in the present moment, it becomes realised as a real experience
- When I wonder in the future, my mind wanders
- When I wonder about the past, my power wanders

Imagination is wonderful and wonder is imaginative. Wonder is the emotional power of an imaginative mental thought, which enables an ideal physical experience of life.

The Yellow Brick Road

The Yellow Brick Road is a metaphor for a spiritual path through physical life.

A spiritual path through life is chosen by the Soul for each individual Self, before incarnating into physical reality. Every individual person has a chosen path through life, of which the Soul is fully aware. This ensures that the Soul is a continuous source of guidance and support on every individual journey of its Self.

With the support & guidance of the Soul, the spiritual journey of each Self, through physical reality, is always beneficial for the spiritual evolution of the Soul. The spiritual Soul develops & grows through the physical life-times of its Self.

From the Soul's higher perspective, every yellow brick is an ingot of gold. With the Soul's wisdom, there is always a wealth of support at every turn and a signpost for guidance. An abundant universe ensures that every yellow brick is a golden experience.

With our Soul connection, we become the Wizard with the magic to manifest the experiences of our imagination. It is our destiny to fulfil our soulful dreams.

Without our Soul connection, the path is rocky & full of stones. We become the Tin-man, robotically wandering through a wasteland, looking for our beneficial path to follow. It is our fate to become lost, confused and frustrated by what is happening to us in life. Instead of a beneficial life happening through me, I experience an uncertain life happening to me.

There is always an exclusively unique and golden opportunity unfolding before our intuitive eyes. Without the eyes to see our intuitive path, the yellow brick road appears to be built with the sand of a desert and overlaid with concrete & tarmac.

Opposition & Contrast

- The rational intellect sees opposing polarities of mental frequency
- A sensitive intuitive feels contrasting genders of emotional wavelength

Contrasting genders of the same emotional wavelength are not in opposition, as they attract each other without resistance. They are very attractive because a like wavelength of energy unto itself is drawn. The Law of Attraction ensures that contrasting genders with the same wavelength are drawn together in a balanced emotional union.

Opposing polarities of mental thinking are frequently in conflict and resistance as they cannot flow freely together. Similar mental thoughts with the same frequency attractively flow together in congruent polar alignment.

Conflicted mental thinking, with opposing positive & negative polarities of direction, cause unattractive resistance with entropic dramas. The conflict of opposing mental beliefs lies within the subconscious programming of an individual mind. This male inner conflict disallows the contrast of female inner peace. The troubled problems of a conflicted and convicted perspective are in stark contrast to the beneficial opportunities of a peaceful intuitive perception.

- The rational intellect defaults to the mental logic of conflicting perspectives
- An emotional sensitive uses intuitive feelings to determine the difference between contrasting genders

An Intuitive feels the whole spectral range of contrasting emotional perceptions, whilst an Intellectual analyses the rational logic of opposing mental perspectives.

Contrasting emotional genders are never in opposition when they are united with a vibrational resonance of pure harmonic thought.

Developing The Intellect

My Intellect is my rational choice. I rate one experience, in contrast to another experience, in order to make an intellectually reasonable choice. Intellectual reasoning allows reasonable rational choice.

The Intellect is instinctive as well as intellectual. This means that my intellect has already developed sub-consciously from birth. The perspective of my sub-conscious programming determines my degree of intellectual development. My beliefs about reality are as important as my knowledge and experience of reality.

Rational Intellectuals believe that the development of the intellect requires intelligence, which is data, information & knowledge. They believe that the more intelligence that I have the more intelligent that I am, irrespective of my intellectual capacity.

The Education System is designed by Intellectuals to teach knowledge to the less intelligent. Wishing to keep a clear boundary between those with intellectual development and those who are developing the intellect, they called one the Teachers and the other the Students. Students learn whatever Teachers teach them. Teachers wishing to remain superior in intellect, to their students, renamed intellectual development as rational intelligence. They developed a system of examining intelligence without involving the intellect. Their reasoning was to raise the student's level of intelligence to the teacher's level of intellect, without ever exceeding the teacher's level of intellectual development. In this way, the level of intelligence of each Student is carefully controlled by the level of intellectual development of their Teachers.

For an Education System to be under the intellectual control of the Intellectuals, it logically requires a curriculum or way of being managed; as agreed by the Intellectuals. In this way, the rational choice of each Individual is aligned with the logic of the

Intellectuals. In the current Education System, the development of the intellect is in strict alignment with a curriculum dictated by our Educators. We are being educated without any conscious intellectual development. Education has never promoted the development of personal choice, which is the fundamental purpose of the intellect.

The development of the intellect is essential for personal choice. Without the knowledge & experience of my own intellect, I have no way of owning my individual personal choices.

The purpose of this dual reality world in which we live is primarily the development of the Intellect. How interesting it is that we have never been taught the true purpose of our own Intellect, only the benefits of other people's Intelligence.

To facilitate the development of the intellect, our intuitive system of support & guidance is required to be closed down. Our super-conscious connection to our sense of Higher Self is disconnected. Under the support & guidance of our parents, ministers & teachers, we are taught what rational logical choices to make and we are taught that our intuition is a lucky guess.

Closing down my super-conscious intuition is necessary for the development of my intellect. If I already intuitively know what is the best choice for myself, why would I bother to develop my intellect?

- The Intellect earths the corporeal Self in physical reality
- Intuition grounds the spiritual Self in physical reality

Without intuition, I am a physical entity experiencing a physical reality. With an intuitive intellect, I have the conscious-awareness to ground my spirituality in an Earthly existence.

When my Self is earthed and my Soul is grounded, I am able to bring spiritual Heaven to physical Earth. Without a developed intellect that is physically earthed, I cannot ground my spiritual genius as a unique physical experience.

Elective Reciprocity

Elective Reciprocity is consciously choosing a mutually co-operative relationship with other people.

We tend to reciprocate in the same way as other people relate to us. This is doing unto others, reciprocating, as others have done unto us. We elect by choice, to treat others as they have treated us.

- We treat other people's good behaviour by reciprocating in a beneficial way
- We resist other people's bad behaviour by reciprocating in a detrimental way

Elective Reciprocity is judgmental when our own behaviour & actions is determined by other people's beliefs and action. The primary reciprocating belief is that I do unto others as others have done unto me. This is how most people elect to reciprocate in their relationships to other people.

When I elect to choose the reciprocal choice of other people, I am making their choice, my choice; instead of my choice for my Self. How I elect to reciprocate in my co-operative relationships is either my own wise choice or it is driven by someone else's reciprocal choice.

A wise person knows that any behaviour can be deemed to be either beneficial or detrimental to other people, by other people. There is no way of knowing with intellectual certainty how other people elect to reciprocate. It is a fair assumption that they will do unto you as others have in the past done unto them.

A wise person knows that what other people think is of absolutely no consequence to their own personal choice. Beneficial choices have a benefit for everyone, whereas detrimental choices always have a negative outcome for someone.

By the Law of Attraction, we always experience receiving that which is the focus of our expression:

- When my choice of experience is in alignment with my choice of expression, it is true
- When my choice of giving is aligned with my choice of receiving, it is beneficial
- When my standards of behaviour align with my personal boundaries, I am in integrity

I am truly in beneficial integrity, when I am being unto others in a way that I choose for others to be unto me. It is not possible for myself to be truly and beneficially in integrity and cause detrimental affects on other people.

In alignment with the Law of Attraction, my beneficial standards of behaviour always attracts beneficial standards of behaviour in return.

My personal standard of behaving with integrity ensures that no personal boundaries are ever required.

My Elective Reciprocity is always divinely beneficial when in alignment with the Golden Rule.

Folly

Folly is the absence of Wisdom. It is the act of a foolish person.

“Nobody Suffers Fools Gladly”

Many people suffer from the actions of fools, but none suffer foolish behaviour gladly.

Gladly is an acknowledgement of the acceptance of a beneficial action. I am gladdened by my own and other people’s beneficial actions. I never suffer from a beneficial action. A beneficial action is always wise.

Historically, the Fool’s purpose was to make the King look wise. Unfortunately the absence of folly is not the path of a Wise Man but the mind of a rational intellect. It is the intellect that determines whether an action is intellectually rational or an irrational folly.

Many people tolerate the actions of fools but none do it gladly.

Whatever I am tolerating is never beneficial. We consider tolerance as preferable to intolerance but it doesn’t make it beneficial.

Only once I am immune from my own suffering can I become exempt from the folly of other people. Suffering is a folly. Only fools suffer the folly of their own foolish actions. Only fools suffer the foolish actions of other people.

Victims of intolerance to folly react with either fight or flight. I either react and fight against the folly of the people who are causing my suffering or I flee the confrontation that their folly is causing.

As we are taught to avoid the conflict that foolish people cause, so we also try to avoid, ignore and deny the chaos of our own folly.

We fight against our own ability to do foolish things. We turn a blind eye to our own folly lest we become exposed as a hypocrite.

Immunity from fools is attained when I exempt my Self from the folly of other people’s dramas. Every drama in life is a folly. Life is only intense and dramatic because I believe that I need it to be.

Life is intensely dramatic for people who need life to be intense and dramatic.

My detached sensitivity with other people, allows me to see the folly of their dramas. My detachment from other people's dramas, allows me to avoid the folly of their ways.

- Sensitive detachment is my immunity to other people's folly
- My exclusive connection to the source of my emotional power & mindful wisdom is my immunity to my own potential folly

It is always a folly to act foolishly because it attracts the folly of other fools. Only a fool sees other people's folly as beneficial.

My sub-conscious reaction to fight or flight, confront or deny, is always a folly. I cannot flee from my own folly and I cannot fight it. I can exempt myself from it by being immune to it with a healthy dose of innate wisdom.

Wisdom is the only antidote to folly.

Conjugate Emotionality

Emotionality is the reality of emotion, which is the real experience of an emotional feeling. The realisation of an emotional feeling is intuitive.

Conjugate is the unity of pairs. Not to be confused with congruent, which means harmonious or flowing together without conflict.

- Opposing genders of emotion are conjugate
- Similar polarities of thought are congruent

Unifying conjugate pairs requires a way of overcoming the dual reality of emotional gender. This requires a third way, which is the balance or conjugation of two opposing or contrasting genders. Unifying pairs never makes a singularity but a triality or a triune reality out of a duality.

Emotions exist in relative dual reality as gender pairs of the same energy vibration. Every emotional energy vibration has a male frequency and a female wavelength. It has a male force and a female magnitude. Every intuitively perceived male frequency of force and female wavelength of magnitude can be perceived intellectually as having either a positive or a negative polarity, which is its direction of flow. Together, the intuitive gender of an emotion and the intellectual polarity of a thought allow a dual choice of experience.

Every intense experience in life is the effect caused by the duality of an emotional energy vibration, caused by the polarity of its sponsoring mental thought vibration. By default, every emotional thought vibration has both a duality of gender & polarity, which disallows its conjugate attribution.

- Inconjugate emotions are divided by gender, polarity or both

- Conjugate emotions are pure vibrations, undivided by frequency & wavelength
- Congruent emotions are different vibrations, which flow accordingly, with the same polarity

Overcoming the duality of emotional gender and mental polarity allows a third way of expressing pure emotions with conjugate emotionality.

The reality of my emotional expression is conjugate when I am intuitively feeling the purity of my own powerful emotional potential.

Conjugate emotionality connects my Self with the pure & powerful potential of the true essential nature of my Beingness.

God The Creator

God the Creator is a creation of Man. All concepts, philosophies & theories on creation become a religious set of doctrines, which are created by Man. Even Darwin's Theory of Evolution has become a religiously followed doctrine of science.

God & Man are a duality of the Creator and the Creation; when we believe in the religious creationist theory. When we believe that we are an accident of nature or just a natural creation of nature, then Nature becomes Man's god and God & Nature are a synonym.

When nature becomes synonymous with science, god is left out of the picture.

Man is both the subjective and the objective creator of God. With a subjective view, I create an objective God; whose objective is to create everything. With an objective view, I create a subjective God, who subjects me to my objectives.

With an adjective view of God, I create my own experience of Divinity. Being the adjective creator of a subjective objective is absolutely divine. The objective of every religion is to subject Man to an objective God. Subjecting my Self to any external god is not my objective in life.

An adjective view of God, creates the Soul as a Divine State of Being, with the powerful creative potential to create a divine state of being for its Self. The Self creates the Soul and then becomes a creation of the Soul, by seeing the Soul as the Creator of one's own Divine Self.

- The Soul is both the creation of the Self and the Creator of the Self.
- The Self is both the creation of the Soul and the creator of the Soul.

Only by solving this paradox of the Soul/Self can I overcome the separation between God & Man, the division of the Self from its Soul and the duality of the creator & the creation.

- The Self is the realised potential of the Soul, from the perspective of the Self.
- The Soul perceives its Self to be the realisation of its potential.

The disconnected, godless, ego sense of physical self is a realised, unrealistic, reality of the Soul.

The Creator, the Creation & Creativity are three aspects of the Soul/Self.

All that separates the Self from its Soul is the false perspective of either a godless or a god-fearing physical ego. What is required to re-unite every Self with its Soul is a true perspective of the Ego's sense of its Spiritual Self.