

Keith Collins

**GENUINE
FAKE**



**WATCH
&
SUNGLASSES**



*The Inner Coach
Book Of Spiritual
Distinctions*

Distinctions

A Distinction is the difference between two similar things.

We perform with distinction when our performance is different to everyone else's and therefore unique.

When two words have the same meaning then they have no distinction. When we see two words as distinct from each other, we give them both clarity and meaning.

We clarify and give words distinction by defining their unique meaning.

We do not need different words to describe the same thing.

All words have a distinct meaning, which makes them separate in purpose from all other words.

Having a similar meaning is distinct from having the same meaning.

Similar words or synonyms are the same but different, once we realise and define the distinction between them.

People are similar to words. We are all the same but all different once we find our unique, exclusive and individual Vision for Life, we find our Distinction.

The Importance Of Distinction

- Distinction is the act of differentiation. With a clear distinction between one thing and another, I identify their difference.
- Distinction is the excellence of a special quality, accomplishment or attainment. It is a measure of excellence that qualifies the unique quality of a special attainment.
- Distinction is excellence with a difference, which is perfect

Degrees of excellence set people apart as different and honour them with a distinction. It is my attainment of qualities of distinction, which define my exclusively unique individuality as a person. My personal qualities have a distinct distinction, once I attain them by being able to attribute them to my Self.

When I share the same beliefs and perspective as other people, they have no distinction. When I challenge and own my beliefs, I gain my own distinct perspective of life. When the quality of my beliefs has distinction, my distinct belief attains distinction. The excellence of the presence of a clearly distinct & individual perspective is my true personal guidance through life.

It is following the undifferentiated beliefs and indistinct perspective of others that always takes my own life off track. With my own distinct perspective, I lead my own life by following my own path with clarity.

With the distinction of following my own different, unique, exclusive, individual & personal path through life, I gain the distinction of attaining attributes of quality.

When I see my Source as a Singularity of Soleness, I am indifferently at one with other people & objects and our evolution is strictly limited. SOLE is an acronym for: Singular Objective, Limited Evolution.

When I see my Source as the Oneness of Soulness, my Self is distinctly at one with my Soul. SOUL is an acronym for: Source Of Unlimited Learning/Love/Light/Life.

My Soul has a distinct purpose for its Self, which allows distinct possibilities for my Soul to attain through its Self. One Soul has no distinction. Many Selves on many Soul Paths have an excellent opportunity for attaining the Distinction of the Soul.

With one sole Soul and no distinction, the Soul has no excellence, no attainment, no vision, no purpose and no mission in life.

- With no exploration & discovery of the Self, there is no experience of the Soul

- With no clarity & direction of the Self, there is no presence of the Soul
- With no joy & contentment of the Self, there is no fulfilment of the Soul
- With no happiness & wellbeing of the Self, there is no expansiveness of the Soul

It is only through the distinct act of differentiation that all Souls attain the distinction of excellence, as a unique representation of their divine Self.

Distinction & Duality

A Distinction is the difference between two similar words or concepts.

A distinction defines what makes one reality distinct from another reality.

I define my reality with definitions that define the contrast that exists within my reality.

Without contrast, and a distinct contrast that has clarity, I have no distinction, just sameness.

A Duality contains two opposing ideas, thoughts or choices.

It is a dual or divided reality. It is a reality that is divided by two opposing perspectives of the same energy - two different thoughts about the same thing.

Unless it is the same energy, it cannot be divided and therefore cannot be a duality.

A distinction defines the difference between two different energies, thoughts or ideas.

A duality defines the two opposing extremes of the same energy.

A duality creates a dichotomy, a distinction clarifies it.

A Distinction clarifies two different things that appear to be the same e.g. greed and gluttony appear to be the same thing until their definitions give them distinction.

A Duality confuses the same thing by its appearance as being different e.g. greed and pleasing (arrogance and humbleness) appear to be different until we realise that they are opposing perspectives of the same energy.

It becomes apparent that a distinction and a duality are not in themselves a duality once their distinction has been clarified by their definition.

Abandoned & Deserted

Abandoned is having the feeling of no emotional support. When I need emotional support and it is not available, I feel abandoned.

Deserted is the feeling of having no mental guidance. When I need mental guidance and it is not forthcoming, I feel deserted.

When I feel abandoned in a metaphorical desert, I have neither the emotional support nor the mental guidance that I need. Spending time emotionally abandoned in a mental desert, is how we learn to change a perspective of 'life happens to me', to a perspective that 'life happens by me'.

It can take some time to realise that being rescued from my desert is not going to happen to me; especially if I also feel abandoned. The only way out of the desert is to come to my own rescue and to save myself, with a new perspective of how life is occurring.

A change of perspective can only happen by me, as it never happens to me. Other people may influence my perspective but they cannot change what only I have the authority to choose. Only I have the authority to choose my perspective of how life is actually occurring. When I consciously choose a perspective with my own authority, instead of other people's influential advice, I instantly change my perspective to 'life happens by me', not 'to me'.

I am no longer a victim of my own perspective. I realise that I have been neither mentally guiding myself nor emotionally supporting myself. I have been dependent on other people giving both guidance and support, 'to me'.

With my self-confidence to guide me and my self-worth to support me, I am no longer dependent on other people's influence & experience. I live my life my way, with the new perspective of life is happening 'by me'.

With the self-confidence of my own internal sense of guidance and the valuable self-worth of my own internal sense of support, I am no longer abandoned and I exit my desert, 'full steam ahead', with full self esteem.

Abilities & Skills

Skills & Abilities are not the same.

A skill is the ability to carry out a task.

The more skill that I have the better I am able to carry out the task.

A skill is a learned ability but it is not a natural ability.

We all have the ability to learn but this is not a skill, it is an innate ability.

Ability requires both Power & Authority, not skill.

I can have all the skill in the world but without both my power and my authority I will not be able to use that skill effectively.

Ability may be learned or it may be natural.

Natural ability is my connection to the power and authority of my true nature.

Skills have to be learnt.

My ability is learning to master my power and my authority.

My skill is being able to use the ability of my power and authority skilfully.

Ability & Potential

Ability & Potential are gender opposites.

They are the male & female aspects of a reality that is both physical & spiritual in nature.

Ability is the nature of physicality.

Potential is the nature of spirituality.

Physical ability aligned with spiritual potential allows creativity to flow with integrity. Potential ability is relative to a force of authority with a magnitude of power. My physical ability is a mental force of authority empowered by a magnitude of emotion. When the magnitude of my emotional feeling is aligned with the force of my mental thought, the potential of my physical ability is enabled.

Physical reality allows spiritual potential to be realised.

Spiritual ability is just a potential until it is physically enabled.

The physical ability to realise spiritual potential is called creativity.

The creative potential of spirit is realised through the power of imagination that is the potential of all physically enabled human beings.

Absolute & Relative

Our Self resides in the realm of the Relative.

Our Soul resides in the realm of the Absolute.

Our Soul has absolute choice but in the realm of the absolute there is no potential to experience, explore and discover different realities because everything is Oneness.

The Soul can only know itself through its Self that resides in the relative world of choice.

Our Soul can only exercise its choice through its Self. Without the Self there is no distinction between Souls.

So the Soul chooses to experience Life through its Self, and its Self through Life, in the physical world of relative dual reality.

For the Soul and the Self to be truly divided in reality, relative to each other, they are required to have separate choice.

Unless the Soul gives to its Self total independent choice, it cannot enter the realm of dual reality, because it would remain in the singularity of absolute choice.

In relative duality, the Soul retains absolute choice and the Self is confronted with relative choice.

In absolute reality the Self is either limited to the choice of the Soul or limited by the choice of the Self.

To be free of the Soul is to be limited by Life.

To be free in Life is to be guided by the Soul.

When we share in our Life, the power, authority and potential ability of our Soul, we are free to choose our Soul's choice.

The choice of our Soul is freedom, it will never limit us.

In Absolute Reality, everything just flows.

In relative dual reality, life ebbs & flows.

Well-Being is flowing without resistance. As Divine Flow has no resistance it is experienced as Well-Being in this relative physical world.

We cannot live in the Absolute World down here in the relative world. We just make relative and absolute a duality.

We can live a Life of relative Well-Being, but not until we have experienced being un-well.

To experience unwellness, illness, disease and disorder, we just have to swim against the tide of Wellness. Most people manage this without difficulty.

To experience Wellness, we are required to swim against the tide of un-wellness by changing our direction of flow consciously.

We have to discern what we want - what makes us well, from what we don't want – what makes us unwell.

The problem is that Life, like the tide, ebbs and flows because we are in a world of duality.

We therefore have to change our perspective depending on whether life is ebbing or flowing.

Well-Being is the absence of resistance. When we learn to never flow against the tide of life, we will always flow with Life, which is Being Well.

When we overcome the relative duality of ebb and flow, Life will absolutely Flow.

In the Realm of Relative Reality there is always choice.

Choice allows personal perspective, which allows personal reality to exist.

The reality of the relative world is that everything is separated from everything else by Time & Space, and everything has a duality which it is in opposition to.

Life opposes death, good opposes bad, light opposes darkness, hot opposes cold, hard opposes soft, male opposes female, positive opposes negative etc. etc. etc.

The purpose of relative reality is a context of contrast and comparison in order to choose an ideal reality.

In the Realm of the Absolute there is no choice, no opposition, no contrast and no individuality.

Without choice and individuality there is just Oneness and this Oneness is Absolute.

In the realm of the absolute where everything is absolute, there is no change, no difference, no growth, no expansion. Everything just is, which is perfect but not ideal.

The Realm of the Relative is the gateway to my Ideal World.

The purpose of this relative world is to allow me to attain the ability to personally create my version of my Ideal World.

Abundance & Enough

We will never have enough to satisfy our ego's desire.

We will either have too little or too much; not enough or more than enough; miserable scarcity or extravagant gluttony.

We will only be content when we choose our Soul's Choice.

With the authority of our Soul's Choice, we will always have enough.

What our Soul knows to be enough, is Abundance.

Abundance is infinite, unlimited and boundless, which is enough for anyone and enough for everyone.

When our abundance is in opposition as a duality of scarcity, it will be an extravagance that is never enough.

We know that we have enough when we are content.

Contentment is the feeling of having enough, the feeling of always having had enough, and the feeling of forever being able to have enough.

Abundance & Scarcity

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

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

When scarcity and abundance exist as a duality they are opposing ends of the same duality and one cannot exist without the other.

A scarcity mentality creates a world where there are haves and have-nots, who are either rich or poor and live in luxury or poverty.

A scarcity mentality believes, through the experience that it creates, that resources are limited and there is not enough for everyone in a world where extravagance is waste.

A scarcity mentality believes that those who live in luxurious extravagance do so at the expense of those who live in the misery of poverty, and that charity is the only way to equalise the system.

A scarcity mentality has no distinction between gluttony, extravagance and abundance. All three have more than enough of something or everything.

Gluttony means wanting more than enough. Extravagance is having more than enough. Scarcity and poverty are not having enough.

When we understand and define what is enough, we will be in a state of Abundance. We will be abundantly in that state of being content with having enough of everything we want and need.

Mother Theresa lived in Abundance because she had everything she wanted and needed, even though she lived amongst the scarcity and poverty of India's lower class poor. She never had more than she wanted or needed, and therefore, the luxury and extravagant gluttony of more than enough were never her experience.

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

Abundance is a state of Being without wanting or needing. We only experience an Abundant Life once we have enough of everything we want and need.

Plenty of anything creates Abundance only when it provides us with enough. When plenty of anything is more than enough of what we need or want it becomes a luxurious extravagance and a state of gluttony.

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

Acceptance & Being Accepting

Acceptance is attaining the attribute of being Accepting.

Being Accepting is not the same as doing accepting.

Accepting is what I do when I receive something.

It may be given by another or it may just occur in my presence.

I always have choice.

When I receive something with gratitude and appreciation, I get the opportunity that is present and I receive it acceptingly.

I am being accepting of what is occurring.

When I receive something that I think I do not want it is a problem, which I accept as a problem and I am accepting the problem.

Accepting the problem is what I am doing, being tolerant is who I am being.

I am tolerating the problem that is occurring because all problems are a toleration.

When I endure a problem, I am being tolerant, I am not being Accepting.

When I accept a problem, I have not attained acceptance.

Attaining Acceptance requires me to be problem-free and tolerating nothing.

I attain Acceptance when I am being Accepting of whatever occurs in my Life because I see it as an opportunity for growth and I accept that opportunity for my Self.

The distinction is not between Being Accepting and Acceptance, one is the attribute that allows the attainment, but between doing accepting and Being Accepting.

When there is a distinction between what I am doing and who I am being, I am out of alignment with my Soul.

Acceptance & Forgiveness

Forgiveness is given by the Soul.

Acceptance is received by the Self.

Acceptance & Forgiveness are both given by the Soul and received by the Self.

The Self accepts whatever is forgiven by the Soul.

The Soul forgives whatever is accepted by the Self.

Acceptance & Forgiveness are:

- The same energy seen from opposing perspectives
- An act of giving and receiving between the Soul and the Self
- Without judgment, blame or conviction.
- Without any toleration of unacceptable behaviour
- Aspects of unconditional Love
- The same Attribute to an enlightened Being
- The choice of the Soul and the Self to be in perfect harmony
- The Self following the Path of its Soul
- Knowing who we are and why we are here

Forgiveness of the Self by the Self, requires the Self to be unconditionally Approving, Allowing & Accepting.

Forgiveness is Accepting whatever turns up and is occurring; Approving of whoever we are Being; and Allowing Abundance to manifest and materialise in our Life.

Accepting & Receiving

Receiving is the effect of our giving at cause. When we cause to give, we always receive an effect.

When we give at cause and effect, we control the giving and therefore we pre-determine the receiving. The giving, whether conscious or not, is conditional on the effect of receiving, and we control and limit the conditions.

When we give unconditionally, we allow the Universe to give unconditionally to us.

When we control the effect of our giving, we attempt to control the universe and limit its effect.

Giving unconditionally allows the Universal Law of Attraction to be unconditional.

Accepting is the unconditional giving of our Self to our Soul.

Accepting is the unconditional receiving, in a positive perspective, of whatever our Soul decides that we shall experience.

Accepting overcomes the duality of giving and receiving, so that we accept 'In Gratitude' whatever occurs for us in that moment of time.

Acceptance is by definition unconditional, because conditional acceptance is a toleration and eventually any conditions we impose will become intollerable.

When we receive a negative experience, it is because we have given a negative experience to another.

When we receive a positive experience, we have allowed another to experience the same.

When we accept every experience, we have overcome the duality of positive and negative judgement.

Accident or Design

Science believes that the universe that we inhabit is the result of a quantum fluctuation that allowed everything that we see and everything that we are, to be created from nothing in an accident of uncertainty.

Religion believes that the universe and everything in the universe including our selves was created by the design of an intelligence that is called God, and that nothing is accidental and everything is occurring as a result of God's Will.

Science believes in the nature of uncertainty.

Religion believes in the certainty of God's Will.

Science believes in Chaos Theory.

Religion believes in God's Holy Order.

I believe that science & religion, certainty & uncertainty, chaos & order, are all dualities relative to physical life.

I believe that accidents are the perspective of a victim and a fatalist.

Accidents only happen to people who believe in fate and believe that they are affected by a reality that is not of their choosing.

I am not an Accident of God.

Nothing happens by accident. Everything that occurs in my reality is there because at some level of consciousness, I have chosen it and I have attracted it with my thoughts.

If I have not consciously chosen something in my reality then I have chosen it at the level of either my sub-conscious Self or at the level of my super-conscious Soul.

Everything is the result of Consciousness choosing.

My Life has not happened by accident and my Life has not happened by my conscious design. Yet I do have a Super-Conscious Vision, Mission and Purpose for my Life.

Accidental & On Purpose

Accidental & On Purpose are a duality.

What I do not do on purpose, I call accidental.

When I live life on purpose, there are no accidents.

People who know their purpose, live life on purpose.

People who are unaware that they have a purpose, believe in accidents.

Unawakened Souls believe that life was created by accident.

Where life is created by accident, it has no purpose.

People without a personal purpose believe that the purpose of life is to evolve because life evolves by accident.

They call this the survival of the fittest and believe that unfit people have accidents.

They believe the purpose of life is to survive in order to be the fittest and propagate one's genes to further the evolution of our species.

However the evolution of our species has no perceived purpose, other than to evolve.

Apparently, accidents endanger life, make us unfit, stop us propagating our genes, but are none-the-less still part of the evolutionary process.

Unless that is, we know that accidents are just a negative perspective of what is occurring in our life and our inability to remain on-track in the fulfilment of our life purpose.

The purpose of an accident is to wake one up to one's purpose, on purpose.

My Soul has been waking me up to my purpose for some time.

Since I have realised this, I have encountered no accidents in my life.

My Soul is accidentally on purpose, reminding me of my path.

When following my path on purpose, there are no accidents.

Everything is perfect.

Accreditation & Qualification

The distinction between a qualification and an accreditation is often confused.

Qualification is gained by a Training Establishment from its Governing Body or Membership Association and has the credence of its peers, which makes it a credible qualification or credential.

With the credibility of a Governing Body, the Training Establishment will qualify its trainees with a recognised qualification. That is to say it recognises the standard to which the trainee is qualified to practice.

Accreditation is the act of giving credit for the level of service given & received. A Training Establishment gives credit to and credence to a Governing Body or Association by becoming a member and paying a fee to that body or association.

In my opinion, the only form of accreditation that has credence for a Coach is the testimony of a client that gives credit to that individual practitioner.

Qualification has a credibility called credence that flows from a Governing Body through a Training Establishment to a Professional Practitioner, for the benefit of the Client.

With Accreditation the flow is reversed as it is the credibility of credit given by the Client to a Professional

Practitioner, by a Trainee to their Training Company or by a Training Company to their Governing Body.

A Qualification is a credible credential, whereas an accreditation often has very little credence.

Currently, the Coaching Profession has neither a Governing Body nor one recognised Membership Association. It therefore does not have one recognised system of Qualification of Coaches or Qualification of Coach Training Companies. This means that no one is currently qualified to officially accredit anyone.

Accreditation that is not qualified is in my opinion worthless. It is not worth the money that a Coach has paid to a Trainer, nor the money that a Trainer has paid to an Association.

Accreditation that is bestowed on a Coach Training Company by a Training Association may be qualifying the Trainer to train coaches in the skills of Coaching but is neither qualifying the personal development of the Coach nor the ability of the Coach to use those skills effectively, credibly and with credence.

The only Accreditation that has value to myself is the credibility and credence that I give to someone for the high level of service that they have shown and given to me.

Actors & Players

Actors take their play seriously.

Players play because it is fun.

Actors follow the script of the Playwright.

Players determine their own experience.

Actors adopt the personality of their character.

Players allow their true identity a free rein.

Actors need the acclaim of their audience.

Players truly value the experience to perform.

Actors act because it is the work that they do.

Players play because they are playful beings.

Actors express their dramatic emotion.

Players express their love of life.

Actors feel the drama of their fiction.

Players know the fiction of a drama.

I can choose to act in a play or play with my action.

Life can be a re-play or a re-action.

I can be a Player or an Actor.

Action & Behaviour

My Action is how I am acting. It is what I am doing.

My Behaviour is how I am Being. It is the state of being that I have.

I can undertake the same action with a different behaviour and I can adopt the same behaviour for different actions. My behaviour is determined by my emotional state of being. My actions are the result of my mental beliefs. Both my action and my behaviour result in a physical experience.

Two different people can undertake the same action yet their behaviour, as determined by their emotional mood, will determine whether it is judged as good or bad.

Completing an action from a negative perspective, created by a negative belief, will create a judgment of bad and detrimental behaviour. Completing an action from a positive perspective, created by a positive belief, will create a judgment of good and beneficial behaviour.

Whether a behaviour is seen as good or bad is a judgment of the observer. An action of itself is neither right or wrong. It is the positive or negative behaviour of the observer that judges it to be so.

Activist & Pacifist

Neither a Pacifist nor an Activist has attained Peace.

Both Pacifists and Activists are seekers of Peace.

They both believe that their Peace is dependent on the actions or non-actions of other people.

Activists actively seek Peace, often by aggressive and violent means.

Pacifists passively seek Peace by what they believe to be non-aggressive and peaceful means.

There is no difference between a passive Activist and an active Pacifist. They are the same thing.

The only difference between an active Activist and a passive Pacifist is how they seek Peace.

The Nobel Peace Prize is rarely awarded to One who has found Peace, mostly it is to those who have most actively or passively fought for Peace.

Peace is a state of Being that is attained when our Inner World is no longer in turmoil.

When we find our own Peace of Mind within, Peace becomes a reflection in our Outer World also.

Actors & Playwrights

Playwrights write their own script.

They are the creators of their own plays.

They determine the reality that will play out in their own life.

They know what is real and what is an illusion.

They observe life with sensitive detachment.

Actors follow the script.

It is not their script.

They just act out the drama that someone else has created.

The best actors play their part with great conviction.

Even when they ad lib and enhance their role, they are still fully immersed in the plot.

Actors believe in the reality of their play.

Playwrights re-create the experience of their own reality.

Addiction & Gluttony

Gluttony is wanting more than enough!

Addiction is not being able to get enough!

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

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

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

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

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

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

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

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

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

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

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

Adherent & Coherent

I am Adherent when I follow my own path.

Following my own path, I attain adherence.

I am Coherent when I align with my Soul's authority.

Following my own path, I attain coherence.

Coherence means hearing my messages.

Adherence means following the direction of those messages of direction. It is sticking to my covenant with my Soul. I cannot follow what I cannot hear.

My adherence requires my coherence.

My coherence allows me to understand my Self as my Soul overseeing my Self.

I understand my Soul with coherence.

My Soul oversees my Self with coherence.

My Self follows my Soul with adherence.

My Soul always adheres to my path.

Adherence with my Soul allows my co-hearance of my path.

Adhere means 'to hear' by being present 'at here'.

Cohere means to 'hear together' by being 'here together'.

Adjectives & Being Adjective

Adjectives describe objects.

Being Adjective describes an experience that I am the subject of. It is how I relate to a particular experience in my life.

My relationship to Life is emotive. Life flows through my Self.

My emotional state of being describes my relationship to each experience of my life that I am subjected to.

My emotional state of being is how I am adjectively experiencing Life.

Being adjective describes my emotional state of being.

I describe my emotions with an adjective and I experience my emotions adjectively.

Being adjective is an adjective state of being that describes the subject of my experience – Me.

The subject of my experience is always my Self.

The objective of my experience is to learn and grow.

The adjective of my experience is my emotional response. It is who I (the subject) are being whilst carrying out the objective.

Ontology is the study of adjectivity.

My purpose in life is to be Adjective through my subjectivity (what I have) and my objectivity (what I am doing).

Advice & Advising

Advising is a Coaching skill.

Giving Advice is not.

As a Life Coach, I advise people to always make their own choices and to follow their own path.

Ad-vise means 'to see'.

A Coach guides others to see the best direction for their life path.

When I advise another of what I would choose, I am doing just that, advising them of what I would choose. I am modelling, mentoring or encouraging another to see a different path.

As a Coach, I never give advice on what I believe another should do. This is not coaching it is consulting.

I consult another for advice and I seek a Coach for guidance.

Ad-vice means 'to vice'.

Giving advice is telling someone what to do.

Telling someone what to do is arrogance. Therefore taking advice is an act of humbleness.

Giving advice is directing someone along my path rather than advising someone on their path.

When I do not understand the distinction, I may need to indemnify my Self against the consequences of my advice.

I always advise others to never give advice.

Be advised by another, yet never take their advice.

Aesthetic & Anaesthetic

An Aesthetic experience is felt with emotion in a beneficial way.

The positive emotion most associated with aesthetics today is Beauty.

Aesthetics is not the study of beauty, but the study of positive emotional feelings.

The aesthetic value of an item is proportional to the positive emotion that it evokes within an individual.

Anaesthetic means experienced with the absence of feeling or emotion.

Modern surgery is conducted under anaesthetic conditions.

The patient given an anaesthetic has no emotional feeling and therefore no pain.

The surgeon administering the anaesthetic has suppressed their emotional feelings in order to treat the patient in a rationally focused way.

The surgeon is sub-consciously anesthiatised, whereas the patient's anaesthesia is either conscious or unconscious.

Surgery with anaesthetic is not an experience of Beauty.

Affect & Effect

Affect is the objective of a subjective cause.

I subjectively cause an objective affect. I affect an objective with a subjective cause. I am the subject and the cause of every object that I affect. When I am the subject of an objective, I cause the affect. When I object to the subject, I affect the cause.

When I learn a subject, I discover its cause. When I explore an objective, I experience its affect. In a world of dual reality, every cause has an affect and every affect is the result of a cause.

Physical Science studies the cause of every physical affect.

Metaphysical Sciences understands super-natural effects.

An effect is created and an affect is caused. Creation is an effect that has no cause. I cannot cause creation to happen. Affect happens to me, cause happens by me and creation happens either through me or as me.

When life happens to me, I blame or praise other people for the negative or positive affect that they cause. When life happens by me, I am the cause of the affect that I experience. When life happens through me, I allow beneficial effects to occur. When life happens as me, I am the creator of the effect, I am the effective creator and I effect the creation. There is no separation either between

the creator & the effect nor the creation & the effect. I am effectively both the creation and the creator. I am effective with every choice that I make and I effect change in every choice that I choose.

A choice without change is not creative. When I choose the same choice, I cause the same affect. When I change my choice, I create a new effect.

A creative effect is always positively good & beneficial.

A caused affect may be seen as good or bad, right or wrong, positive or negative and beneficial or detrimental because it is an objective view of a subjective perspective.

Affluence & Influence

Affluence is the power of money.

The more money that I have the more affluent I am.

Affluence is the ability to purchase what I need emotionally.

Affluent people believe that they are able to buy whatever they need to keep them happy.

Affluence is a measure of riches not a measure of wealth.

Money can't buy happiness, it can only stop you being miserable for a while.

Influence is the authority of status. The more status that I have, the more influence I have.

Status is my authority to assert my influence over other people. People in authority influence others with their status.

Influential people realise that their authority doesn't come from their status and what really influences other people is their affluence.

Those who have no true authority need the power of money to maintain their influence over other people.

Those who express their true power have the greatest influence on other people.

Alike & Like

Like & Alike are not the same thing.

There is a difference between liking something and being like something.

Though I do tend to like that which I am like and that which is alike.

The opposite of like is dislike or hate.

The opposite of alike is unlike or different.

I do not hate everything that is different.

I like or dislike according to the polarity of my energy.

Anything I deem to have a positive polarity, I like and I want.

Anything with a negative polarity, I dislike, avoid and do not want.

I am like or unlike something according to its gender.

Objects of an opposing gender are unlike, but that does not mean I dislike them.

Objects of a similar gender are alike, but I don't necessarily want them.

Energies that are alike attract and are drawn unto each other.

Opposing genders of the same frequency are the same energy and attract each other.

Opposing polarities of the same wavelength repel each other, even though they are alike, they do not like being together.

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.

Allowing & Ignoring

I do not choose to allow ignorance.

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

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

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

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

I become conscious of my ignorance when I become aware of sub-consciously reacting to the intolerable resistance that I am experiencing in life. In my ignorance, I am

unaware that the intolerable resistance that I am experiencing is due to my inability to allow whatever is occurring in my life.

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

Moving from tolerating to Accepting is my wise choices
Being.

Allowing & Promoting

On my Spiritual path in Life as an awakened Soul, I always have a choice.

I have a choice between promoting my Self to where my ego wants me to be and allowing what my Soul wants for my Self to arrive.

Unawakened to the path of my Soul, I will choose to promote my Self to obtain everything that I believe that I want and need.

The more I promote my self in Life, the more power and influence I have over other people and the easier it becomes to obtain what I want and need.

Awakened to the path of my Soul, I know that every provision for my journey has already been made. Everything is already provided. I do not have to promote myself as I am already there. I do not want or need anything because I already have it once I allow it to manifest in to my reality.

I no longer require or choose power and influence over others once I learn to connect to my True Source of Power & Authority.

When I no longer choose to have power and influence over others, I no longer need to promote myself up the hierarchies of life.

When I allow my Self to follow my Path, I allow my Self to connect to my Power, my Authority, my Ability, and my Provision.

Allowing & Resisting

Both anger (impatience) and patience will resist my state of being Allowing.

I cannot manifest or create what my ego is resisting and disallowing.

Patience and impatience block the Law of Attraction because they are both unattractive states of being.

When I am being impatient, I am focusing on what I want and do not have.

Focusing on what I do not have brings more of what I do not have and I will become more and more impatient with what is not turning up.

When I am being patient, I am waiting for what I believe I do not already have to arrive and I am still focusing on what I do not yet have.

In either case I am disallowing its arrival with the belief that I do not yet have it as it has not yet arrived.

When I know that it already exists and that it has already arrived, I can receive it by changing my mind and my perspective and therefore my state of being.

I then attain vibrational resonance with what I am realising and manifesting. It will materialise when I can see that it is already here.

When I realise that it is already here, it becomes real in my reality and I can see it, feel it and know it to be so.

When I stop being patient and stop being impatient, I become allowing and all my resistance disappears.

Allowing is a state of being, not an action to be taken. Taking action to get what I want is an affirmation that I do not have it and resists my allowing it to manifest.

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

Spirit becomes emotion by the action of the interference of our thoughts. Spirit just is and just flows. Spiritual energy in motion becomes e-motion at the point of our interaction with it. We interact with spirit by way of our thoughts. Spirit does not create the thought. It is the thought that creates the emotion. Spirit just is.

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

How we interact with spirit is defined by the power and authority that we have over our emotions. This is our ability or our response-ability for our emotions that is called our emotional intelligence.

Our response-ability is dependent on our reason-ability, which is our ability to be consciously-aware of the reason for our beliefs and purpose of our intent.

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

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

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

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

Alter Ego & Ego

My Ego is my sense of self. It is who I believe myself to be.

My Alter Ego is my alternative ego, a different perspective of my Self.

I have 3 perspectives of my Self and 3 perspectives of life.

I have therefore, two alternative perspectives of who I am and two alter egos.

A subjective sense of self is an ego that sees my Self as good from a positive perspective.

An objective sense of self is an ego that sees the bad aspects of my Self from a negative perspective.

An adjective sense of self is an ego that sees my Self as Being only Good from a Divine perspective.

Being Good is Divine and sees only the Goodness attributable to my Self, to others and to all of Life.

Being good or bad is a duality of a relative dual reality world and will alter my ego's perspective dependent on which extreme that I am perceiving life to be from.

My ego, my alter ego or from an alternative ego.

Angels & Demons

Demon literally translates as 'of my Self'.

My disconnected Self is not Divine.

This relative world of dual reality disconnects me from my Divine Self – my Soul.

My Soul is Divine, my Self is 'of me'.

My Demons are my programmed beliefs about life.

All Demons are inner demons that I have projected into my outer reality.

It is my inner beliefs that allow demons to exist in my external world.

It is my belief about demons that allows other people or other things to demonise me.

A demon is a false belief or fear that creates a negative resistance in my experience of reality.

I cannot fight my demons and win. The more I fight my demons, the more power I give to them.

When I become conscious of a demon or a limiting belief, I can change my belief from a negative demon to a positive angel and allow my life to flow beneficially and effortlessly.

Demons are a curse and angels are a blessing.

Angels are little messengers or messages of inspired revelation that come as thoughts to change my negative perspective and give me clarity and direction in life.

Anger & Intolerance

Anger & Intolerance are both negative emotions expressed as an emotional reaction. A rational perspective may see them both as an irrational reaction or an irrational emotional reaction.

Irrational is the negative polarity of a rational perspective. Emotion is a female perception, in contrast to a male rational perspective. From an emotional perception, anger is intense or extreme impatience.

Impatience is my sub-conscious reaction to being low on emotional power. Being patient requires positive emotional energy. When I run out of emotional energy, I run out of patience and I become impatient. When my emotional power is greatly depreciated, I get angry very quickly.

From a rational perspective, intolerance is the conscious inability to be clement, lenient or merciful. Although the perspective is positively rational, it is based on a negative belief. I am intolerant of what is occurring because I believe it to be intensely detrimental to me. I am unable to be positively merciful, lenient or clement because of my negative belief in the severity of another's behaviour.

I react in an inclement & unmerciful way when I am unable to tolerate another's behaviour, due to my negative beliefs about whatever is occurring.

I react in an angry or impatient way when I no longer have the emotional energy to remain patient in the presence of whatever is occurring.

Due to our general lack of emotional awareness, we are mostly unaware of the cause of our emotional anger, whilst we may be totally conscious of the cause of our mental intolerance.

The antidote to both anger & intolerance is an intuitive awareness of who we are being in relationship to whatever is causing our emotional reaction.

Being unconditionally approving of others, I never get angry and being unconditionally allowing of others, I never become intolerant. Being unconditionally accepting, my own life path is never frustrated.

Anger & Patience

Patience is learning to wait. It is the ability to wait for whatever we believe that we do not have, without getting angry.

When we get angry and lose our patience, we are demonstrating our impatience or our lack of ability to wait any longer, for what we believe that we do not have.

The more that we believe that we do not have something; the more we create that as our reality; the longer we will have to wait; and the more patience we will need.

Anger and patience are a duality similar to wrath and meekness and are one of the seven mortal sins and virtues.

They are in essence the same energy with differing polarities and, therefore, the more angry we get the more patience we will need.

The need for patience is often called self-control and the more patient we become the more latent anger we store up in our psyche. Patience is in fact unexpressed anger.

We are taught to express patience and suppress impatience, by not getting angry.

Managing anger or impatience by suppressing it means that eventually it will manifest in to the physical as an

illness or a dis-ease. We effectively become a patient of our patience.

To break the patience-impatience cycle and dilemma requires a third way of responding, which is the fulfilment of our 'service'.

Once we are being 'served' or fulfilled with our service, we are receiving everything that we ask for and we are waiting for nothing.

We are 'in service' and being 'serviced' once we are waiting 'on' our knowing that every thing that we have asked is already being delivered.

When we are filled full of the fulfilment of knowing that we have everything that we ask for, patience and anger are no longer required. We are waiting for nothing, and waiting on everything arriving.

Without patience, impatience or anger, fulfilment is guaranteed.

God's Promise is to give us everything that we ask, even before we have asked. Our promise is to ask and to become fulfilled.

Angry & Mad

Anger is a violent reaction to losing our emotional power or believing that our emotional power is under threat and about to be taken from us.

Anger is driven by an unconscious belief that our power is derived from what we need emotionally.

Once we know that our power comes from being who we really are, we no longer need to react in anger, because this is not who we really are.

Angry people are seen as the villains of society when in fact they are the victims of society's false beliefs about power.

Our society believes that power comes from knowledge, status and financial wealth. Logical thinking then assumes that anger is created through ignorance, low self-esteem and lack of money.

Rational thinking people believe anger to be a reaction created by the inability to control one's emotions.

Managing anger therefore became a pre-requisite of the rationally intelligent, upper ruling class and wealthy aristocracy.

Anger is being mad due to a lack of emotional power.

Insanity is being mad due to a lack of rational authority.

Sanity is conforming to the normal authority that our society approves of as being acceptable.

We are certified mad or insane when we do not conform to the rules, etiquette, beliefs, ethics, morals, standards and laws of our society created by the authority of its ruling classes. That is of course unless one has status, wealth and intelligence, in which case madness is renamed as eccentricity.

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.

Antibodies & Antigens

- Semantically, bodies are live cells & antibodies are dead cells. Live cells have genes and dead cells have antigens. A physical pathogen or pathos gene semantically means an emotional meme or a mental mood, historically called a miasma, which is a noxious influence.
- Scientifically, dead cells are antigens that are removed by antibodies. When antigens are removed by antibodies they are called pathogens, which are assumed to have killed the cell, making antibodies, and killed the gene, causing antigens.
- Metaphysically, a physical gene denotes the existence of the influence of a mental meme (blueprint), with the experience of an emotional mood. An emotional experience indicates the positive or negative polarity of the mental influence, stored as a physical memory called a gene. A negatively influential mental meme causes the negative experience of an emotional mood, stored sub-consciously as the existence of a physical gene in a cellular body.
- Logically, the body's natural self healing ability, to eliminate negative moods caused by negative memes, occurs when cells with negative genes are replaced with new cells with positive genes; newly influenced

by the creation of positive memes with positive moods.

This regenerative process of natural healing has been scientifically mistaken as a viral mental belief or influence called a virus; as it is believed to be the negative influence of an external pathogen causing negative antigens, with insufficient antibodies, requiring an external intervention of a stimulating vaccine. The symptoms of a healthy body naturally detoxing on a physical, mental & emotional level have been negatively interpreted as a viral infection, with the dis-ease of a disease called influenza.

Summarily:

- Negative beliefs or memes are negative mental influences
- Negative moods or feelings are negative emotional experiences
- Negative genes are the physical affect of a pathogenic existence

Infections are antigens (negative genes) existing in antibodies (negative cells) that the body is designed to efficiently & effectively eliminate as waste through the physical existence of the positive mental influence and the positive emotional experience of natural self healing.

Anticipation & Cipation

I am being in Cipation when I'm flowing freely in alignment with my true choice and authority.

It is being in the flow, in the gap, in the now and in the zone.

Anti-Cipation is following the authority of or being in alignment with the choice of someone else.

Flowing in alignment with another is always against my own natural flow of life and will deplete my sense of space.

Anticipation is the consideration of something before its proper time in natural order.

When I am anticipating something arriving in the future, I am not focused in the present moment of time and therefore out of alignment with my true choice for that moment of now.

Anticipation is living my future reality in my present moment of time.

Emancipation is setting my Self free from the authority and choice of another, whether it be from slavery, subjection, dependence or any other controlling influence in my life.

Emancipation is the shift from being attached to the power and authority (emotional needs & beliefs) of others, to becoming connected to my own True Power & Authority – My Soul.

Recipation is my recipe for a successful life.

Anticipation & Expectation

Expectation is my belief that what I do not have right now will turn up in the future.

Focusing on my expectation will not bring me what I expect. It will bring me what I am focusing on, my expectation in the future.

My expectation will always end with disappointment when it is not in alignment with my Soul's choice.

When what I believe will turn up in the future is a 'knowing' then it is my Soul's choice, I know it is my Soul's choice, and there can be no disappointment. I don't expect it to arrive, I know it will arrive.

Anticipation is the positive feeling of what I know will occur in the future.

A positive feeling is my Soul intuitively telling me that this is a good growth experience and a positive outcome.

Anticipation is the feeling of emotionally resonating with my Soul's choice.

When I resonate at the level of my Soul's desires, I have the power to manifest them.

Expectation has a duality called disappointment.

Anticipation has no duality. It is an emotional sign of imminent arrival.

Expectation requires patience and tolerance, anticipation has gratitude and appreciation.

Apathy & Sympathy

Sympathy, being sympathetic or being in sympathy with means:

“Resonating with the same female negative energy as another”.

Apathy, being apathetic or being without sympathy means:

“Resonating with the opposing male negative energy to another”.

When we are being attached, inclusive and irrational, we are being in sympathy with another.

When we are being insensitive, disconnected and unemotional, we are being apathetic to another.

The state of being apathetic is seen as being uncompassionate when it is actually being unsympathetic.

The state of being in sympathy is often mistaken for compassion and wanting to alleviate the suffering of another.

Wanting to alleviate the suffering of another is the consequence of resonating with the victimhood of another.

This never alleviates suffering but increases the suffering for both people who are resonating in sympathy for each other's victimhood.

Compassion is sharing our passion with another. Our passion is always a positive contribution, not a sharing of our negative energy.

We have negative sympathy for another but positive empathy with another when we are being compassionate.

Apocalypse & Armageddon

An Apocalypse is a revelation or a 'lifting of the veil'.

Armageddon is the 'final battle between good and evil'.

Apocalypse and Armageddon are often confused, possibly because it will take an almighty lifting of the veil before the final battle between good and evil is fought.

The 'Veil' is the illusion of duality that exists in this physical world.

When the illusion of duality is lifted, I will overcome this relative dual reality existence.

When I overcome the duality of good and evil, I will fight my last battle and lift the veil that creates the illusion of relative dual reality existence.

I will then understand that fighting evil creates evil and strengthens the power of evil.

Good & bad (evil) are just opposing perspectives of the same energy. They are a duality. When I focus on one, the other becomes stronger in opposition to it.

Once I remember that good & evil are the same energy, I know that I battle in vain and the battle can never be won.

The final battle of good and evil will be declared with the understanding and acceptance of what is, not victory.

Armageddon is just one milestone on my Apocalyptic Journey of Revelation that is my Life Path and my Destiny.

An unawakened Soul that is lost and confused within the realms of relative dual reality may well see their Armageddon as a victory of light and good and an Apocalypse as an evil disaster created by the darkness.

Apostles & Disciples

A Disciple is a follower, a student and a learner.

An Apostle is a leader and a messenger. One who goes forth with a message.

The message of the Christian Apostles was the Gospel of Jesus, which as leaders of the new christian church they took to the people.

What the Apostles were teaching was their version of the 'Good News' of Jesus.

What the Disciples were learning as students of Jesus that makes them Disciples rather than Apostles is the real message that Jesus heralded.

The Gospel of Jesus, the good news that Jesus as a Messiah shared is that: "You too can Be like me".

Jesus lead by example of who he Is, and the Disciples followed his example.

Jesus was guiding and supporting his Disciples to learn to Be like him, to follow their own path and fulfil their own mission in life.

Jesus never directed his Disciples to do anything other than to learn to hear their own messages (the ears to hear) and follow their personal vision for life (the eyes to see).

Jesus knew that the unawakened could not hear his message.

Without the eyes to see and the ears to hear, even the Disciples could only listen to his Parables and stay confused and lost.

Appeasement & Conflict

Appeasement is a false peace that denies or avoids conflict.

Conflict is the absence of peace. Whenever we have opposing dual realities, we will experience conflict.

This dual reality world is ideally constructed in order to experience all possible aspects of conflicting, opposing realities. Whenever two aspects of our Beingness are in opposition there is the potential for conflict within our self.

A peacemaker has mastered the art of appeasement. Managing conflict through appeasement results in a passive conflict or a 'cold war'.

A cold war is still a war and opponents are still in conflict.

The greater the conflicting views, the greater the need for appeasement and compromise.

When conflict is avoided, it just lays passively dormant waiting for the opportunity to express itself in a 'hot war' that seeks to annihilate the conflict that has not been confronted.

Once we confront our opposing views, we overcome the need for both conflict and appeasement.

Appeasement & Vanity

Vanity is seeing one's self as being perfect.

Appeasement is tolerating one's self as being imperfect.

Vanity is the need for false self-esteem based on the belief that perfect, good looking people are lovable and imperfect or ugly people are unloved.

When we learn to love our self, we are learning to appease all the imperfections that our ego self represents.

Once we have learned to love or appease our imperfections, it becomes easier to love or appease the imperfections of others.

Our path is not to accept the personality and character of our individual imperfections.

Our path is to approve the attributes of our Soul as a reflection in our Self. (We accept what we do, we approve of who we are being.)

It is our path to become who we really are, our true Identity, not to tolerate through appeasement who we are not.

Vanity is seeing our perfection as acceptable.

Appeasement is seeing our imperfection as acceptable.

Approving of who we really are is a feeling of the highest emotion that we can attain.

We attain the approval of our Soul when we attain the attributes of our Soul, instead of being a reflection of the character and the personality of our vain and appeasing Self.

Appointments & Plans

An Appointment is where I want to be in the future.

It is an intention to meet.

A Plan is how I am going to get there.

It is what I intend to discuss at the meeting.

Not all meetings are planning meetings and not all appointments are planned.

When appointments are part of a plan, they become an expectation that can become a disappointment.

The Divine Plan is expansive growth. It is not planned. It is my Destiny.

I can plan for my plan to be divine and tolerate my fate or I can allow the divine plan to unfold and accept my destiny.

My appointment with destiny is not planned.

Planning to be divine can lead to disappointment.

Allowing my appointments to be met is the best plan.

It is my intention to embrace my destiny with every divine appointment.

What makes the divine plan divine is that I have no need to plan it my Self.

Appreciated & Appreciating

Being Appreciated is an emotional need.

I need to be appreciated by other people for what I do for them or for what I give to them.

When other people appreciate what I do for them, they meet my need for emotional energy.

When other people do not appreciate what I do for them, it drains my emotional energy and demotivates me.

Being appreciated motivates me to do more things for other people.

Being Appreciating is a Divine Attribute.

When I am appreciating who I am Being, who I am appreciating (my emotional state of being), appreciates and grows.

When I am appreciating what I have in the present moment, what I currently have grows and appreciates in the future.

When I am appreciating of what I am doing, the benefits of what I am doing grow and appreciate for me.

When I am Being Appreciating, I am growing, and when I am growing, I am appreciating who I am growing into, and who I am growing into appreciates and grows.

Being Appreciating of others allows others to appreciate me.

When others appreciate me, I have no need to be appreciated, because I am.

When I know that I am appreciated, I have the power to be appreciating of my Self.

My Soul is always in Appreciation of its Self.

Appreciating & Promoting

Promoting is growing in status and stature.

Promoting my Self is elevating my status to a position of recognition by others.

Promoting my business is getting the recognition of the status of my products and services to a potential consumer.

Promoting my products and services is getting a potential customer to recognise their value. It is called marketing.

Appreciating is growing in value and worth.

Whatever grows in value and worth appreciates.

I appreciate whatever grows in value and worth.

Other people appreciate in me those aspects of my self that have value and worth to them.

As my value and my worth appreciates, what I have to offer others appreciates in value and worth.

The purpose of self development is personal appreciation.

As I appreciate myself, my Self appreciates and grows.

The level to which others appreciate me is directly relative to the level of my self worth and the degree to which I appreciate my Self.

Appreciating my Self is Attraction in Action.

The more that I value my Self, the more attractive I become to other people.

The less that other people value myself, the more that I will need to promote myself.

Appreciation & Gratitude

Gratitude & Appreciation are both essential tools for creating my chosen reality.

When the focus of my thoughts is carried on the emotion of either gratitude or appreciation, it carries those thoughts into my future.

Failing to be in gratitude for what I have, diminishes my focus and depreciates what I have.

It is often said that: “We do not appreciate what we have until we lose it”.

The way I eliminate something from my reality is to not give it another thought.

Being in appreciation for something acknowledges the expansive growth that has been attained by or with that something.

When I appreciate what I have in my present, it appreciates, expands and grows in my future.

What I am in gratitude for, repeats itself in my future. I maintain what I have with gratitude.

What I am in appreciation of, grows, expands and appreciates in my future.

I appreciate what I have when I appreciate what I have.

Appreciation & Interest

I am interested in whatever meets my needs emotionally.

Whatever fails to motivate me emotionally, I am not really interested in.

My interest grows as I become more and more emotionally fulfilled and enjoy what I am doing.

My interest wanes as I become more and more emotionally drained and disillusioned with whatever is occurring.

I take no interest in whatever bores me and depletes my emotional energy.

Only whatever raises my emotional energy is of Interest to me.

I Appreciate whatever has True Value in my Life.

Whatever has true value in my life allows my appreciation and my growth.

As my personal growth appreciates, I appreciate the growth of my personal Self.

When I am not growing and appreciating, I have no interest in life, because I need appreciation and I do not appear to have it.

When I need appreciation, I lose interest in what I am doing because I think that I am not appreciated.

I look for appreciation from others because my appreciation of my Self is missing.

My Appreciation is of mutual Interest to my Self and to my Soul.

Argumentative & Disagreeable

Argumentative is being in conflict with someone else's perspective.

It is forcing my perspective in opposition to another's perspective.

It is verbally declining another's perspective in favour of my own.

Argumentative people need to be right and need others to see reality from their perspective.

Disagreeable is the ability to disagree.

I agree when I share another's perspective.

I disagree when my perspective is different to another's.

When I agree to allow others to see life from their own perspective, I agree to disagree.

I can disagree without being argumentative.

I agree that their perspective is their perspective and my perspective is my own, even though our perspectives disagree.

Being disagree-able allows me to say no without being in conflict and with no argument.

Aspiration & Inspiration

Inspiration is our highest emotional power.

Aspiration is our highest thought of mental authority.

Our aspirations require inspiration in order to manifest as our reality.

When our aspirations come from the will of our ego self rather than the authority of our higher Self or Soul, we will lack inspiration and require motivation instead.

We are motivated to aspire to the height of our ego self's desire.

We are empowered with inspiration, when following the aspiration of our Soul.

Our Soul inspires our Self to become like our Soul.

Our Self aspires to become the image or likeness of our Soul.

“Aspiration without Inspiration will result in perspiration”

We cannot inspire others to follow our authority. We can only aspire to connect others to their own inspired authority.

I aspire to the heights of my ego's desire & I aspire to succeed in physical life.

A 'spire' is the peak of Man's physical achievement in the 'cathedral of life'.

Whatever is without the 'breath of life' will require aspirating.

Whatever is with the 'Breath of Life' is Inspirational.

Inspiration enables empowered action.

I am inspired to become the highest expression of my Self.

I am inspired with a magnitude of emotional power.

Inspiration is the 'Breath of Life' that comes from the core of my Being.

Inspiration is my Soul breathing life into my Self.

Aspiration is the will power and determination I require to succeed in my material goals.

Inspiration is a Divine Attainment that ensures an effortless journey on my unrestricted Path through Life.

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.

Assist Or Help

I Help someone to try to do what they are failing to achieve.

I help others to solve their problems & meet their challenges.

Nobody ever needs any help to take their opportunities.

Though, they may need assistance to see their best course of action is an opportunity.

I can use my experience & knowledge to help other people to live life my way.

This will never assist them on their own path.

Nobody ever needs any help to get off track.

Assistance may be necessary to get someone back on track.

I Assist someone by hearing their messages.

I assist someone to connect to their own power.

I assist them to see their own direction.

I assist them to clarify their own intentions.

I assist someone to see what is right for them.

I assist them to know intuitively their right choice.

I may give advice to help another or I can advise another to see their path with my assistance.

An Assistant always follows the choice of the Master.

A Helper tries to lead the way by helping.

Attached & Connected

We are spiritually connected to souls of our own Monadic Group.

We are emotionally attached to people who meet our emotional needs.

Our spiritual connection to another is eternal.

Our emotional attachment is a drama that we are acting out in this life-time.

Attachments are due to magnetic attraction.

Connectedness is Pure Attraction.

All souls are connected at the Soul level. Souls of the same Monad or Monadic Group are most similar, most alike and most attractive to each other. When a member of our own soul group comes into our life for the first time, it is as though we have known them for all eternity – which we have.

Attachments will align us with our fate.

Being spiritually connected is our destiny.

Being either Attached or Connected is an important distinction within a Coaching Relationship.

When I am attached to a client, it is because they are meeting an emotional need of mine. It is my emotional need that attaches me to a client.

When a coaching relationship is meeting my emotional needs, it is not empowering and will develop into a co-dependent relationship.

Co-dependent relationships are not developmental.

An attachment is an emotional need.

I am attached to a relationship by my need to have the relationship, whatever that emotional need may be.

When I connect with my client, I harmonise with their energy in a benign and beneficial way.

When the connection is mutually beneficial, it is empathic and compassionate.

When the connection is sympathetic or apathetic, it is negative and mutually detrimental.

When I am disconnected with my client, I am being aloof, insensitive and unemotional.

When I am attached to my client, I am being inclusive, too emotional or irrational.

When I am exclusively-connected to my client, I am being sensitively-detached and emotionally-intelligent in a rational way.

Who I am being in relationship to my client is always my choice and my responsibility.

Attainments & Attributes

Attainments are perspectives of TRUTH.

Attributes are perceptions of LOVE.

Attainments are our highest mental beliefs.

Attributes are our most positive state of emotionally Being.

Attainments are what we are here to do.

Attributes define who we are.

Attainments allow us our authority.

Attributes approve of our power.

We attain our highest force of authority through our thoughts.

We attribute our greatest magnitude of power via our emotions.

Attainments are our mental capacity (IQ).

Attributes are our emotional competence (EQ).

We attain perspective through revelation.

We attribute perception to inspiration.

Attainments are tools of manifestation.

Attributes are aspects of realisation.

Attributes and attainments answer the questions: “Who am I” and “Why am I here”?

Attributes and attainments are the power and authority that form the foundation of our personal creative ability.

An Attribute is a state of Being that we are experiencing in a particular moment of time.

An attribute is a gift that we express to the world, in the present moment of time.

An Attribute is a particular state of being that is attributed to us in the present moment.

An Attainment is an aspect of our True Identity that we have achieved or attained by and through our own experience.

The paradox of Attributes & Attainments is that we have to be them to do them, and we have to do them to be them.

We have to attain the attribute in order for the attainment to be attributed to us.

We attain our Attainments by Being the Attributes that are attributed to us.

Acceptance is the attainment of Being Accepting.

Accepting is the attribute of attaining Acceptance.

When what we are doing is who we are being, we have attained an attribute of our Divinity.

When I am being Accepting whilst accepting what is given, then I have attained Acceptance.

Attainments & Standards

A Standard is a level of behaviour that has been achieved and is regularly expressed.

An Attainment is a level of Being that has been attained and can be consciously chosen.

I act or react according to my standards of behaviour. My standards are the level of behaviour that I find acceptable.

Who I am being whilst I am doing what I am doing is determined by my level of attainment.

The emotional state of being that I have attained will determine my power to choose how or what I do and the standard to which I do it.

The higher my level of attainment, the more power I have to consciously choose what I want to occur and how I choose to respond to that which is occurring.

My standards are a 'have to'. They are the standard to which I believe that I have to aspire.

With the attainment of sufficient power, I have the ability to choose my actions and my responses in each and every moment. I no longer have to conform to any standard.

Attraction & Magnetism

Magnetism has a fixed polarity. It is created when all the atoms in an element spin in the same direction – they become magnetic.

Polarity means direction. Polarity becomes evident when energy flows through elements in the same direction – as with electricity through a copper wire or magnetism through an iron bar.

Magnetism and electricity are the same force (energy) acting tangentially to each other. This means that when we turn the energy flow at a ninety degree angle, magnetism becomes electricity and vice versa.

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

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

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

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

Polarity is created by direction. Direction of spin creates a positive or a negative magnetic polarity relative to our perspective. When we change our perspective – look from the opposite direction - the direction of spin appears to reverse. Thus a clockwise spin seen from the north will become an anti-clockwise spin seen from the south, even though the direction of spin has not changed.

Attraction is neutral, which means that it has no polarity. It just is a Divine Perspective.

Attraction & Promotion

I promote my business to attract new customers.

I promote myself to become more attractive.

I promote my business to attract new customers, so that my business can make more money.

I promote myself to become more attractive and in so doing attract more attractive people.

I promote my business through a process called Sales & Marketing.

I promote my Self through a process of Personal Spiritual Development & Growth.

I get confused when I promote my Self in Business.

Promoting my Self in Business may meet my emotional needs and make me friends (business acquaintances) and through my network of friends, I may gain more custom, but it will never make myself more attractive.

When I am promoting myself in business (networking), I am just advertising myself as part of my business, which may or may not appear attractive to potential clients.

I Attract with my Heart and I Promote with my head.

Our super-conscious Soul communicates through our heart, from the core of our Being.

Our sub-conscious Id communicates from our programmed memory.

When we choose from our ego, we will encounter resistance from our Id.

When we choose from our heart, we will be inspired and empowered.

When we promote, we will require motivation.

When we attract, we are empowered.

We attract with Divine Power and Authority.

We promote with the authority of our ego and the power of our will.

To promote, we take positive action and to attract, we allow positive outcomes.

To promote, we are required to produce results.

To attract, we are required to accept the results.

Attracting & Promoting

In a dual reality world of cause & effect, promoting is the cause and attracting is the effect.

When attraction is by promotion, they are the same energy and are seen as the same action.

Promoting is what I do to attract what I want.

Promotion is hierarchical.

I promote my Self to appear better and to be seen higher up the hierarchy.

The higher I appear to be, the more status I appear to have and the more attractive I appear to be.

Beyond the world of dual reality, attraction is a state of Being.

It is not what I do that makes me attractive but who I am being.

By the Law of Attraction I always attract like energy to my own state of being, irrespective of how much I try to promote myself.

Being attractive and becoming more attractive is a state of appreciation and gratitude of what I already have.

Promoting myself is a statement of being without what I think that I need.

Promoting myself to being better than others by seeking a higher status than others is never attractive.

Promoting my Self puts myself before my Soul and disconnects me from my true source of Attraction.

Attractive & Magnetic

Pure Energy is Attractive.

Pure Energy is Attractive to similar pure Energy.

Divided energy is magnetic.

Divided energy is magnetically attracted to become whole, undivided and pure.

Pure Attractive Energy is undivided by wavelength, frequency or vibration.

Energy is differentiated by its wavelength and frequency. Its combination of wavelength and frequency determines its vibration.

Opposing wavelengths of the same frequency are magnetically attracted to each other.

Opposing wavelengths are the same wavelength viewed from opposing perspectives.

Space appears to give frequency a direction. Opposing directions and frequencies are just a perspective of Time. A pure unopposed frequency will combine with a pure unopposed wavelength to create a pure vibration of Energy that is whole and Divinely attractive.

Like is drawn unto itself by the Law of Attraction.

Opposites attract each other magnetically.

Authenticity & Credibility

Authenticity is a measure of believability and trustworthiness.

What I believe to be authentic, I believe to be genuine and I trust it.

I mistrust whatever I believe to be false or disingenuous.

My authenticity is a measure of my authority.

Authentic authority is believable and able to be trusted.

Other people have confidence in my authenticity.

Credibility is a measure of my power to elicit trust & believability.

What I believe to be credible does not disempower me in any way.

I am empowered by my own credibility and the credibility of others.

My credibility is a measure of my emotional power.

Credible emotional power has great value & worth.

My ability to be authentic & credible determines my authority & power to beneficially influence others.

Authenticity & Integrity

Authenticity is choosing with Authority.

Integrity is being in my Power.

When my authenticity is authentic, it comes from my true authority.

When my integrity is in integrity, it connects me to my true power.

My authenticity is authentic when it is in alignment with my Soul.

When my authority is in alignment with my Soul, I connect to my true power. When I connect to my true power, I am in integrity.

Authentic means: “In alignment with my Book of Life”, of which I am the Author.

Integrity means whole and undivided.

My ego Self may have the dignity of conforming to the standards of my personal beliefs and principles, but I will only be in integrity when I am undivided from my authentic state of Being.

My dignity is a matter of my personality and character.

My Authenticity & Integrity are my True Identity, who I really am.

Authority & Choice

My Authority is my ability to make a Choice.

Choice is an authorised ability.

My ability to choose is authorised.

When my choice has my highest authority, it is empowered.

Without my highest authority, it will require my will power to achieve it.

My highest authority is my Highest Self.

My Soul authorises my Self in alignment with my vision and my purpose.

With my Soul's authority, my choice is inspired.

The choice of my Soul empowers and inspires my Self.

Power & Authority are inseparable from my Soul's perspective.

What is authorised by my Soul is empowered by my Soul.

What is chosen by my ego self is powered by my ego's will.

My ego is authorised to choose although it will not always make authorised choices.

The choice of my Self is only authorised when in alignment with my Soul's choice for my Self.

I can only attract what my ego wants with my Soul's agreement.

My Soul's Agreement is my Vision & Purpose for my Life.

Authority & Influence

We do not have authority to make choices for other people.

We can only influence the choices made by other people when they give their authority away to us.

We all have choice. This is the authority of the self to choose and our authority to choose for our Self.

We all have the potential ability to make our own choices and we realise our potential through making choices.

Freedom of choice is our authority to choose and is our Divine Right. It is God-given.

What limits our ability to choose is the influence of other people, especially other influential people.

We are influenced from birth by the choices that other people make.

Other people seek authority over us, so that they can influence our decision making.

When we take away another's authority to choose for themselves, we take away their power.

When we give away our authority to the influence of another, we deny our Self our True Power.

Without power, whatever authority we follow, we can never fulfil our potential ability.

Our Potential Ability is the product of our own personal Power and Authority that is accessed by connecting exclusively to the 'Influence' that is available from our Inner Coach.

Authority & Power

We all have the authority to be divine, but few have the power.

We all have choice. Choice is our Divine Right, and with choice, we have Authority. We all have the authority to choose.

The only thing that limits our choice is not knowing what to choose.

Not knowing what we want limits our choice and takes away our authority.

No authority equals no power.

When we exercise our Divine Authority, we automatically connect to our Divine Power.

Divine Authority is the choice of our Soul and the Power of our Soul is Love.

Our Soul has infinite love for Life and infinite Power. The Soul is Omnipotent.

With infinite Love and eternal Light, the Soul has continuous Life in both physical and spiritual form.

When we make the choice of our Soul, we are empowered with the Divine Power of Love.

When we make the choice of our Self, we will have to rely on will power. which has no Divine Authority.

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

With power and authority, we are enabled to choose.

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

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

When we feel no emotion in either a positive or a negative way, we have the authority but no power. Making this choice will result in much effort being required and we will need an external form of motivation to achieve it.

Without our emotional power, we are not empowered with this choice and without third party assistance, we will almost certainly fail to achieve our objective.

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

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

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

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

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

Automatons & Zombies

An Automaton is a person who acts mechanically or leads a routine, monotonous life. An Automaton believes that their body is an organic machine, which runs automatically until it becomes sick, ill, diseased, damaged or broken. When not able to operate at full capacity, the Automaton checks in with a doctor or physician for a regular service and diagnosis of faults. An Automaton expects its physician to keep its physical body running efficiently, in the same way that it expects a garage mechanic to service their car. The philosophy of an Automaton explains their reality by referring to causally determined external forces of a material nature, which are seen as their problem requiring someone else's solution. An Automaton is programmed to work at full capacity to alleviate the monotony of a boring life.

A Zombie, like an Automaton, is an apathetic person who appears to be lifeless and lacking in independent judgment, to the degree that they are on a fatal path of morbid mortality towards an inevitable demise. A Zombie is an Automaton with a contagious disease that can affect other Automatons. Automatons are therefore programmed to fear Zombies and avoid their prognosis of a slow & painful death. A Zombie is programmed to suffer the pain of an incurable disease under the conditions of social exclusion, emotional trauma and mental drama; whereas an Automaton is either programmed to suffer the pain of

insufficient pleasure or is driven to meet their continuous need for their own personal addictive desires.

The antidote for both the Automaton & the Zombie is a healthy dose of an emotionally intelligent, exclusive connection to their own source of spiritual guidance & support.

Bad or Good

Good is a positive belief or judgment about something we want or choose. We choose what we want because we believe it is good for us.

Bad is a negative belief or judgment about what we don't want or choose to have. We choose not to want or have something that we believe is bad for us.

Good and bad are a judgment based on our positive or negative beliefs that are based on our perspective of any given situation.

Nothing is inherently good or bad for us. Whether we want something or not is a matter of our positive or negative perspective in that moment of time.

What was good for us in the past may become bad for us in the future, based on the situation and the perspective that determines our belief.

When we change our perspective, we change our belief and we may make a different discernment based on our new perspective or situation.

The ability to choose allows us the ability to change our mind and therefore our perspective.

A good situation or circumstance is seen from a positive perspective. A change in situation or circumstance will

change our perspective from being positively good to becoming positively bad or vice versa.

Bad situations are seen as evil and evil is a situation that is seen as bad. It is seen as an external force that creates bad situations, circumstances and occurrences.

There is no malignant force for evil, only our choice of perspective.

Balance or Growth

My ego self seeks balance and harmony.

My Soul seeks expansive growth. My Soul knows that it can only grow expansively by being out of balance with its Self.

My ego self seeks balance in all things so as to come into harmony with my Soul.

My Soul is always in balance as there is no duality in which to become unbalanced. My Soul is always in harmony with my Self. It is through my Self being out of balance and therefore not in harmony with my Soul that allows the greatest expansive growth of my Soul.

The challenge for my Self is to be out of balance with Life, whilst remaining in harmony with my Soul. My Journey by necessity will take me out of balance so that My Soul grows with my expansion, as I then harmonise with my expanded Soul, I bring my Self back into Balance. I cannot overcome the dual reality of physical life unless I have first experienced both extremes of the contrasting duality.

My Soul cannot experience the perfection of my balance and harmony until I have found the harmony and balance for my Self.

Balance, Harmony, Equilibrium

Balance requires a neutral perspective.

A neutral perspective is undivided by polarity & makes no judgment.

It allows life to evolve as an opportunity.

Mental balance has no limiting beliefs or fears.

Harmony requires a united perception.

An harmonious perception is undivided by emotional gender.

It feels the purity of what is.

It approves the character & nature of all life.

Emotional harmony has no attachments or emotional needs.

Equilibrium requires freedom of choice.

The freedom to choose my perspective and how I perceive it to really be.

It accepts that whatever turns up in life is my choice.

Equilibrium is the product of balance & harmony.

It causes no dramas, just pure a experience of life.

Bargain & Negotiate

To Bargain is to get the best deal for oneself. When I have the best deal for my self, I have a bargain.

Bargaining, by definition, is a selfish action. I am getting the best deal for me.

Getting the best deal for me is about winning the sales contest and being the best trader, which is greed.

Driving a hard bargain is asserting one's authority over another, which is arrogance.

Needing to get the cheapest deal at a bargain price, or make the most profit, is driven by a scarcity mentality.

Bargaining 'bars gaining' because it involves the sins of pride, gluttony, greed and arrogance.

To Negotiate is to get the best deal for both parties or all parties in a transaction.

The best deal for me is the deal that my Soul deals for me.

My Soul is Truly Selfish, will always negotiate the best deal for both parties and all concerned, and will never negotiate a bargain.

My Soul always negotiates resistance and entropy effortlessly.

I fail to negotiate successfully without the co-operation and agreement of all concerned parties.

Behaviour & Motivation

My behaviour is determined by my beliefs.

I am motivated by my emotional needs.

When I am not motivated by what I need emotionally, I will have to use will power to succeed in my goals.

Without clearly defined goals, my behaviour will default to my habits and routines.

My habits, routines and addictions will inhibit innovative behaviour and my ability to set new goals. When my goals are not aligned with my emotional needs, I will need external motivation to achieve them.

As my behaviour is driven by my beliefs, which also create my emotional needs, I will rarely have sufficient emotional power to do what I truly value.

My behaviour determines my character.

My emotional needs determine my personality.

My True Values are an expression of my True Identity.

When aligned with my True Authority and doing what I Truly Value, my behaviour becomes empowered and inspired and no motivation is necessary.

Being Brave & Being Fearless

Being Brave is conquering fear.

I fight fire with fire and I fight fear with fear.

I conquer fear by fighting fear.

The harder I fight fear, the more power I give to it.

When I fight fear, I eventually lose.

I am fighting fear with my own will power.

Eventually the fear overcomes the will, no matter how brave I am.

Being Fearless is the way to confront fear without conflict.

When I confront fear without conflict, I overcome it and become fearless.

When I overcome all my fears, I become fear free.

Moving from fearful to fear free requires me to first become fearless.

Fear is a false belief that is blocking my way.

I overcome a fear by confronting it with my truth.

My True Self is empowered and my Truth has the power to overcome & dispel all fear.

Being & Doing

When Being & Doing are a duality, I need to find the Balance, the 3rd Way.

The 3rd Way is the Balance that unites and incorporates both aspects of a duality.

I cannot Do without also Being.

I cannot Be without also Doing.

When I am aware of who I am Being whilst I am Doing whatever I am doing, I have found the 3rd Way and attained Balance.

It is not choosing between Being & Doing, but being in balance by being aware of who I am Being, as well as being conscious of what I am Doing.

This requires Presence.

When my conscious action aligns with my awareness of who I am, I am in Harmony with my Self & my Soul.

My Self is interested in what is happening in my life.

My Soul is interested in who I am Being whilst it is happening to my Self.

When my Self & my Soul come into alignment, I attain the Balance Between Being & Doing.

Being God & Playing God

Playing God is a drama. Playing God is playing the role that we think that God is playing. It is a reality where God creates everything that occurs in life.

When I play God I create what is occurring to other people in my life. I assume responsibility for what happens in the lives of people over whom I have influence. This drama requires a state of judgment, greed, wrath, pride and many other sinful attributes.

Being God is a state of Beingness that is Divine.

Divine states of Being are attained by overcoming the sins and virtues of physical life.

Being God is attained with the creation of my own personal reality and by taking responsibility for the reality that I am creating.

Living in someone else's reality is not divine.

Being God is taking responsibility for creating my own reality.

Playing God is taking responsibility for creating other people's reality.

God doesn't play God.

God just Is.

Being Good & Doing Good

Being Good & Doing Good are not the same thing.

Being Good is vibrating with an emotional state of being that is good for me.

A state of being that is good for me resonates with my higher Self and my true identity.

Being Good has no duality of being bad.

In absolute reality it is not possible to be bad.

Doing Good is an act of doing what I believe is good for other people.

I can never know with certainty what is good for other people, only for my Self.

Doing good for other people can always be seen as bad from a different perspective.

My Soul is interested in my Self being Good, not doing good.

Being Good is an expression of my appreciation & growth.

Doing good is an emotional need.

Belief & Faith

Belief is driven by experience of Self or experience of others.

We believe whatever we experience to be true or whatever we have been told by our peer group to be true.

Belief in religion is conforming to the accepted beliefs and morals of a particular religion.

Belief in science is conforming to the accepted beliefs and laws of a particular science.

Belief in philosophy is conforming to the accepted beliefs and ethics of a particular philosophy.

We accept the beliefs of others whose reality is closest to our own experiences of life.

We believe in our beliefs because we believe them to be true.

We trust our beliefs but trust and faith are not the same thing.

Faith is following an intuitive path.

I am faithful to what I know to be my truth.

I am faithful to the feelings of my positive emotions.

I am faithful to the inspired revelations that I can see to be in alignment with my vision for life.

My Faith is an intuitive sense of Beingness that connects my Self with my Soul.

My beliefs are true for myself.

My Faith is the Truth of my Soul.

When I am faithful to my Soul, I am full of my Soul's Faith.

Faith is knowing what I want that is right for me to guide me on my path.

Belief is thinking with the knowledge of experience of our self and others, in order to choose the best solution to a problem.

Our beliefs determine our behaviour. We take action according to what we believe the outcome will be.

When we believe that an outcome will be favourable, we act accordingly. We avoid taking action when we believe that the outcome may be unfavourable.

Our beliefs create uncertainty and the existence of chance and risk. Chance creates luck and luck or bad luck becomes our fate.

Our beliefs create our fate and therefore our beliefs become our fate.

Our thoughts draw unto us the experience of our focus. Therefore what we believe to be true becomes our reality and our reality endorses our beliefs about what is real.

Faith is knowing that I have a chosen path in life.

Faith is knowing that all possible paths exist and all realities are possible.

Faith is knowing that reality is not fixed and constant but fluid and expansive, and it is knowing that we follow our destiny with effortless flow, balance, harmony and equability.

When we Know that everything is possible then miracles not only become a reality but become our way of living a miraculous life with faith.

Beliefs & Deductions

Neither Beliefs nor Deductions are Thoughts.

Accessing beliefs from my sub-conscious mind and consciously making deductions are both forms of rational thinking, but they are not thoughts.

My sub-conscious beliefs are what I have been told to be true or what I have personally experienced to be so.

My beliefs are my truths that create my reality, which is what I believe to be real and true.

My deductions are what adds up for me in the future based on my knowledge of what occurred in the past.

I deduce what is best for me in the future based on what has happened to me in the past.

When my deductions of what will occur in the future actually occur, they confirm my beliefs about the past.

When my deductions prove to be false and they do not materialise, they force me to re-evaluate my beliefs.

The fact that reality is continuous and sequential allows me to accurately deduce the best possible outcome for my Self.

The future is consequential and a direct manifestation of my beliefs and my deductions. What I think to be real continually manifests as my reality.

Thoughts create a new reality. Thinking by deduction in line with my beliefs maintains my existing reality. It reproduces my past reality into my future.

Beloved & Devoted

Devoted means following the authority of another. I am devoted to the one who gives me confidence and direction. My Devotion to the authority and path of my Soul will empower me. My devotion to the path of another will disempower me and I will need their power to motivate me.

Self-devotion is following the will of my ego self, which is vanity and will be in vain.

Being devoted to another is not a good strategy.

Beloved means connected to my emotional power.

I am beloved by the one who values me with clarity.

I am beloved by my Soul.

My Soul is my connection to my emotional power.

When I am beloved with another who is also beloved, we are both connected to the emotional power of our Souls.

Two beloved empowered Souls share their love with a compassion that expands and grows exponentially.

Two devoted followers need their leader to motivate them as their emotional power is divided between them and is diluted in a contractive way.

Beneficial & Detrimental

Nothing is inherently detrimental.

Everything is potentially beneficial.

All is created in balance.

A system that is in balance is in harmony with everything else.

When something is in harmony it is beneficial.

When it is out of balance it becomes detrimental.

It is detrimental when it is out of balance with everything else.

The purpose of a dual reality world is to allow the experience of balance & harmony with all things.

Duality also allows systems to become out of balance and out of harmony.

It allows beneficial systems to grow and become more benign, whilst also allowing systems to be detrimental and malignant.

Balanced atoms and molecules are most beneficial.

Balanced bacteria & viruses are benign.

Balanced organisms are harmonious.

Being out of balance & harmony is detrimental.

Benign & Malignant

Malignant means mis-aligned or badly aligned.

When I am badly aligned, I am not aligned with the Truth and my Soul.

The truth is that this is bad for me when it is not what I want.

When mis-aligned and not guided on my path, I am not spiritually growing.

For an awakened Soul, this is not good.

Benign means beneficial, kindly and good for my Self. What I experience as beneficial and good is what I want.

My spiritual path in life is the way of a kindly Soul. It is the Path of Goodness.

My spiritual path is the expansive growth of my spiritual energy – my Consciousness, which is always Kindly and Benign.

Cancer is a symptom of chaotic growth at a cellular level, which I experience to be malignant.

It is the chaos of too much dis-order and an external sign of my internal disconnection from my Truth.

Cancer is never Benign. My Soul is never Malignant.

Better & Bigger

Bigger & Better are not the same thing.

Bigger is not always better. It is often less simple.

In my life, simpler is usually better.

A simpler life is simply better than a complicated life.

As opportunities appear to get bigger and bigger, so do the challenges and the problems.

Bigger problems are not better than smaller problems.

Opportunities for growth do not come in different sizes.

They are just opportunities for growth.

Growth is about being good enough, not big enough.

Big opportunities offer the same potential for growth as smaller opportunities.

Big opportunities have a higher potential to become problematic than small opportunities.

I am required to discern what is big enough before I can experience what is good enough for me.

Beware & Be Aware

I Beware what I fear.

To Be Aware is to respect. I have respect for Life when I am aware of the potential of my Life. I have respect for gravity when I am aware of its potential to keep me grounded.

I do not fear gravity, I fear my inability to resist falling off a cliff. I beware standing at a cliff edge.

I have respect for fire when I am aware of its potential to cook my food and keep me warm.

I do not fear fire. I fear my inability to be safe from fire. I beware of getting burned.

I have respect for wild animals when I am aware of their potential to enjoy life.

I do not fear wild animals. I fear their irrational behaviour that may harm me. I beware being attacked by an animal that I believe to be wild.

When I become Aware of what I Beware and fear, I have the awareness to change my consciousness and own a better belief about my life.

I Beware my limiting beliefs until I become Aware of my Truth.

Bias & Preference

Bias is a prejudgment called a prejudice. A prejudice is biased in favour of what we judge to be right or wrong, good or bad, beneficial or detrimental for ourself. With a relative dual reality perspective of life, I am biased towards opposing genders of emotional energy and like polarities of thought energy. My biased choices, by definition, will put me out of balance with my true preference.

Preference is a sovereign choice. I am a sovereign entity when enabled by my own preferred choice. I prefer to make my choice as a sovereign entity than to follow the influence & bias of an external authority. Preference is a choice of those who prefer to follow their own inspired authority.

Preference is an empowered personal choice, whereas bias leans in favour of others.

Bias & Prejudice

I am Biased in favour of something.

I am Prejudiced against something.

Bias & Prejudice are the natural effect of choice, in a dual reality world. Duality allows choice, which causes bias or prejudice. When I am biased in favour of warm weather, I am naturally prejudiced against cold weather. In favour of warm weather, I favour cooler weather when it is hot and warmer weather when it is cold. Bias & prejudice are a duality of energetic polarity, which is the consequence of a choice of direction. When I choose this direction as favourable, it is because I believe that direction to be unfavourable.

I am always biased in favour of what I believe is the best choice for myself. This means that I will appear prejudiced in the view of an opposing perspective. When I favour the light or white, I am prejudiced against the dark or black. When I am biased towards feminine characteristics or female gender, I am prejudiced against male or masculine energy. Being seen as racist or feminist is a prejudice in the eyes of another because of one's own personal bias. Whatever I am naturally biased towards may be seen as an unnatural prejudice against them.

Bias has always been a subjective choice, whereas prejudice has become an objective, and objectionable, judgment. I discern what is best for me based on my subjective bias. Others may judge what is bad for them based on their objective prejudice.

Opposing choices are the natural order of a relative dual reality world. We are naturally drawn to favourable vibrations of energy. The Law of Attraction ensures that like energy unto itself is drawn. Whether we like it or not, we are naturally drawn to the energies with which we similarly & sympathetically resonate. Whether we like an energy or not is just a matter of personal perspective.

It is personal perspective that determines whether there is a bias towards or a prejudice against something, anything & everything. This is the nature of the polarity of our mental & emotional energy. It is the nature of the gender of our energy to work in opposing ways.

Whereas a masculine perspective of character may oppose or repel a feminine perception of personality, male energetic gender may find its opposing female gender very attractive. Male & female energy are biased towards each other because the same vibrations of energy always seek to resonate in harmony, irrespective of their gender.

Feminine characteristic beliefs are prejudiced against masculine characteristic beliefs because they have a different polarity, which orients them in an opposite

direction and makes them appear to be unattractive. Both are biased in favour of their own direction of perspective.

Whether I am biased in favour or prejudiced against something, I am attracting it as an issue because I am resonating with the same vibration of thought energy as someone else's agreeable or disagreeable perspective.

Every frequency of thought energy has a wavelength of emotion that is either pulling in a positive direction or resisting in a negative direction. This means that I am either biased in favour of an experience or prejudiced against it, depending on how I currently feel.

When I make a choice, which appears biased in favour of someone else, it is always favourable to myself. That is the nature of personal choice. Nobody ever knowingly makes a prejudiced choice, only ever a biased choice. Nobody is ever prejudiced against their self. I am always biased in favour of myself, whether my choice is conscious or not.

I am only ever prejudiced from the perspective of someone else. When other people tell me that I am prejudiced against them, I may agree with them or disagree with them, depending on my choice of bias. All the time that I experience choice, there will be bias and when my choice of perspective has a polarity, there will appear to be prejudice. Prejudice is just a negative perspective of bias and bias is just a natural choice for myself.

Accepting other people's bias is the way to overcome prejudice.

Bind & Bond

A Bond is a Spiritual Connection.

A Bind is an emotional attachment.

My spiritual connection empowers my Self with a True Value.

My emotional attachment motivates me to get my needs met.

I am bonded by the sensitivity of my spiritual connection.

I am bound by the inclusivity of my emotional attachments.

Sharing a bond is an inter-developmental relationship.

Sharing a co-dependent need can be a bind.

I am bound to a binding marital contract.

My spiritual partnership is a personal bond.

Being bound by my word is a limitation and creates my boundaries, which are a bind.

Being bonded by my truth is inspiring, revealing & empowering in its expansiveness.

Blessings & Curses

What I consider a virtue & good, I see as a blessing.

What I consider a sin & bad, I see as a curse.

Our experience of the dualities of good & bad, sins & virtues, blessings & curses, has led us to create a duality of god & the devil.

The devil is responsible for creating everything in our life that curses us, and god is credited with creating everything in our life that blesses us.

Because what is seen from one person's perspective as a curse can be seen from another person's perspective as a blessing, proves the reality that god and the devil are the same energy or persona perceived in either a positive or a negative way.

The devil is seen as a negative perspective of the truth, whereas god is seen in a positive light.

The belief that "One man's meat is another man's poison" endorses the fact that in our experience, we all create our own individual, unique and exclusive reality. We receive neither blessings nor curses from God, only our own free will and choice, which includes the ability to choose to believe that blessings and curses are an act of god and the devil.

When an experience is positive it meets an emotional need, raises our energy, and is a blessing but when an experience is negative it creates an emotional need, drains our energy, and is a curse.

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

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

Sensitive people feel the effects of other people's action because they are neither contained nor insensitive to what others are doing.

Detached people who are insensitive will deny that blessings and curses exist because they have no awareness of how other people affect them emotionally.

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

With sensitive-detachment we become transparent to the emotional actions of others and immune to their blessings and curses.

Without sensitive-detachment, blessings and curses will have a positive or negative effect on our path, and will be seen as good or bad depending on our perspective.

Bliss Or Joy

Bliss is the essential nature of the Soul. The Soul exists in an eternal state of Bliss.

Bliss is not an attainment but the natural state of the Soul. The essence of the Soul is Bliss.

I come from a state of Bliss into physical reality and I leave physical reality and return to a state of Bliss.

I come into physical reality to experience Joy. Joy is the physical experience of pure emotion. Joy is the bliss of physical experience and the experience of my spiritual emotional power in physical reality.

Joy really is a very powerful emotion.

Bliss is an absolute state of spirituality that is beyond power, emotion and reality.

Joy is an emotional state of being relative to physical contentment and mental fulfilment.

Joy is the emotional feeling of being Happy with the reality that is being physically experienced. It is the physical feeling of Soulful Bliss.

As a spiritual Being enjoying a physical experience, I feel the happiness of pure Joy.

As a spiritual Entity being Spiritual, I experience my Blissful nature. The nature of Bliss is essential Spirit that essentially allows three different choices:

- I can choose to be a spiritual entity having a spiritual experience in physical reality, called Absolute Bliss
- I can choose to be a spiritual Being having a physical experience in physical reality, called Pure Happiness
- I can choose to be a physical Human Being having a relative experience of physical reality, called pain or pleasure

Happiness is the spiritual attainment of physical contentment, mental fulfilment and emotional joy.

The experience of Bliss allows no physical contentment and no mental fulfilment because there is no reason, meaning nor purpose to experience spiritual bliss in physical reality.

Bothering & Caring

Can I be bothered to care?

When I have the patience, I care.

When I am impatient, I am bothered.

A patient carer tends my needs.

A bothered carer tolerates my needs.

My needs are a bother and a toleration to an impatient carer.

A carer who can't be bothered, doesn't apparently care.

A carer who isn't bothered, apparently doesn't care.

A carer who is bothered, is apparently not patient enough.

Bothering the patient is not a caring thing to do.

A villain bothers a victim.

A hero cares for a victim and bothers a villain.

Heroes need patience, villains are angry, victims need care.

Boundaries & Customs

Customs are the standards of acceptable behaviour by a particular society.

Boundaries are the standards of acceptable behaviour expected from people outside that society. We put up boundaries to ensure that other people conform to our standards of behaviour. We put up physical boundaries to ensure that people who do not conform to our acceptable behaviour are excluded from our society.

We employ Customs & Excise to police our boundaries and borders to keep out foreign, unwanted aliens who do not exercise our customs. As we cross the boundaries of our territory and visit a different society we encounter different customs.

“When in Rome” means to accept the customs of the society within whose land we are visiting.

When we eliminate boundaries, we no longer need customs, and people become free. When we eliminate customs, we no longer need boundaries because our customs are our boundaries.

The boundaries that we impose upon our self to keep us safe, will eventually keep us secure within a prison of our own making, as is currently the custom of ‘civilised’ society.

Boundaries & Standards

My Boundaries define the extent of my comfort zone. They define the standards of behaviour that I deem acceptable by other people.

My Standards define my opportunities for personal growth, which extend my comfort zone. I excel with the achievement of my own acceptable standards.

Unless I own my standards, I cannot own my boundaries. When I accept another's standard as my boundary, I do not own it and it becomes an adopted standard. Adopting other people's standards inhibits personal growth, which limits my comfort zone.

Unless I own my boundaries, I cannot own my beliefs. I believe what other people tell me is true and I have no boundary to protect me from their transgressions.

Unless I own my beliefs, I cannot have a true perspective. My true perspective always aligns with my own true beliefs. A true belief is one that I own because I believe it to be true.

My standards & boundaries are relative to my beliefs & perspective. I either own them or they own me. As I change an old belief for a better belief, I change my perspective to allow a better standard of behaviour for myself and more acceptable boundaries with other people.

My most excellent standards are evident when my boundaries are most extensive. My most extensive boundary is my most excellent standard.

Bravery & Courage

Following our fate requires bravery and courage.

Enduring the pain and suffering of our fate will require much bravery and courage.

When we follow our fate, pain and suffering are inevitable.

Pain and suffering are the inevitable consequence of our journey through a world of relative opposing opposites, which includes suffering both pain and pleasure.

We require the false power of courage when following the orders, authority and choices of another without question.

We require bravery, which is the false authority that we give our self, when being motivated by the power of other people.

When we awaken to our Destiny, and forgo our fate, bravery and courage are no longer required.

When we follow our own True Authority, we have the wisdom of knowing our own path, and no courage is required.

When we are connected to our own True Power, we aspire to be empowered with our own inspiration, and no bravery is required.

Bravery and courage are used to overcome fear by suppressing negative thoughts and emotions.

When we follow the Way of Love, there is no fear, there are no limiting beliefs and only Pure Emotion is experienced.

“Pain and pleasure are inevitable, suffering is optional”.

Breaking-up or Breaking-down

When something breaks down it stops working effectively.

When something breaks up it stops being unified.

When a relationship breaks down it effectively stops working for one or both partners. The partnership is no longer meeting the needs or intended purpose for one or both partners.

Broken relationships can be mended. Co-dependent relationships may benefit from the services of a trained mediator, such as a coach or counsellor, who will overhaul the relationship and get it working again.

When a relationship becomes irretrievably broken-down, it leads to divorce or permanent separation and the marriage is broken-up legally and finally.

In an inter-developmental partnership, a break-down is seen from a different perspective as time required in temporary separation for both partners to review their vision and purpose.

The break-down is seen as a temporary break-up for their mutual benefit. They both know that their partnership is 100% secure and time apart is necessary for the individual healing process of both partners.

It is not that the inter-developmental partnership has stopped working effectively but that the relationship is working too efficiently to expose the work that is required to be confronted. Too many lessons and shifts presenting them self at one time can put an individual or both partners into chaos.

A temporary separation of soul-mates may be essential to uncover any unhealthy attachments and to work through any unmet emotional needs and uncover any fears or false beliefs that exist sub-consciously hidden from view whilst the partners are united.

A temporary break-up or separation is beneficial and preferential to a break-down that leads to a permanent break-up and divorce.

Business & Laziness

Business & Laziness are a duality.

Business is driven by the belief that laziness is a sin.

Busy people believe laziness to be a sin and busy-ness to be a virtue.

The traditional deadly sin is sloth, not laziness.

Laziness is being still or idle.

Sloth is the state of not following one's personal path of development & growth.

Business for most people means following someone else's business development path.

Busy business people are busy making sure that their followers are following their direction and not being idle or following their own direction.

Business people use/employ employees in useful employment to produce & improve profit.

Business loves profit and abhors laziness.

It does not tolerate its employees following their own path and doing their own thing.

Sloth is the sin of all diligent business people who wish to keep their business on track and in alignment with their own personal vision for its success.

Business, the state of being busy ensures that neither sloth nor laziness are ever tolerated.

I do not need to be busy following my own path.

In reality, I am usually too busy to follow my own path.

I cannot follow my own path by being lazy.

I can flow effortlessly along my own path of personal development when I am still and hear my inspired revelations and messages of direction.

Careers & Professions

My Career is my journey through my working life.

When I career through life, life works.

My Profession is the type of work that I profess to do.

I have a life of work that is my career.

It may be in just one profession or it may involve my participation in many different professions.

During my career, I profess to having been a Hotelier, an Innkeeper, a Leisure Development Manager, a Consultant and a Life Coach.

My Soul is concerned with my career, not my profession.

The purpose of my working career is to give my Self the opportunity for Self Development.

This was the case and is the case both before and after I awakened to my spiritual path in life.

Who I profess to be professionally is of no apparent concern to my Soul.

Who I am actually being as I career through my working life is the sole concern of my Soul.

Caring & Kindness

Kindness is being like someone else. We are their kind of people and they are our kind of people, because we are alike.

Kin like each other, share what they have and like the same things, because they are the same kind of people.

We care about people that we like. People that we do not like, we do not care for.

The duty of care is an obligation to look after our own kin and our own kind. It is born out of the belief that when we look after our own kind, our own kind will look after us.

Kindness is often confused with generosity. Our kind is very giving to our kind, because we give generously to those who care for us and care about us.

We believe that the more that we give, the more that we get back, when we give generously to our kind of people.

We believe a generous kind of person to be kind and generous.

We care for people who meet our emotional needs because they are kind and our kind of people.

The kind of people who meet our emotional needs are deemed to be caring and are considered to be friendly and our friend.

Uncaring people are unfriendly and not like us. They are unkind, untrustworthy and we do not care about them because we do not need them emotionally.

Cause & Affect

- Every Cause has an Affect
- Every Creation is an Effect

I subjectively cause an objective affect and I adjectively effect a creative creation. I cause every affect and I affect every cause. Whatever I effect I create without a cause.

The real objective is to subjectively take responsibility for every affect that I cause and every cause that I affect. Cause and affect are the same thing perceived from opposing perspectives. Creating an effect has no duality of perception.

I experience the affect of whatever I cause and I cause the affect of that which I am experiencing.

- Whatever affects me, I experience subjectively
- Whatever I cause, I experience objectively
- Whatever I create, I experience adjectively

Creativity has a certainly beneficial effect. I cause negative affects by default. I never default creatively. I cause destruction with a negative affect.

- Chaos causes the affect of entropy
- Entropy causes the affect of resistance
- Resistance causes the affect of a negative perspective

- Negative perspective causes the affect of a negative belief
- Negative beliefs cause the affect of fear
- Fear causes the affect of chaos

It is my fears and limiting beliefs that cause the affect of a chaotic experience in my life. It is the true value of owning my own core beliefs that authorises, empowers and enables my creative experience of an effortlessly, ideal, beneficial and divine life.

- Negative beliefs cause negative behaviours
- Negative behaviours cause negative experiences
- Negative experiences endorse negative beliefs

Whatever I fear, I will encounter as a negative experience because:

- Negative experiences affect negative behaviours
- Negative behaviours affect negative beliefs
- Negative beliefs endorse negative perspectives
- Negative perspectives cause negative experiences

Challenging & changing a negative perspective to a positively beneficial perception, allows the divine effect of ideal experiences, behaviours, beliefs and intentions to be effortlessly, effectively & efficiently created.

- Affects are affectively infectious

- Effects are certainly effective
- Creativity is effectively creative
- Pursuing a cause is never effective

Cause & Create

I Cause an Affect

I Create an Effect

I am affected by what I cause

Being creative is effective

Cause happens by me and the affect happens to me

Creativity happens as me and the effect flows through me

Mentality is the cause and physicality is the affect

Imagination is creative and emotionality is effective

Effects are emotional

Affects are physical

I sense the affect of a cause with my physical senses

I sense my creative effects with my intuitive senses

I react to the experience of negative affects

I respond to positive experiences effectively

I can experience the affect of what causes life

I can create the experience of an effective life

Certainty & Uncertainty

Uncertainty is knowing that we do not know.

Knowing is a certainty. It is without doubt.

Embracing uncertainty is not embracing doubt. It is embracing our knowing that we do not know.

In the absence of knowing, we require faith.

When we know with knowledge, we have a certainty that has overcome doubt.

When we know with Knowing, we have faith because our certainty of knowing has overcome our uncertainty of not knowing.

When we truly know, we know that the only certainty is that uncertainty exists.

Without uncertainty there would be no challenge to Life.

Without uncertainty there is no positive or negative choice.

Without choice and uncertainty, there is no opportunity for growth.

Without opportunity for growth there is no purpose for Life.

Certainty & Uncertainty are a duality of polar opposites.

They are opposing directions on my journey through life.

When I am certain of my uncertainty, my uncertainty becomes certain.

When I am uncertain of my certainty, my certainty becomes uncertain.

Either way, I get lost, confused and very frustrated.

Whatever has both certainty & uncertainty in my life is divine for me.

Choosing between a duality is never a good idea.

My providence is certain to be provided but how, what & when is uncertain.

My authenticity is certainly in my Beingness, but who, why & where is uncertain.

My Vision is certain and clear even though its attainment is uncertain.

My True Values are certain even when my ability to experience them is uncertain.

The only thing that is truly certain is that my choice makes uncertainty certain.

Chaos & Order

We create order in our life to avoid our problems becoming chaotic. We believe that an orderly life is problem free because a chaotic life is full of problems.

Chaos is an accumulation of too many unresolved problems.

Order does not solve problems, it systemises them. When our life follows the same order, we create the same reality, and only create problems that we know that we can solve.

Order does not avoid problems, it creates solvable problems.

Whether we choose order or chaos, we still encounter problems.

The difference between order and chaos is the number and magnitude of the problems that we are currently faced with.

Effortless flow in life has no order and no chaos. Life just flows without resistance encountering orderly-chaos and chaotic-order.

A problem-free life, without chaos, lies in the direction of our challenges and opportunities, that are beyond the safety, security, and order of our 'comfort-zone'.

Character & Personality

My Character is determined by my beliefs.

My beliefs determine my perspective of reality.

My perspective of reality determines what I am tolerating in life.

My character is a reflection of the problems and tolerations that I am facing in life and my ability to tolerate and live with them.

My lack of character is seen as my inability to cope with and to tolerate the problems that I am experiencing in life.

My Personality is determined by my emotional needs. My emotional needs determine my perception of what is possible. My perception of what is possible is limited only by my emotional power.

My personality is a reflection of who I need to be in order to get my emotional needs met.

My lack of personality is seen as my aloofness or inability to relate well to other people because I do not depend on them to meet my needs emotionally.

My True Identity is beyond the limitations of my Personality & Character.

Charge & Force

Force & Charge are not the same thing.

Force is a measure of the frequency of pure energy.

In absolute reality, pure energy is undivided and is neither strong nor weak.

In relative duality, energy can have a choice of charge, which is either strong or weak, or any strength in between.

Particles are classified as having a charge with either a strong or a weak force when there is no distinction between force & charge.

Charge is the measure of the force or frequency of polarised energy.

Energy that is divided by frequency has a charge with either a positive or a negative polarity.

Energy that is divided by wavelength has a charge with either a male or a female gender.

A male or female charge is measured as a cost to the purity of the whole.

Force may be experienced in three different ways; as the charge of its polarity, the cost of its gender, or the expense of its intensity.

Choice & Feeling

Feeling & Choice are the two 'Abilities' of a relative duality world. They are the Prime Duality of Life.

Feeling is my ability to process emotion.

Emotion is the wavelength of my Consciousness.

Choice is my ability to process thought.

Thought is the frequency of my Consciousness.

Feeling is emotional and choice is mental. I am a mental and an emotional Being in physical form. This is my Spiritual Reality.

My feelings are centred in my Heart.

My choice is centred in my Mind.

The Heart of my Mind and the mind at my heart is my Soul.

My Soul knows no duality without the experience of my Self.

My feelings determine my Power.

My choice determines my Authority.

Authority + Power = Ability. The ability to feel and to choose.

This is the formula for overcoming a Dual Reality Life.
Feel the choice and choose with feeling.

Choice & Option

When an option is a choice, there is no distinction.

One option is not a choice. Two options are required to have one choice.

With only one option, I have no choice. There is nothing to choose between. Having only one option is a deception and a false reality.

There is always more than one option. We always have choice. We live in a world of contrast, choice, options and infinite possibilities.

When I believe that I have no choice, I am deceiving myself and denying or ignoring my other options.

Two options are a dilemma, which means I will have difficulty choosing between the two.

With 3 options, I am 'at choice'.

I can only be at choice once I have clearly identified three distinct options.

With 3 options, my choice is clear and has distinction.

With multiple options, I will be confused.

When I reduce my options down to three, I can then choose with clarity.

My best choice is always my 3rd option.

Choosing & Wanting

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

Wanting something we already have is ownership. Wanting something we do not have is desire. Desiring ownership is wanting to possess something which we may see as either good or bad.

Choosing is attracting something to us by the action of our thoughts. We discern our path of travel and direct our journey in life as we move towards the subject of our thoughts.

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

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

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

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

Choice does not discern between right and wrong that is wanting and not wanting. Wanting and choosing are not the same thing.

Similarly, not wanting is not the same as not choosing. There is no such thing as no choice – we all have choice, whether we choose it or not.

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

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

Our Ego Self always chooses to have whatever it wants.

The Ego wants what it believes that it does not already have.

When the Ego chooses what it does not already have, it gets more of what it does not already have, and will continue to want it.

When the Ego chooses not to have what it already has, it hasn’t yet seen the gift of what it has and why it has it.

All Life experiences are sent by the Soul as an opportunity for growth. Once we have accepted the gift of learning there is no reason for us to choose it again or for the Soul to want the Self to experience it again unless it chooses to. We do not need to give it another thought.

What we do not want and find unacceptable to receive, our Soul will continue to choose for our Self. Until we face our fears they will continue to show up and our limiting beliefs will continue to limit our growth.

When we focus on what we do not want in our life, we put more of it into our future.

When we choose to have what we already have, we put more of what we have into our future.

When we consciously want what we have, we are in gratitude for what we have and are choosing more of the same to be in our future.

The Ego Self always has choice but doesn't always get what it wants.

The Ego Self always gets what its Soul wants for its Self, which is the opportunity for personal spiritual growth and development.

When the Ego chooses what the Soul wants for its Self, then it arrives very quickly.

The Soul never withholds what is beneficial for its growth and development.

When the Ego wants what the Soul chooses, life flows effortlessly with abundance.

When the Ego chooses what the Ego wants then life encounters, entropy, hardship and resistance.

When the Ego wants and chooses what the Soul wants and chooses then new opportunities arrive instantly.

Cleanliness & Godliness

“Cleanliness is next to Godliness”.

But what is Cleanliness?

Cleanliness is Divine.

Being clean is the opposite of being dirty.

Being clean is not Cleanliness when it is in opposition to being dirty.

Pure Cleanliness has no opposing duality.

I always have 3 choices and the 3rd choice is always divine.

I can be not clean enough (dirty), I can be too clean (fastidiously obsessive), or I can be clean enough.

When I am clean enough, I attain Cleanliness.

When I am too clean, I am in opposition to dirtiness.

My personal standards of cleanliness will determine whether I am too clean or too dirty.

True Cleanliness is an attainment not a standard.

Standards require a personal judgment, attainments require acceptance.

True Cleanliness is the Purity of Being and the Purity of Thought that is attained when I connect to my True Power & Authority of Godliness.

Coaching or Therapy

Therapy is for people who have become a victim of their own belief system.

Coaching is for people who have awakened to their destiny.

Coaching is for people who have chosen to take responsibility for creating their own lives.

Therapy is for people who believe that other people have created their incapacity.

Coaching is for well people who choose to get better.

Therapy is for ill people who want to get better.

Therapists believe that they have a cure for all people's ills.

Coaches believe that we all hold the blue-print for our own destiny.

Therapy provides a quick fix to overcome problems.

Coaching guides and supports the alignment of opportunities for personal spiritual development and growth.

Co-existence & Co-operation

Co-operation is sharing the same reality as another.

Co-existence is sharing a life of differing realities with another.

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

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

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

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

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

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

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

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

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

True co-operation has no followers or leaders. It is when two or more partners follow their own lead in mutual co-operation.

Mutual co-operation requires both partners to create the same reality by making the same choices based on their similar perspective of life. They both lead and follow the true path of their lives together.

Commitment & Loyalty

Loyalty is my commitment to a person, a group or an entity.

Commitment is my loyalty to an objective, a cause or an intention.

Loyalty & Commitment raises many questions in my life:

Is my loyalty to other people or myself? Is my commitment to my ideals or others? Is my loyalty to my ego self or my Soul? Is my commitment to my ego's will or my Soul's Path? Is my loyalty to those who meet my emotional needs or to the source of my emotional power? Is my commitment to those who have influence and status or to the source of my true authority?

Is my loyalty to the desires of my ego's will or the vision of my Eternal Soul? Is my commitment to the beliefs of my ego self or the truth of my Higher Self?

The focus of my loyalty and my commitment determines the direction of my path and whether I am loyal to my destiny or committed to my fate.

Compassion & Care

Compassion & Care are not the same thing and are often confused.

Care is providing for the needs of another.

Compassion is sharing a true value with another.

When a patient needs to be cared for and the carer needs to be needed, this is compassionate care in action.

When the patient no longer wants to be cared for or the carer no longer cares, there is no compassion present.

Caring with compassion occurs when co-dependent needs are being successfully met by mutual consent.

A carer who doesn't need to be needed may not care.

A patient who no longer needs care no longer needs a carer.

When one or both parties do not care, there is no compassion.

True compassion requires both parties to be in empathy with each other, not one in sympathy with another.

Compassion & Empathy

Compassion is the attainment of being sensitive to the situation of another.

Empathy is the attainment of observing another's path with detachment.

Compassion is my female perception.

Empathy is my male perspective.

Compassion has a polar opposite of sympathy.

Empathy has a polar opposite of apathy.

Sympathy is sharing another's negative state of being.

Apathy is refusing to acknowledge another's negative dramas.

Compassion & empathy are gender opposites of the same energy of Sensitive Detachment.

It is the energy of relationship and how I relate to other people and share their experiences.

I share a positive experience of emotional power with compassion.

I share a thought of positive mental authority with empathy.

I share a negative emotional experience with sympathy and a negative thought with apathy.

Compassion is sharing the passion of the Soul.

Empathy is sharing the desire of my Soul.

Passion is the female power that accompanies the desire of male authority.

The passionate desires of the Soul are enabled by a balanced gender.

The compassion & empathy of the Soul allows my expansive growth.

Sharing expansive growth is expansive, exponential sharing.

Compassion is the Self grounding the essence of the Soul in physical reality. It is realising the spiritual essence of the Soul in physicality. Expressing the essence of the Soul is being with compassion. Compassion is the expression of the Soul's essential nature.

Sharing compassion with another is resonating at the Soul level of conscious-awareness with that other person.

Namaste is the acknowledgement of shared compassion.

I have compassion with another, I have sympathy for another and I have apathy against another.

Sympathy is contractually & contractively sharing the trials, tribulations, tolerations and negative perceptions of another.

Apathy is the disconnected denial, or divisive sharing, of one's own drama with another. Being apathetic to an issue attaches me to that issue, whether I deny it or not.

Empathy is my acceptance and approval of whatever is occurring as an opportunity for personal development & spiritual growth.

Compassion is my detachment from the intensity of someone else's emotional drama. This allows my sensitivity to the divine nature of another, whilst remaining in alignment with the divine nature of one's True Self.

Compassion is attained through a divine connection with the Soul, not an inclusive attachment to another person. When inclusively attached to other people, I resonate in sympathy with them. When sensitively detached in relationship to another, I am able to share my compassion. I do this by seeing the oneness of our Selves through the perspective of the Soul.

When exclusively connected with my Soul, I empathically align with my life-path or destiny. I have empathy with another when my path is in a similar alignment to theirs. I empathise with another when I recognise that their current path is a reflection of my own.

My exclusive connection to Source allows my empathy to flow with authority and my compassion to flow with power. My empathy is a force of authority and my compassion is a magnitude of power. My compassionate Soul empowers the authority of my empathic Self.

Empathy is the positive emotional pathos of poignancy. A poignant moment allows a clear perspective of the present direction that allows mutual spiritual growth.

The Soul guides, shows & directs the way with empathy.

The Soul supports & provides for the journey with compassion.

Compassion & Empathy are the personal emotional experience of being connected to one's own exclusive power & authority.

Empathy means resonating in harmony with the same positive energy as another, which is the same polarity of energy as another.

Compassion means sharing our passion with another, which is harmonising in resonance with the opposing positive gender to another.

Female positive energy that is connected, sensitive & emotional will resonate in empathy with similar female positive energy.

Male positive energy that is exclusive, detached and rational will resonate in empathy with similar male positive energy.

Female positive energy that is connected, sensitive and emotional will harmonise in compassion with male positive energy that is exclusive, detached and rational.

True Compassion is compassionate empathy, which requires both the polarity and gender of our own energy to be resonating in harmony and communion.

Empathic-Compassion is the attainment of becoming:
Exclusively-Connected; Sensitive-Detached; &
Emotionally-Rational.

Compassion & Self-Compassion

Compassion means mutual sharing.

It is mutually sharing a true value.

Mutually sharing a need or suffering is not compassion, it is sympathy.

Being compassionate is sharing a passion that has true value with another.

Self Compassion is sharing my passion with my Self.

My Soul shares my passion with my Self. I am inner guided to experience my true passion for my life.

Self compassion requires an exclusive connection to my inner coach and my alignment to my true path in life.

As a Coach, my compassion with another requires my sensitive detachment to their exclusive path in life. I cannot guide & support another to follow their path with compassion unless I have the self compassion to follow my own path.

Coaching allows me to align with my passion, which allows me to guide & support another to realise their passion.

Expansive development & growth is the passion that I share with all my coaching clients.

Competing & Participating

I compete to win. I participate to grow.

I compete to win or lose. I participate in life.

Winning & losing are a duality and a drama.

I cannot compete without entering the drama of the competition between the winners & the losers.

Whether I compete against others or against myself, I risk losing in order to win.

Participating effectively in life requires the ability to overcome the duality of winning & losing.

Competition either explores or exploits the inequalities of human character & personality.

Participation is taking my part in the free-flowing effortlessness of life.

Once I have overcome the need to win and the fear of losing, I become a successful participant who cannot lose.

Participating in life is always a win-win situation.

Competing is only good for those who need to win.

Without the need to compete & win, I participate in life as a True Winner.

But, first I have to win the right to participate.

Competing & Winning

Competing is an emotional need.

I am sub-consciously driven to compete.

I compete with others to gain emotional power.

Competing is a value when there is value in competing.

When I need the value from competing, I am already losing.

When I am losing my emotional energy, I am not competitive and I need to compete to regain my energy.

Winning is a true value.

My Soul is a winner not a competitor.

Competitors can lose.

Winners always win.

I do not need to win when I am already a winner.

Winners cannot lose, competitors can.

Winners do not compete.

They participate in winning.

My need to compete will disallow my true value of being a winner.

Completing & Finishing

Completing & Finishing is not the same thing.

The opposite of complete is incomplete, unfulfilled and not whole.

The opposite of finished is unfinished or just started.

What I do has a start and a finish.

What I am doing is either finished or unfinished.

Whether I am finished or unfinished determines the degree of achievement.

Who I am, is either complete or incomplete.

I am being either complete or incomplete.

My state of being determines whether I am complete or incomplete, unfulfilled or whole.

Who I am being is the attribute that I have attained.

What I am doing is the success that I have achieved.

I need to finish in order to achieve and to succeed.

I truly value the attributes that I have attained as complete.

My journey of completion has only just started.

Complex & Complicated

Complicated & Complex are not the same thing.

Life by its very nature is complex, but it need not be complicated.

The opposite of complicated is simple.

The opposite of complex is singular.

What makes life complicated is choice.

Choice turns a singularity into a duality.

The deeper that I get lost in duality, the more complicated life becomes.

Following someone else's path and making their choices, seriously complicates my life.

A singular focus allows a complex life path to be journeyed successfully.

My path is singularly complex, yet attainable with direction from my Soul.

It is simply not complicated when I follow my inner guidance.

A singularly complex path is simply not complicated from my Soul's perspective.

Complicated is difficult, whereas complex requires a different complexion on how I face my life.

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.

Conflict & Confrontation

To Conflict means to be in opposition to.

To Confront means to face up to an issue.

Confrontation & conflict are often seen as the same thing.

Non-confrontation is not facing up to an issue.

Facing up to an issue in a non-confrontational way is an oxymoron.

Confronting an issue in a non-conflicting way is called mediation.

I cannot overcome conflict by avoiding the issue.

Neither can I overcome conflict by confronting an issue in a conflicting way.

When two parties confront an issue with conflicting views beliefs or convictions, they are in conflict.

When two parties confront an issue with openness and a genuine desire for clarity and a common direction, they are keen to moderate their perspective.

Choosing between two opposing choices is judgment not mediation.

Mediation is finding the median, the balance, and the agreement of a mutually acceptable third way.

We require courage to overcome the conflict of fear.

We require the Light of our knowing to confront fear.

When we fight what we fear it grows.

When we confront our fears they disappear.

We need to be motivated and driven to find the courage to face conflict.

When we confront our fears, we become empowered by Love.

We confront fear by challenging a negative emotion that is being created by a negative belief.

When we fail to confront our fear it will take us into conflict.

When we confront and change our belief, we alter our perspective and create a positive belief that we flow with, instead of a negative belief that offers resistance and conflict.

When I have no distinction between confrontation and conflict, they are the same experience.

When conflict and confrontation are the same experience, every situation in my life that I am confronted with will become a conflict.

Whenever I am confronted by a problem in my life, it is in conflict with my ideal world.

In my Ideal World, there is no conflict and there are no problems.

In my Ideal World, I confront every issue in life without conflict.

I am able to confront life without conflict when I see every situation that occurs in my life as an opportunity to grow.

When I confront my opportunities for growth, I appreciate and grow and my opportunities appreciate and grow.

When I appreciate my opportunities for growth, my opportunities appreciate, and I grow effortlessly.

When I confront life with an attitude that is trying to solve the problems in my life, I am in conflict with my life and life becomes confrontational because my attitude is confrontational not opportunistic.

Until I have identified and defined the duality of my confrontation and my conflict, I cannot find the 3rd Way that is my opportunity.

Connected & Attached

I am Connected to the Source of my emotional power.

I am Attached to whatever I need emotionally.

I am connected to my Heart at the Core of my Beingness.

The core of my beingness is my True Essence.

My true essence is emotionally powerful when expressed.

When I fail to express the true essence of who I am, I disconnect from my emotional power.

Disconnected from my source of emotional power, I need emotional energy.

I meet my need for emotional energy by attaching myself to whatever feeds my need for emotional energy.

My emotional energy needs become an attachment that I am emotionally attached to.

I attach myself to sentimental objects or best friends because they meet my emotional needs.

At the Soul level, I am connected to everyone & everything.

In physical reality, I live an illusion of spiritual separation.

As my true essence, the Soul, no attachment is necessary.

My Soul is never disconnected from its Self.

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.

Conscience & Intuition

Conscience is my sub-conscious programming.

My conscience is a sub-conscious programme that has been taught right from wrong. It is my system of inner judgment.

When I do what I have been taught to be wrong, it weighs on my conscience.

When I do what I have been taught is right, I believe my conscience to be clear.

My conscience has clarity once I have cleared all my fears & my limiting beliefs.

Intuition is my super-conscious guidance.

My super-conscious mind guides my Self intuitively.

It sends me messages of guidance & support along my life path.

It is never judgmental & always beneficial.

Conscience determines my will power.

Intuition connects me to my true feelings.

Conscience is learned. Intuition like instinct, is inherent.

I am conscious of my conscience.

I am aware of my intuition.

Consciousness & Reality

Consciousness perceives Reality.

Through my 5 physical senses, my conscious Self perceives conscious physical reality.

Through my 3 spiritual senses, my conscious Self is aware of my spiritual reality.

Through my physical and spiritual senses of material and non-material reality, I expand my conscious-awareness.

Consciousness is who I am.

Reality is who I perceive my Self to be.

I am not my reality. I am Consciousness creating, exploring, discovering and experiencing reality.

Reality is a creation of Consciousness.

Without Consciousness being me, there is no reality.

Without Reality, Consciousness just Is.

Reality allows Consciousness to expand.

As Consciousness expands, Reality evolves.

The evolution of Man is a changing reality that is an illusion of an expanding Consciousness, as seen from a physical perspective in Time & Space.

Time and Space is a creation of Consciousness in order to experience a changing, growing and expansive Reality.

Conscience & Science

Conscience means against science.

Science is a logical, rational perspective of the world.

What is against science, and opposing the scientific view of the world, is a religious view of the world, which is irrationally attached and inclusive.

Science seeks to prove what is true in an unemotional, insensitive and disconnected way.

Religion seeks to convey what is right.

A religious perspective of what is right, is translated from scripture as what is believed by faith to be morally correct for all Men.

The church, and religion, upholds the standards of human behaviour that are called morals.

What I consider to be morally right becomes my conscience.

My conscience 'pricks' me when I do something that I consider to be morally wrong.

What is morally right (moral) or morally wrong (immoral) is the belief of my church with which I have been indoctrinated.

I am a prisoner of my own conscience when it inhibits me from exclusively connecting to my own faith.

My moral standards become the boundaries that define my comfort zone that inhibits the opportunities for my personal spiritual development and growth.

Considerate & Inconsiderate

Inconsiderate is the term that I give to another whom I believe has not considered my situation and acted accordingly.

I believe that their inconsideration is due to their lack of consideration.

Consideration and inconsideration are a personal perspective and a duality.

It is not possible to consider life from the perspective of another.

I may see another's perspective or point of view when they explain it to me, but it is impossible to go through life considering what reality another chooses for their self.

All that I can consider doing is to presume that all others share my reality, which they do not.

Consideration for others is totally flawed and will often be seen as its duality of Inconsideration.

The paradox is that the more considerate I become of others, the more inconsiderate they will judge me to be.

In consideration of this reality, I choose to be neither considerate nor inconsiderate.

I choose to be faithful to whatever I consider to be my Path.

Being inconsiderate is seen by others as being selfish.

Being considerate is believed by others to be unselfish.

I choose to be Truly Selfish and become my True Self – my Soul.

Contained & Controlled

Our sub-conscious id seeks to contain and control the conscious ego self within the boundaries of our beliefs and emotional needs.

Our beliefs are the railway lines along which our sub-conscious thought travels to meet our emotional needs. Our train of thought is sub-consciously determining how to meet our needs emotionally.

The journey is smooth and uneventful and the train runs on time as long as it stays on track and on schedule. In this analogy, the track is the space we inhabit and the schedule is the time we spend on our journey.

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

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

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

When our routine and orderly life becomes habitual, we get locked into a system that becomes, over time, addictive and obsessive.

We become controlled and contained by our obsessive addictions to getting our emotional needs met, and the sub-conscious 'fat-controller' is on course for chaos and disaster.

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.

Contract or Covenant

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

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

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

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

Both a covenant and a contract are a promise:

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

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

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

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

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

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

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

Control & Influence

When I have no distinction between influence and control, then influence is just a subtle way of controlling someone else.

I influence and control another when they accept my authority and my choice as their own.

When I deprive someone else of their own authority, I also deprive them of their power.

When I have a distinction between influence and control, I will influence others with my power and I will control others with my authority.

My power will always be a beneficial influence on others, whereas my authority will not.

When my ego seeks to influence another, it is just a subtle form of control.

When my ego Self follows the influence of my Soul, I connect to my True Power.

When my ego Self follows the influence of another, I am attached to the control of that other.

I influence another person by sharing my power with them.

I seek to control another when I need their power.

My Soul never seeks to control my Self, it gives my Self unconditional choice at all times.

My Soul knows that the only way to influence my Self is by sharing its Power.

The Power of Emotion is my Soul's Guiding Influence.

Influence means 'flowing with inner wisdom'.

Corporate & Sovereign Entities

A Sovereign Entity is one that has sovereignty over its own choice. Historically, when Sovereigns ruled over their people, only a King or a Queen was the sovereign entity. In modern times, Governments have superseded the sovereignty of monarchs. The term sovereign entity has been passed to a country, not its Parliament. Sovereignty has become misplaced with the abolition of a ruling monarchy because a country does not have sovereign choice and its government is not a sovereign entity.

- A Sovereign Entity has freedom of choice
- A Corporate Entity disallows sovereign choice

Companies make corporate choices on behalf of their owners, not sovereign choices on behalf of their Self.

- A Corporate Entity imposes & rigidly enforces its standards, boundaries & ethos onto all of its employees, including its Directors, as part of their contract of employment
- A Sovereign Entity is free to choose their own standards, boundaries and beliefs, as there is no rigidly enforced Soul Contract

Corporate Sovereignty is an oxymoron. Personal Sovereignty is an anathema to a corporate entity.

When Governments are 'owned' by Corporate Entities, freedoms of sovereign choice are not part of their agenda.

Personal Sovereign Choice has never been part of a democratic political system.

Freedom of Speech, often confused with freedom of sovereign choice, is solely reserved for main stream corporate media companies. The personal views of Individuals are censored when out of alignment with a corporate sponsored government agenda.

- Corporate Directors follow the direction of their corporate ethos (they toe the official line)
- Sovereign Individuals follow the direction of their personal logos (they walk their own talk)

Corporate Directors follow the direction of their corporate owners. They do not decide policy and direction, they implement it.

Corporate Employees are used to carry out the policy of the company. They follow the direction of their Corporate Directors, whom they falsely believe to be the leaders of their company. When an employee defers to their employer's corporate authority, they abdicate their own sovereign choice and please the greed of the entity, which employs them.

It is generally corporate policy to purchase profitable small businesses and merge or indoctrinate them into their corporate policy & ethos. It is also corporate policy to allow unprofitable business competition to be bankrupted by the corporate banking system. It is generally recognised

that the purpose of small business entrepreneurs is to provide the initiative and innovation abundant in start-up businesses, which is totally absent within a rigid corporate procedural operating system. In this way small business enterprises are never in competition with the policy of large corporate entities.

Signing a Contract of Employment with a Corporate Entity ensures that Personal Sovereignty is immediately lost.

Counter-Intuitive & Intuitive

I know intuitively what my intuition tells me.

Intuition is my spiritual sense of knowing, seeing & feeling.

It is my gut instinct, my imaginary visions and my inspired revelations.

I have knowledge of my physical world as experienced with my physical sense of sight, hearing, smell, taste and touch.

Scientific proof requires physical validation and is therefore counter-intuitive.

Rational thought requires logical analysis and is therefore counter-intuitive.

Counter-intuitive thinking belongs in the realm of the insensitive, unemotional, detached and rational observers of the physical universe.

Counter-intuitive feelings belong in the realm of the over-sensitive, irrational, attached and emotionally reactive experiencers of the physical universe.

Intuitive thought requires an exclusive connection to life that is sensitively detached from the accepted view of life and emotionally rational in one's own choice of experience.

An objective view of a subjective physical existence is counter-intuitive.

An Adjective view of Life requires Intuition.

Courageous & Fearless

I am challenged to confront my fears, not experience them.

When I am confronting a fear, I am in conflict with my beliefs.

It takes courage to fight my fears.

It takes intelligence to overcome my fears and become fearless.

I confront a fear by becoming conscious of the belief that is creating my fear.

A fear is always created by a false belief.

‘Feel the fear and do it anyway’ will put me in conflict with my fear.

‘Feel the fear and uncover the cause’ will allow me to confront the belief that is sponsoring the fear.

My fear of heights or my fear of falling is created by my belief that I cannot fly. Until I know, beyond a shadow of a doubt, that I can fly, it would be foolish of me to step over a cliff edge.

It is knowing that I cannot fly that keeps my feet firmly on the ground at the edge of a cliff.

Fear of spiders is a fear of being bitten and poisoned by the spider. Until I know, without a shadow of a doubt, that

the spider will not hurt me, It would be foolish of me to pick it up.

It is knowing that a spider is dangerous that allows me to avoid contact with it.

What I fear, I will attract, because it is a growth opportunity.

Fearful people attract what they fear and will require courage to tolerate their fears.

Fearless people have no need to attract fearful situations and therefore they don't and have no need to be courageous.

Being fearless requires rational and emotional intelligence not courage.

Soldiers require courage to fight a war.

A fearless person has no need to fight any battles in any wars because they have overcome all of their fears.
Without fear, war is unnecessary.

Creation & Recreation

Creation is the purpose of my Soul.

Recreation is the purpose of my Self.

My Soul's purpose is to create an Ideal Life.

My Self's purpose is to re-create my life each day.

My Soul creates the strategy for my Game of Life. (With or without my conscious-awareness).

My Self plays the Game of Life for real. (Manifests it into physical reality).

Creation is the manifestation of new opportunities that facilitate the expansion of my Soul.

Recreation is the act of enjoying playing out old experiences in different ways for my own personal pleasure.

The best creations of my Soul become the best recreation for my Self.

Recreation (play) is the 'Third Way' between work & rest.

Recreation has the authority to play effortlessly and the power not to need to rest.

Creative Play is an oxymoron.

Play is the re-creation by my Self of the Joy that is already created by my Soul.

Without the creation of my Self, my Soul has no opportunity to expand & grow.

Without the re-creation of my Self each day, my Soul has no opportunity to expand & grow.

When I re-create my Self each day in the 'Image of my Soul', life becomes creative.

Credit & Debit

A credit is something we give to another.

A debit is something we receive from another.

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

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

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

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

When we ask, knowing that it is already given, we Credit God with our Gratitude, and God credits us with everything that we ask.

Debt is a manifestation of ownership and possession. Whatever we own and possess will own and possess us.

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

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

Critical & Vital

Vital means necessary and important to life.

Critical means my life is being threatened.

What is vital is my Life-force Energy.

Disconnected from my life-force energy, my life is threatened and survival is critical.

When my life-force energy is depleted, my polarity becomes negative, I lose my direction and I become very critical of my chaotic life.

Life-force energy is vital because it is my power. It is the power of Love that is vital for Life.

When my authority is aligned with my Soul, I become vital and alive. My Soul's authority is vital to my path. It is my Light and my Inner Guidance.

When my authority is aligned with the choices of my ego Self, I become critical and my effortless life is threatened. I become critical because I am not fulfilling my potential and I am experiencing entropy, resistance and problems.

I always have a choice to connect to my vitality, my true power and authority, or to connect to my false power, my fears and limiting beliefs that make me negative and critical.

Criticism or Critique

Positive Criticism is an oxymoron.

Criticism is always negative.

A positive appraisal is called praise.

When a critique looks for improvement, it is focusing on the negative aspects that are potential areas of positive improvement.

A positive critique is called a review.

A positive review expresses praise and encouragement.

A negative review is full of criticism.

Criticism is negative because it is a toleration.

Criticism is never acceptable.

Acceptable feedback is never seen as criticism.

Whether feedback is seen as negative criticism or positive encouragement is determined by the perspective of the receiver, not the giver.

No matter how much I believe my criticism to be positive, it is the belief of the receiver of my criticism that determines its polarity.

Criticism motivates with fear. It is not empowered.

Cry or Laugh

The Tears of a Clown will make me either laugh with joy or cry with sorrow. Either way, the clown is connecting me to my Soul at the heart of my Beingness.

The face of a clown is always smiling even though the tears may be of sadness. Whether my tears are of joy or sorrow is purely determined by the polarity of my perspective. When I perceive something to be negative and bad for me, I will weep tears of pain and sorrow.

When I see the same thing as positive and good for me, I will weep tears of pleasure and joy. My Soul knows only Joy.

My Soul knows that my tears are the release of an emotional blockage caused by a limiting belief, and therefore tears are always a beneficial opportunity to grow.

Tears release me from my pain and have the potential to connect me to the Joy in my Heart.

When I don't know whether to laugh or cry, I weep tears of Joy that connect me to my True Self.

The smiling Clown knows that Tears are always beneficial and never detrimental.

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.

Dark Energy & Dark Matter

Scientists believe that the Universe is made up of:

- Baryonic (ordinary) Matter
- Dark Matter
- Dark Energy

Dark Matter is matter that does not emit radiation, (we can't see it) but it has a gravitational effect (we can only see its affect on ordinary matter).

Dark Energy accounts for 74% of the Mass Energy of the Universe and has an anti-gravitational effect.

Dark Energy is the fabric of 'Space'.

Philosophers believe that the Consciousness that created our Universe, or the Consciousness that is our Universe, is made up of what is:

- Conscious
- Sub-Conscious
- Super-Conscious (Unconscious)

The Supra-Conscious Universe is a triality of these 3 aspects of Consciousness.

Matter and Energy are the same thing viewed from a different perspective or experienced as a different vibration.

As Einstein discovered $E=MC^2$, which means Energy = Matter in a system where the speed of light is a constant.

Quantum Physicists have reached the conclusion that all matter reduced to its ultimate component is Energy.

There is therefore a high probability that:

- Conscious Energy perceives Ordinary Matter.
- Sub-Conscious Energy perceives Dark Matter.
- Super-Conscious Energy perceives Dark Energy.

The Energy of Supra-Consciousness is 'Thought'.

Deadlines & Lifelines

A Deadline is a commitment to finish at a specified time.

I can work to my deadline or someone else's deadline.

A deadline puts pressure on me to deliver my intention.

It causes intentness & intensity.

Intentness is the focus or concentration that I need to apply to my will power to meet my deadline.

Intensity is the drama caused by the excitement or anxiety of meeting or missing a deadline.

A Lifeline is the guidance & support that I need to finish an intention in divine time.

I always have a choice of fulfilling my intention by my ego's deadline or with my Soul's lifeline.

Deadlines cause resistance and require will power.

Lifelines are inspired & empowered to fulfil potential in divine time.

Lifelines are effortless, deadlines are hard work.

Deep or Shallow

Rational thinkers are often deep thinkers.

Deep thinkers have the gift of analysis.

Analytical thinkers search the depth of all possible outcomes in a logical way.

Deep logical thinkers are often very shallow when it comes to being emotionally sensitive.

Deep thinkers often have high IQs but very low EQs.

Highly rational people hide or contain their emotions.

Highly sensitive people have deep emotional feelings.

When deeply sensitive people are unable to rationally manage their feelings they are seen as irrational and too sensitive by deeply rational people.

Sensitive people often see Deep Thinkers as emotionally contained, insensitive, unemotional and disconnected.

Highly sensitive people with a high EQ and a low IQ may be seen by rational people as intellectually shallow (the dumb blond syndrome).

Whether deep or shallow, rational or emotional, we are at one end of an intellectual-emotional duality.

Being Emotionally-Rational is Being “Deeply-Shallow”.

Deference & Appeasement

I Defer to a higher status.

I Appease another's choice.

Choice is a matter of authority. When I make my own choice, I follow my own authority. When I choose another's choice, I follow their authority.

Status is a matter of hierarchy. The higher my status, the more authority I presume to have over others. Status accedes authority to or over other people. My status allows me to make choices for other people or for them to make choices for me.

Where choice is relative to authority and authority is relative to status, then deference & appeasement are the same thing. I defer to whomever I appease. I defer my authority to appease the choice of someone that I believe to have a higher status than me.

Where choice is exclusively unique to each Individual Self, I can appease my ego or I can defer to my Soul. My ego's choice is driven by the passion & desire of the wants & needs of my sub-conscious Id. The Soul wants & needs nothing but chooses a destiny of expansive growth and true value. When the Self defers to the Id, it appeases the ego in alignment with its sub-conscious beliefs & programmes.

When the Self defers to the Soul, there is no appeasement, as there is no other authority of choice. In deference to the Soul, I always put my True Self first. When I put my True Self first, I express the integrity of my own divine authority and I appease no-one.

My Soul is my highest status, an expression of my highest state of being. There is no other true choice. Any other option is the deference of the ego appeasing the Id.

Delighted & Enlightened

Delight means 'of light' and is the power that accompanies our authority.

Delighted means receiving the power of a positive emotion of Love.

Delightful means emanating or transmitting a positive emotion of Love.

Delighting in is feeling the positive emotion of a word, state of being, or experience.

We are delighted by our state of being in the positive emotion of Joy.

Enlighten means revealing a spiritual awareness.

Enlightened means knowing our true authority (our Light).

Enlightening is a message or thought that reveals or manifests a spiritual awareness of our path.

We are enlightened by our attainment of knowing the truth of our unique and exclusive path in Life.

We are delighted when enlightened, though not necessarily enlightened when delighted.

Demotion & Promotion

Promotion and Demotion are the up and down movement within a hierarchy. We promote something and anything when it is judged to be better than something else.

We promote or market something by showing it in a favourable light that makes it appear better or more appealing. We promote something by giving it a higher status, more authority, and more esteem.

The act of promotion always involves the demotion of something else.

Promotion and demotion are opposing dualities of the same energy.

We promote at the expense of someone else and we demote to the cost of who we are demoting.

Either way, promoting and demoting creates losers at the expense of one winner.

True Pro-motion or Positive Motion is the Nature of Attraction.

The Law of Attraction ensures everything and everyone moves equally within its Attractive Action.

With no hierarchy, we are all equal, we are all special, we are all favoured, and we are all Attractive.

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.

Density is relative to the length of a vibrating energy wave. The shorter the wavelength, the greater the density and specifically its gravitational attraction. The longer its wavelength, the greater its space or volume, which is a measure of its magnitude. The greater the magnitude of energy, the lower its physical density. Physical density is the gravitational force that is relative to spiritual magnitude. The greater the energetic magnitude, the higher the spiritual density.

Dimension is an aspect of Perspective. A one dimensional aspect has only one perspective. There is only one way to look at it or see it. A two dimensional aspect has polarity, which allows it to be seen from two different perspectives. A two dimensional aspect allows a choice of perspective. It has a choice of wavelength, its space and a choice of frequency, its time. An energy vibration can be perceived

as an experience of emotional wavelength, an experience of mental frequency or a vibrational experience of both.

A dual reality experience of wavelength & frequency allows a three dimensional reality of vibrating energy. A dual reality experience in time & space allows a three dimensional experience of space-time-reality. Every vibrational reality has a frequency of time and a wavelength of space.

A one dimensional density has no perspective or awareness of space & time.

A two dimensional density has no awareness of time, only a perspective of space.

A three dimensional density has an awareness of space and a perspective of time. Wavelength is relative to frequency and a conscious perspective is relative to a perception of awareness.

Where consciousness is the same as awareness and perspective is the same as perception, then space-time-reality is experienced as only being physical.

When consciousness is seen as a frequency of thought and awareness is felt as a wavelength of emotion, then a fourth dimensional density of conscious-awareness emerges.

Physicality has three dimensions: Atoms are physical and one dimensional. Cells are physical and two dimensional. Man is physical and three dimensional. However, human

thought & emotion has multiple levels of density, from the perspective of the 3rd dimension.

Spiritual density is the frequency of thought. The faster the frequency of thought, the shorter the wavelength of emotion. The quicker time passes, the less space is experienced. The slower the frequency of thought, the higher the density of spiritual perception and the greater the flow of peace & harmony. The longer the emotional feeling of love, the slower the intensity of thought, the more magnificent the experience.

Wisdom is the slowest frequency of thought with the highest spiritual density of awareness.

Joy is the longest wavelength of emotion with the highest spiritual density of awareness.

We experience this three dimensional realm of space-time-reality for the purpose of attaining higher levels of spiritual density, called conscious-awareness.

Our three dimensional physical Earth has recently entered the 4th dimension of spiritual density, known as the Age of Aquarius, which allows the Dawning of Awareness of our true spiritual nature. It is not the Earth that is now four dimensional but the potential of our individual perspective to become consciously-aware of our personal destiny, by raising our own spiritual density.

Spiritual Density is our Destiny!

Depth & Height

Height is a measure of one of the 3 dimensions of physical reality.

Height allows matter to be 3 dimensional, when combined with length & width.

Height & Depth are the same thing seen from a different perspective.

I see the height of a hill from the bottom of a valley, whereas I see the depth of the valley from the top of a hill.

Depth is a measure of the intensity of my emotion.

The deeper my feeling of emotion, the more aware I am of the intensity of life.

My emotions, like all energy, have 3 dimensions; that are force, magnitude & intensity.

The deeper my awareness of the intensity of my emotion, the greater is the force and magnitude of my awareness of consciousness.

The depth of a valley is a physical perspective.

The depth of my emotion is a perception of feeling.

The Height of my Awareness is relative to the Depth of my Consciousness.

De-Selection & Selection

Life has evolved through a process of Natural Selection and natural de-selection.

Natural de-selection is called extinction.

Selection and de-selection are a duality. Dualities are normal in a relative dual reality existence.

Selection and de-selection are the consequence of the nature of the world on which physical life exists.

The opposite of Natural Selection is not Creationism. They are not opposing realities, theories or concepts.

Creationism or Creation is an act of Consciousness.

Consciousness creates through the Energy of Thought.

Thought is creative, yet it is not uncreative.

I cannot uncreate anything with my thoughts.

Thought can change what is, but it cannot uncreate what is already created.

As Thought changes, Reality changes and Life changes.

Actions can be destructive, but these are actions not thoughts.

Thought creates life and life evolves through thought.

Consciousness created the duality of Heaven & Earth – the physical and spiritual realms – to allow its Self to experience Life.

The Evolution of Life is the expansion and growth of Consciousness through a process of Natural Selection.

Desire & Passion

We have a passion for what we feel that we need emotionally.

We have a desire for what we think that we want materially.

A passion without desire is an emotional need.

A desire without passion is a limiting belief.

Wanting or desiring what we do not need is lust.

Needing or being passionate for what we do not want, is being needy.

A passionate desire is needing what we want and wanting what we need.

When our passions and desires come into union, they are Divine.

We can be, do and have whatever we choose.

It is only Divine when we need with a passion, want with a desire and choose with a passionate desire, who we are being, what we are having and how we are doing.

True Passion is doing what I, as my Soul, truly Value.

When I co-operate with the Values of my Soul, I am inspired and empowered.

Human passion is doing what my ego self needs emotionally.

I am sub-consciously driven to meet the passionate needs of my ego self.

True Desire is doing what I, as my Soul, want to attain.

When I attain the attributes of my Soul, I become authorised and empowered.

Human desire is having what my ego self wants physically. It is achieving the ego's goals and obtaining the possessions that the ego wants as its own.

I will require 'will power' to meet the desires of my ego self.

When I am confronted with a choice between my head and my heart, it is a choice between the passions & desires of my ego or my Soul, between the power of my will and the Power of my Divine Authority.

Destiny & Doom

Fate & Destiny are not a dual reality.

Doom and destiny are a duality of our fate.

When we follow the gods of our ego self, we will always meet our doom.

When we follow the path of our Soul, we will experience our Destiny.

Our Soul holds the blue-print for our Destiny. This is our vision, mission & purpose in Life.

Our Destiny is to experience, explore and discover who we are and why we are here.

Our Destiny is individual, unique and exclusive to our Self.

Our ego self creates the reality of our doom with the limiting beliefs, emotional needs and life dramas that have become our sub-conscious programming and our fate.

We are fated to meet our doom until we are awakened to our Destiny.

Our fate becomes our Destiny, once we awaken to the conscious-awareness of our own Divine Reality.

Destiny & Fate

Those who know that they have choice can choose their fate or their destiny.

Those who have no distinction between their fate and their destiny have no choice but to accept their fate.

Those who believe that they are without choice, follow their fate to their doom.

To realise our destiny, we just have to choose it.

It is our destiny to make conscious choices.

To choose our destiny, we first have to stop choosing the doom of our fate.

The pessimist tolerates what turns up as their fate and remains a victim of it.

The optimist accepts what turns up as their destiny and sees an opportunity for growth in every experience that is presented.

The realisation that everything has an opposite in the realm of relative dual reality, testifies to the fact that “we all have choice”, because duality creates choice.

The question is not whether we have choice but “do we consciously choose to have choice”?

Do we sub-consciously tolerate our fate or do we consciously accept our destiny as the gift that it is?

My Destiny is always seen an opportunity, whereas my Fate is seen as a problem or a challenge.

It is my destiny to align with the path of my Soul.

It is my fate to get lost and confused with the fears and false limiting beliefs that drive my sub-conscious programming.

It is my destiny to overcome my fate and accept it as my destiny.

My Destiny is my Life Path that has been chosen by my Soul and whenever I try to control my destiny, I will follow my fate.

I can choose to follow my Soul's Path or I can choose to follow the choice of my ego Self. I always have choice.

My ego will follow the path that leads to what it believes it wants and needs. This is my fate.

My fate only becomes my Destiny once I consciously choose, that what I really want and need, is to follow my Soul's Path for this life-time.

My Soul's Path leads to Personal Spiritual Development & Growth, which is always my Soul's Choice and the Destiny of my Self.

My ego cannot control my Destiny. It can only 'Accept' it.

“It is my Destiny to control my fate”.

I control my fate by not following my fate. I control my fate by following my Destiny.

I will follow my fate by default. When I follow my fate, I am not in control of my fate, it just turns up as a consequence of my sub-conscious thoughts.

When I try to consciously control my life, I get my fate, because I get the essence of what I consciously focus my thoughts on.

When I let go of control and allow my life to occur, I receive my Destiny because I allow my Soul to choose it for me.

I cannot receive my Destiny until I choose what My Soul has chosen and I cannot know what my Soul has chosen until my Destiny arrives. Therefore control is useless.

Whether I am receiving my Destiny or experiencing my fate is just a matter of perspective that is determined by my beliefs and my thoughts about what is currently occurring in my life.

Unless I have awoken to my Spiritual Path, which is my Destiny, I will have no distinction between my fate and my destiny and I will have no control over either.

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

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

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

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

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

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

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

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

Detached & Disconnected

Detached means that I am not attached to other people or things emotionally.

It means that I do not need them to supply my emotional power.

I am detached when I am emotionally independent and connected to my own source of power and authority.

This requires the awareness of knowing my emotional needs, feeling when they are active, i.e. my power is low, and seeing how to simply and effectively meet them myself.

Disconnected means that I am not connected to my true source of authority that connects me to my true source of emotional power.

It means that I am unaware of my need for emotional power.

Whether we are conscious of our need for emotional power or not, we all have emotional needs, because no-one is permanently connected to their emotional power in this physical realm.

We are all disconnected from our source of emotional power until we consciously learn or remember how to re-connect.

The opposite of Disconnected is Connected or Empowered.

The opposite of Detached is attached or needy.

Detached means having no attachment to our physical and material existence.

Disconnected means having no connection to our spiritual and emotional existence.

We are attached to our physical dramas in life by our mental beliefs and our emotional needs.

We are connected to our spiritual ability in life by our power of Love and our authority of Light.

When we are attached to physical life, we become disconnected from our spiritual existence.

When we are detached with physical life, we can connect to our spiritual inheritance.

Our spiritual connection is with our exclusive authority that connects us to our emotional power.

Detachment from our physical, rational senses connects us to our spiritual, emotional sensitivity.

We are connected to the Absolute World of Spirit, whether we are consciously aware of it or not.

We are attached to the relative world of dual physical reality, whether we are aware of it or not.

Disconnected means that we are unaware of our spiritual existence, our spiritual heritage and our spiritual essence – our Soul.

Disconnected people are usually labeled as Atheist, Agnostic or Humanist, although many religious followers remain disconnected from their True Source.

Detached means that we are aware of our dual physical and spiritual existence but not attached to either. We are free to explore, experience and discover Life.

When attached to our physical existence, we are tied or tethered to it and our spiritual expansion and growth is limited and restricted.

When we are disconnected from our True Source, we are unaware and unable to connect to our True Power and Authority, which supports and guides us on our spiritual journey.

Detached & Rational

Rational and Detached are two different states of Being.

They are not a duality and therefore not the same energy seen from an opposing perspective.

When being rational means being detached from my emotions, I am being unemotional and emotionally disconnected.

I cannot be both rational and detached unless I have a distinction between the two.

When I have no distinction between the two states of being, I am being disconnected emotionally.

When I am being Rational, I am conscious of my own physical reality, that I am creating with my thoughts, words and actions.

When I am being Detached, I am conscious of the fact that all other people are creating their own reality with their individual and unique thoughts, words and actions. I am emotionally transparent and unaffected by other peoples' emotions.

When I am being rationally-detached I am lost within someone else's logical reality as defined by a current and prevailing scientific world view.

Being rationally-detached is being unattached from my life-force energy and disconnected from my own creative ability.

Detachment is my gift when used in a Sensitive way without emotional attachment.

When I am being rationally-detached, I am exclusively disconnected from my gift of my own personal sense of Power.

My personal power comes with my emotional state of Being, which I disconnect from emotionally when I am being rationally-detached.

Dichotomy & Paradox

A Dichotomy is a whole truth, belief or reality that is divided by perspective into two distinct and opposing parts.

A Paradox is the appearance of two conflicting beliefs, truths or realities occurring at the same time and place.

Both a Dichotomy and a Paradox are a duality. They are the product of a perspective from within a world of relative dual reality. A duality is a 'dual reality', which is two versions or perspectives of reality that offer contrast and choice. It is the same thing perceived from two opposing perspectives.

When the two versions of reality are seen as totally separate, I see them as a dichotomy. When the two versions are reunited, I get the paradox and overcome the duality. For me to understand the paradox requires me to experience the balance point from which both perspectives can be viewed simultaneously.

To realise the dichotomy requires me to be experiencing one extreme of the duality in the awareness that the opposite extreme also exists.

The Dichotomy of Paradox is that when I have a dichotomy, I haven't got the paradox.

Different & Same

The paradox of human existence is that we are all the same, yet we are all different.

From a physical perspective, we are all the same, we are all human Beings, yet we are all different personalities and characters.

From a spiritual perspective, we are all the same and originate from the singularity of Oneness. Yet we all identify with a different vision, mission and purpose, as our authority and choice for this life-time.

The paradox of being the same but different is echoed by the paradox that is the Nature of Attraction.

The Law of Attraction states that “Like energy is drawn unto itself”. Like or same energy attracts like or same energy.

Paradoxically “opposites attract” also.

Opposing energies attract because every ‘same’ energy has a different gender and a different polarity.

It is normal to feel energy as either a male perception or a female perception, because all emotions are divided by their gender.

It is possible to know energy from either a positive or a negative perspective, because all thoughts are divided by their polarity.

In this dual reality world, our thoughts and emotions are relative to the gender and polarity of the energy that we are both transmitting and receiving as thoughts and emotions.

It is the different intensities of the same energy, created by the choice of gender and polarity, that allows Human Beings, with the same original Identity, to have differing characters and personalities.

It is the gender of our emotions that emotes our relative personality, and the polarity of our thoughts that makes the character and the role that we are playing become believable.

Without a different gender, polarity and intensity to our energy, we would all be One and the Same.

Disability, Inability, Unability

My Disability is physical.

I am not physically able to do normal tasks.

I am not physically enabled.

My Inability is mental.

I do not mentally know how to do normal tasks.

I am not mentally enabled.

My Unability is emotional.

I have insufficient emotional power to perform normal tasks, therefore I am unable to.

I am not emotionally enabled.

The performance of tasks to normally accepted standards requires physical, mental & emotional ability.

Unless I am physically, mentally & emotionally enabled, I cannot perform a normal task to an acceptable standard.

Understanding whether I have a disability, an inability or an unability is essential to my personal development & growth.

Discomfort & Pain

Pain & Discomfort are relative intensities of my lack of emotional energy.

Being disconnected from my emotional power is uncomfortable and can be very painful.

The greater my disconnection, the greater my potential to experience pain.

Life offers a great potential and many opportunities for the experience of pain.

My ability to choose a disconnected path allows the painful experience of being disconnected from my emotional power.

Discomfort is created by resistance and is a sign that I am travelling in the wrong direction.

It can be seen as a sign to change the inclination of my perspective and the direction of my path.

Why would I choose to travel in a painful direction?

When I am on track and flowing with emotional energy, there is neither pain nor discomfort.

Pain is a natural way of stopping me in my tracks and making me reflect upon my present path.

Discomfort only occurs outside of my comfort zone.

It is essential to growth, whereas pain is not.

I am required to experience my lack of emotional power in order to appreciate its full potential.

Extending my comfort zone is my way to become pain-free and more powerful.

Disdain & Reverence

Reverence is the feeling of holding someone in high esteem.

Disdain is the feeling of holding someone in low esteem.

Holding someone in either high or low esteem requires a judgement of their apparent ability or status, which is a subjective perspective.

Status without ability is not a true measure of esteem, even though it is possible to treat a person of high status with reverence or disdain.

The true measure of esteem is the ability that comes with the confidence of one's true authority and the self worth of one's true power.

When I am connected to my true power and my true authority with the esteem of my true ability, it is impossible for me to be perceived with disdain by either myself or others.

Ministers are ordained into the christian religion as a Reverend. When a title is imposed by status rather than attainment, it cannot express true esteem or reverence.

Reverence is a state of being not a description of how well I am doing the role in life that I am playing and have been appointed to.

My disdain is a response to the apparent false reverence that I am experiencing in my Self, or others are reflecting to me.

With True Reverence there can be no disdain.

True Reverence is full of Awe, whereas as disdain is the experience of something that is awful.

Disgrace & Grace

Grace & Disgrace are a dual reality and a contrasting choice.

From my perspective, something or someone either raises my emotional energy or depletes it.

What raises my energy has grace.

Whatever depletes my energy is a disgrace.

What blesses my life has grace.

What curses my life is a disgrace.

What I see as good for me has grace.

What I see as bad for me is a disgrace.

What I see as a positive benefit has grace.

What I see as a negative detriment is a disgrace.

What I experience as graceful, I like.

What I experience as disgraceful, I dislike.

My True Power is not derived from people or things.

My True Power has neither grace nor disgrace, it is Divine Grace.

Divine Grace just is. It has not duality.

Displeasing & Pleasing

Displeasing is being or doing something that another will not like.

I please other people so that they will either like me or love me.

If I need to be liked, I will please a person so that they like me.

If I need to be loved, I will please a person so that they will love me.

If I need to be appreciated, I will please a person so that they appreciate me.

Whatever emotional need that I need from another person, I will please them so that they meet it.

I fear the displeasure that I will feel, when I do not please a person enough so that they will meet my individual needs emotionally.

When I need approval from another, it is because I fear their disapproval, which will displease me.

When someone approves of who I am being, and appreciates what I am doing, it pleases me.

When I connect to my emotional power through another person, it pleases me.

When someone fails to meet my needs emotionally, it displeases me.

When I connect to my True Source of emotional power, I know that my Soul is Approving & Appreciating of my Self.

When I know and feel my approval and appreciation of my Self, when I know and like my Self, when I know and feel that my Soul meets all my emotional needs, I no longer need to please others and fear their displeasure.

Needing someone to please me is being "Greedy".

Distinction & Definition

A Definition defines a thing as definite.

Whatever is definite has a finite value.

A finite value separates a thing from everything else.

Two separate things with a similar finite value have no distinction.

They have no value that is distinct from each other.

A Distinction allows two similar things to each have a distinct value.

Sharing the same value is divisive.

Having your own value is expansive.

I share the values of humanity in a divisive way.

I share my own value with humanity in an expansive way.

By definition, I am a human being similar to all other human beings.

By distinction, I have my own distinct set of values, attributes, attainments & qualities as well as my own uniquely distinctive vision, mission & purpose that is my individual destiny in life.

Dharma & Karma

In a dual reality world, Dharma & Karma are seen as opposing realities of fate or fortune.

Dharma is seen as good fortune and the effect of good or right action.

Karma is seen as bad fortune and the effect of bad or wrong action.

From a positive perspective, Karma is seen as an opportunity to put right a past wrong, rather than as a punishment for a wrong-doing.

With no clear distinction between fate and destiny, it is assumed that the path in life is to overcome Karma in order to experience Dharma.

It is my fate to live in a dual reality world where fortune & misfortune, right & wrong, good & bad, karma & dharma are all opposing realities.

It is my Destiny to overcome these dual realities and overcome my fate & fortune by choosing to live in alignment with my True Authority.

I choose to overcome the good fortune of my dharma & fate that has an opposing energy of misfortune and doom.

I choose to overcome the problems of my karma & fate and see the opportunities that await me as my destiny.

My Karma is the Dharma of my Destiny, once I have overcome the distinction.

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.

Disguise & Guise

A Guise is a false manner or behaviour.

I adopt a guise or a different manner to gain advantage for my Self.

A guise is designed to make myself better than I am.

It is designed to make my appearance better than it is.

It is based on a belief that by adopting a better persona, I become a better person.

A Disguise is a false appearance.

I adopt a disguise to hide the fact of my presence.

A disguise is designed to hide me from being recognised as my Self.

A guise is designed to increase my fame or infamy, whereas a disguise is designed to hide it.

The Interrogator adopts a guise to appear more important.

The Aloof adopts a disguise to become unapparent.

Neither a guise nor a disguise is a true representation of who I really am.

Disillusion & Illusion

Disillusioned means no longer experiencing an illusion.

I can only be disillusioned when what I believe in the first place proved to be an illusion.

A projection of my reality into the future is just an illusion.

An illusion is a figment of my imagination that has not or does not materialise.

Imagination is the sole cause of a new reality.

What I am presently imagining is not yet a reality otherwise I would be experiencing it, not still imagining it.

I cannot unimagine something. I don't need to. I just need to focus my imagination elsewhere.

Not everything that I imagine becomes a reality. Thank goodness.

If everything I imagined manifested instantly, I would soon become very disillusioned with my ability to create reality.

If everything that I focused my attention on, materialised instantly, there would be no imagination, no illusion, just instant manifestation and disillusionment.

When manifestation requires both time and space to become a reality, I have plenty of opportunity to refine my

illusions in my imagination before they manifest into my reality.

When what I imagine materialises into my reality, I am never disillusioned.

My imagination is no longer an illusion it is a real creative ability.

Dislike & Unlike

I dislike the opposite of what I like.

I am unlike the opposite of what I am like.

Liking & disliking is what I do. Being like or unlike is determined by my state of being.

I am like or unlike something according to the gender of its wavelength of energy vibration.

I like or dislike something according to the polarity of its frequency of energy vibration.

I like a positive polarity of energy and I dislike a negative polarity of energy.

What determines the polarity of a frequency is whether I like it or not.

I am like a similar male or female gender of emotional energy.

What determines the gender of a wavelength of my energy is the orientation of my perspective.

I think, therefore I like or dislike whatever I do.

I feel, therefore I am whatever I am like or unlike.

I like being like other people.

I dislike being unlike other people, that is unless I like being unlike other people.

Disallowed & Unauthorised

My choice is unauthorised when it is not in alignment with my Soul's choice for my Self.

My choice is disallowed when it is in alignment with a fear or a limiting belief.

My sub-conscious programmed beliefs will either allow or disallow my path to unfold.

My emotional power authorises my destiny to manifest.

My emotional needs disallow my power and allow my fate to appear.

Neither my emotional needs nor my limiting beliefs are authorised by my super-conscious Soul.

My True Values are within my vision, mission, and purpose that outlines my Authority.

My ego's will power disallows the effortless flow of providence to my Self.

I am required to allow my allowance to be delivered.

My Soul ever authorises me.

My sub-conscious allows me, or not.

Discernment & Judgment

When judgment and discernment have no distinction, then discernment is my judgment of what is right or wrong for me.

When judgment is a discernment of what is right or wrong for others and discernment is a judgment of what is right or wrong for me, then there is no distinction between the two. Discernment is still a judgment and judgment is discernment.

To Discern is not to judge, it is to 'See'.

When I discern with my physical sight, I spot or pick out something in my field of vision.

When I Discern with my spiritual sense of seeing, I see what is right for me with acceptance not judgment.

With my spiritual Discernment, I see what is the right path for me.

With spiritual Discernment, I see with the eyes of my Soul.

My Soul does not see anything that is wrong or bad for my Self.

My Soul sees, creates and discerns the right path for my Self.

My Soul is incapable of discerning a wrong path for my Self because my Soul is incapable of judgment.

With my sense of spiritual Discernment, there is no wrong path and I am never off-track.

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.

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

Drama & Trauma

Drama is the consequence of a negative mental belief.

Trauma is the consequence of a negative emotional experience.

Drama & Trauma are negative experiences in life that happen to me. I am a victim of both drama & trauma, when life happens to me. I never plan for life to be dramatic or traumatic, so neither drama nor trauma consciously happens by me. They are both the consequence of stuck energy, when life is not allowed to happen through me.

When I allow life to happen through me, there is no drama and there is no trauma. When I am adamant about my belief in a conviction, I get stuck in the drama of my own making. When I experience the trauma of something dramatic in my life, the negative emotional energy that I experience remains with me until I release it. It is my conviction in a belief that blocks the trauma from being released.

The negative emotional energy of trauma is the effect of the negative mental energy that I am thinking. Negative dramas cause traumas. Choosing a positive belief allows the negative emotional trauma to come up for healing. Clearing stuck emotional energy happens autonomously when I allow it to be released.

Failure to change a negative perspective causes trauma to remain as an emotional blockage. My emotional energy either flows or is blocked relative to my belief system. Permanently removing trauma requires a permanent change in the personal perception that caused it. Permanently removing a drama requires a permanent change in the perspective of its sponsoring belief.

Coughing, sneezing, crying, shivering & shaking are all ways that the body naturally removes or clears stuck emotional energy.

The belief in being brave, steadfast & unemotional, causes a drama that stops trauma being released.

Trauma is always a dramatic experience.

When I take responsibility for creating the drama that causes the trauma, I can then responsibly allow the trauma to be released with a simple change of perspective.

A Drama is the experience of a negative action created by a fear or limiting belief.

A Trauma is the experience of a negative emotion created by a drama.

Because a drama is created by a belief that is believed to be true, the drama is believed to be real.

When a drama is believed to be real, it creates a trauma that is real.

The reality of a trauma exists as long as the belief that created the drama.

Releasing a trauma requires changing the belief that created the drama.

Without a drama, there can be no trauma.

I always get two opportunities to experience the same drama.

The first opportunity allows me to suppress the drama as the trauma of a negative emotion.

The second opportunity allows me to release the trauma by seeing the truth of the drama.

There is no trauma without the drama that created it.

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 interaction 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 Experiencer of the Experience of those Dreams.

Driven or Drawn

I am Driven by my emotional needs.

I am Drawn to my true values.

I am Driven to promote.

I am Drawn to attract.

I am Driven & motivated.

I am Drawn & empowered.

I am Driven by my beliefs.

I am Drawn to my inspired thoughts.

I am Driven to achieve.

I am Drawn to succeed.

I am Driven by my riches.

I am Drawn to my wealth.

I drive solutions to my problems.

I draw opportunities to me.

I am driven by my fate.

I am drawn to my destiny.

Duction

Duction translates as Guidance. When water flows through a duct, it is guided in a chosen direction. When guidance flows, our choice of duction determines its path.

Choices of guidance include: Induction, Introduction, Deduction, Retroduction, Abduction, Reduction & Conduction.

Induction initiates inner guidance and innovates initiative. It induces, brings about or inspires revelations of guidance with higher truth. Intuitive thoughts are induced through meditation and inducted into the conscious mind.

Induction is the guidance of inner inspired thoughts, intuitively revealed in the present moment of awareness. Induction is inner reflection that attains present guidance.

Introduction is initial guidance. In a spiritual awakening, it is a baptism of water with an awareness of higher guidance. It is the initiation into one's personal, individual, unique & exclusive life path. My personal vision, mission & purpose for my life introduces me to the destiny of my spiritual path. Introduction is an awakening to a spiritual life and the beginning of spiritual reflection.

Deduction is intellectual reasoning, which is the discernment of rational intelligence. Deduction rates physical data or intelligence, to discern best choice of guidance; for oneself & others. In our disconnection from induced guidance, deduction by rational logic is the best

source of external guidance. Navigating a path through physical reality, using only the five physical senses, requires an intellect that is trained with the reasoning of deduction. Deduction is non-spiritual or physical reflection that takes away all unreasonable & unwanted choices.

Retroduction uses information, data or intelligence from past experience to guide present choices for the future. It rates past experiences as either suitable or unsuitable for future experience. My perception of what occurred as my past experience, is my guide to what I choose to be my future experience. Retroduction is often based on external influence, inference, hypothesis, conjecture & presumption. It is backward physical reflection to achieve forward conscious guidance.

Abduction is the loss of guidance. When freedom is hijacked and held to ransom, personal authority is kidnapped and choice is withheld. Abduction is a negative physical or mental force, which is subject to an external authority. The purpose of abduction is to force our authority onto another and enforce their loss of sovereign choice. It is personal freedom of choice that is hijacked, kidnapped and held to ransom; unless the guidance and demand of a negative external physical force, are followed to the letter. Abduction is the enforced loss of reflection, when we believe that we have no choice.

Reduction is the lessening of personal authority and freedom of opportunity. When I miss an opportunity, I face a challenge to learn a lesson. When my internal intuitively induced guidance is reduced; my external guidance, by other people, is needed. External guidance that is deductive, retroductive or abductive, lessens my opportunity to learn my spiritual lessons. Reduction is the cause of all my problems, fears and pain. As the plot thickens, the dramas become more intense, my perspective becomes darker and my thinking becomes more dense; my freedom of choice becomes abducted, redacted and reduced. Reduction is the gradual loss of reflection. As reflection is reduced, we are guided more and more by our customs, our habits and our addictions.

Conduction is the guidance of a Conductor. A conductor guides all elements of an ensemble that are sympathetically flowing together for one desired purpose. The Conductor of an Orchestra guides all the instruments to play their part in sympathy, symphony & harmony. A conductor of electricity guides a magnitude of electro-magnetic force, to fulfil an electrical potential. Without a conductor, neither music nor an electric circuit will flow in phase. Lightning, without a conductor, can be a very unsympathetic and destructive force.

Reproduction reproduces the same choice over and over again, so it offers no guidance. Without the introduction of our induced spiritual imagination as our guide, we are

fated to reproduce the same thinking, the same fears and the same negative emotions, over and over again. This experience reproduces spiritually disconnected human beings; who believe that their only purpose in life is to reproduce spiritually disconnected human beings, as their children.

Earthed & Grounded

Grounded & Earthed are two different perspectives of the same thing.

From the perspective of my physical conscious ego Self, I am Earthed.

Earthed means alive on the Planet Earth.

I am 'alive' on the Planet Earth whilst connected to my power & authority

Electricity is not 'live' unless it is earthed.

My life-force energy flows through my physical body when I am earthed.

From the perspective of my Super-conscious Soul, I am grounded.

Grounded means that I have lost my freedom to fly as a free spirit. I have the power to walk the Earth but no authority to fly.

My Spirit is free but my ego is grounded.

Grounded means that I am able to emotionally pursue a physical human existence.

Ungrounded means that I am not earthing my life force energy effectively. I have either too much power or too little authority to use it, which means that my energy is not sufficiently grounded.

Unless my Self is properly 'earthed' I will be 'grounded' by my Soul.

When I am electrically charge neutral, I am 'Earthed'.

When I am emotionally charge neutral, I am 'Grounded'.

Rational people are earthed not grounded. Their rational behaviour based on rational beliefs defines their rational existence on Earth.

A rational, earthly or earthed existence is formulated and defined with the 5 physical senses of sight, hearing, taste, touch and smell.

I am 'Earthed' when I use my physical senses to define my physical existence on Earth.

Irrational people are neither earthed nor grounded.

Unemotional people are seen as rational and are therefore earthed rather than grounded.

I become grounded with the awareness of grounding my Spiritual Potential in an earthly existence.

I can be unawakened and earthed in my physical existence but I can only be grounded once I have awakened to the potential of my spiritual ability.

Being grounded is having the ability to use my spiritual potential in this physical world. This requires the use of my 3 intuitive senses of seeing, feeling and knowing.

My 3 intuitive senses allow me to ground my spiritual Beingness in Earthly reality.

To ground my spiritual potential in Earthly reality, I am required to be emotionally-rational.

Emotionally-rational people are both grounded and earthed.

Egoism & Egotism

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Ego & Soul

The ego gains confidence by accumulating knowledge and power over others.

The ego feels worthy by accumulating money and material assets.

The ego becomes esteemed by accumulating status and influence over others.

The Soul has confidence by virtue of its authority and ability to make choices.

The Soul has value and worth by virtue of its power to be who it really is.

The Soul has esteem by virtue of its ability to use its power and authority creatively.

The Soul is confident in its Self and confides in the Truth of its Self.

The Soul is worthy of its power and values the power that its Self has access to.

The Soul is esteemed by the ability of its Self to be, do and have what it passionately desires.

The ego relies on other people to attest to its worth, affirm its confidence and acknowledge its esteem.

Elders & Leaders

Eldership is True Leadership. The True Leaders of a Society are its Elders. True Leaders have the wisdom to follow their own path and to allow all others to follow their own path. It is not age that qualifies me to be a Leader but wisdom.

A leader needs followers, Elders do not. Elders have overcome the duality of leaders and followers.

Elders lead their own life and follow their own path.

Eldership is determined by my state of Being, not by my actions.

A person's preference to lead or to follow is determined by their individual emotional needs.

Elders are recognised by the influence of their Presence and their Beingness.

A leader requires the authority of their followers.

Elders have the authority of their own confident choice.

A leader decides what to do and how to do it.

Elders decide who to be in relationship to what is occurring.

A Gathering of Elders has no leader and requires no followers.

Embarrassed & Humiliated

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

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

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

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

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

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

The final humiliation is the loss of the last piece of self-worth that is de-valued and dis-empowered by the actions of another's authority.

Humiliation is our inability to do what we know is right for us because we are without the clarity of our self-worth and value that empowers us.

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

Emotion & Thought

I have two minds.

My mental mind processes rational conscious thinking with my brain.

My emotional mind processes emotional conscious feeling with my solar plexus.

I am in two minds when my thoughts are in conflict with my emotions. Inner conflict is the battle that rages between my two minds.

I am confused when my conflict and lack of peace appears to be between my head and my heart, or my heart and my mind.

My Soul is at the Heart of my Mind. It is never in conflict with my Self. My conscious mind is centred within my brain and my sub-conscious mind is centred in my solar plexus.

When my two minds connect and resonate in harmony, I become of One Mind and I connect to my Super-conscious Mind, my Soul.

My Soul is at my core, the centre of my being, and is the balance of my two minds. It is at the Heart of my Beingness.

All the time that I am in two minds, I cannot be open to my Heart, I cannot open my Heart to my Soul.

Emotions & Feelings

Our Soul is Pure Feeling.

Our Self experiences emotions.

Our Soul's Feelings are Pure Love.

Pure Love is what our Soul Feels for our Self.

Pure Love is the sum of all our emotional states of Being.

When we receive Feelings from our Soul, we interpret them through our thoughts, as emotions.

Feelings have no positive or negative polarity, no gender and only one intensity.

Emotion or the motion of energy is experienced according to the polarity, gender and intensity of the thoughts that our mind receives and interprets.

The only Pure Emotion is Love. All other emotions are aspects of Love, even negative emotions, which are negative aspects of Love.

Negative emotions are created by negative thoughts and beliefs that we call fears.

Our Soul has only Feeling because it possesses no limiting beliefs, programmes or fears.

Feeling is experiencing our Soul's Energy in Motion.

Emotions & Thoughts

Emotions are the energy on which Thoughts are transmitted and received.

I do not think emotionally. I perceive emotions as feelings based on a rational perspective of my reality.

I process thoughts and emotions with my brain.

I am either aware of the emotion that I am feeling or conscious of the thought that I am thinking.

I process emotion with my right brain and I think rationally with my left brain. It takes practice to process both at the same time.

My emotions indicate my alignment with my thoughts.

When I am consciously in alignment with a thought, I experience the high charge of emotional energy on which the thought is being transmitted.

When this emotional energy is perceived to be positive, I am in alignment and my inspiration is empowered.

The degree of misalignment that I have with a thought determines the degree of negative emotion that appears to accompany the thought.

Pure Feeling accompanies Pure Thought. It has no emotional attachment and no mis-alignment with its Source.

My Soul always sends to my Self a pure frequency of mental Thought on a pure wavelength of emotional Feeling.

How I receive this communication with my Soul is determined by the polarity of my beliefs and the gender of my emotional attachments.

Emoting & Rationalising

Rationalising is a left brain process of analysis and thinking.

Emoting is a right brain process of expression and feeling.

Rationalising my emotions is an activity of my brain to understand my feelings.

Emoting my rationale is an activity of my solar plexus to express my reasoning.

When explaining my emotions to a rational person, I am rationalising emotions. When expressing my feelings to an emotional person, I am emoting my rationale. When explaining my emotions to an emotional person, I appear to be unemotional.

When expressing my feelings to a rational person, I appear to be irrational.

When I unite my right brain and my left brain with my solar plexus, I become both emotionally rational, able to rationalise my emotions, and rationally emotional, able to emote my rationale.

This is a Prime Attainment of a Divine Human Being.

Balancing my mind and my emotions in a physical body unites the triality of body, mind and emotions, which allows the essence of my life to be divine.

Emotional & Rational

Being rational is our ability to rate the experiences that we have in life. When we see life rationally, we become aware of what is good for us and what is bad for us, so that we may discern in future what we do and do not want in our life.

Without the rational ability to decide what is good, better or best for us, we cannot compare it with what we consider to be bad, worse or worst for us.

Our rational ability determines the criteria by which we make choices, which is our authority to be, do and have whatever we manifest into our life.

We are the creators of our own reality, whether we do so consciously or not. Without the conscious rational ability to choose, we create our existence by default and become a victim of our fate. We believe that whatever turns up is down to the luck of the draw. Without conscious rational choice, life becomes a lottery.

It is our choice that is required to be rational and reasonable, not our view of the physical world. When we see the world as rational and unchanging, we abdicate our creative ability to choose our own reality and follow our own destiny. The world becomes a fixed creation of nature rather than a creation of our collective natures.

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

This means that the ability of our emotional power can create both good and evil as an expression of what we either want or do not want in life.

The intensity of our emotion is a measure of its ability to create quickly. The greater the intensity of our emotion the less time it takes to manifest into our life the essence of the sponsoring thought behind the emotion. Whether the polarity is positive or negative is irrelevant. Good things that we want manifest just as quickly or slowly as bad things that we do not want, dependent on the intensity of the emotional experience.

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

Emotional & Sensitive

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

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

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

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

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

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

It is being neutral to another person's positive or negative state of being.

Being neutral is being unaffected by another's emotional charge, whereas being insensitive is feeling no emotional charge from them.

Being closed down to another's emotional state is to be insensitive. Being closed down to our own emotional state of being is to be unemotional.

Emotional & Spiritual Bliss

Spiritual Bliss is Pure Feeling.

Emotional Bliss is the feeling of Joy.

Feeling the emotion of pure joy is bliss, but it is not Spiritual Bliss.

Pure Feeling is more than just joy or the feeling of bliss. Pure Feeling is True Happiness. It is the natural state of our Spirit.

When the spirit of Pure Feeling resonates with True Happiness, everything is Bliss.

In the Physical Realm, bliss is the attainment of True Happiness.

In this physical realm, I am a triality of physical, mental and emotional energy.

The attainment of true happiness requires all three aspects of my Self to resonate in harmony:

- My physical self resonates with contentment
- My emotional self resonates with joy
- My mental self resonates with fulfilment

The joy of Bliss without contentment & fulfilment may be a pleasurable experience but it is not an expression of True Happiness.

Emotional Highs & Spiritual Highs

- An Emotional High has Intensity
- A Spiritual High has Potential

Emotional Intensity can be high or low. Low or high emotional intensity is called pain or pleasure.

- Pain is the effect of a high intensity of negative emotion
- Pleasure is a high intensity of positive emotion

What I deem to be positive is not always beneficial and what I deem to be negative is not always detrimental. Positive & negative is a personal perception of an emotional feeling, relative to the polarity of that person's individual perspective.

Emotional highs are a feeling perceived as the effect of the mental perspective of our programmed beliefs. We individually perceive our emotional experiences to be positive or negative, good or bad, right or wrong, beneficial or detrimental, relative to our mental perspective of what is occurring. It is the male or female gender of the emotional feeling that I am experiencing, which determines the polarity of my thinking, relative to my my personal beliefs.

It is the duality of a choice of emotional gender of my feelings with a choice of mental polarity of my thinking, which causes a duality of perspective & perception.

Whenever my emotional expression is polarised in favour of a particular gender, I cause an emotional high that is either dramatically pleasurable or traumatically painful and both can become very addictive.

My addiction to emotional highs is the root cause of my addiction to the addictive substances, which cause both emotional highs and emotional lows. It is the duality of emotional highs & lows that causes the experience of either pleasure or pain.

Without a distinction between emotional highs & spiritual highs, the ego sense of self will explore the highs & lows of addictive substances to experience the emotional highs of bliss, ecstasy & euphoria. As these are emotional highs, not spiritual highs, they are anchored in 4th dimensional consciousness and block ascension to the 5th dimensional reality of Spiritual Awareness.

Spiritual Highs require a spiritual awareness of 5th Dimensional Consciousness, which is the domain of personal divinity, sovereignty & creativity. I experience a spiritual high when I super-consciously connect my Self, physically, mentally & emotionally with my Soul Entity. This the feeling of Oneness experienced with the personal Ascension of the Self, in alignment with its Soul. This is the spiritual height of the Unity Consciousness of an Ascended Master.

Unity Consciousness is the spiritual high attained with a pure physical vibration, with a harmonic mental frequency and with a balanced emotional wavelength. Pure harmonic balance is the spiritual high of all energetic Beings. It is without division, separation or duality. My mental frequency of thought is undivided by polarity, my emotional wavelength of feeling is not separated by gender, which allows my physical vibration to be unaffected by duality.

In Absolute Reality my Soul is ever connected exclusively with my Self.

In relative dual reality existence, my Self is discovering, exploring & experiencing the extremes of intensity of my emotional highs & lows, with or without the potential of the conscious guidance & support of the Highest Spiritual Awareness of my Super-conscious Soul.

The Highest Spiritual Potential is the physical contentment, mental fulfilment and emotional joy of experiencing the Happiness of Being Alive.

Empaths & Sensitives

The Empath is one who hears their own messages of guidance and feels their own supported path.

The Empath sees their Soul Path with their intuitive knowing, their intuitive feeling, or both.

The Empath is being empathic when in alignment with their electro-magnetic vibration, their e-m path. Their electric force of character is aligned with their magnetic magnitude of personality, which allows the unity of the Id-Entity to potentially manifest as a true expression of their integrity and authenticity.

The Sensitive is one who is aware of the emotional energy of other people. Emotional energy is the wavelength of the vibration on which one's demeanour is being expressed.

The Sensitive has overcome the dual choice of polarity, of being either insensitive or too sensitive. A personal attachment to another's emotional energy causes an intensity of experience, which disconnects in an insensitive way due to a sense of overwhelm.

The Sensitive Detachment of the Sensitive allows them to resonate with compassion for another without the over-sensitive sympathy of attachment or the apathy of insensitive disconnection.

With the empathy of my personal exclusive connection to Source and the sensitive detachment of my relationship to others, I become sensitively empathic in my detachment from other people's distorted dramas.

My detachment from other people's dramas and my sensitivity to their exclusive path, allows me to walk my own path with empathy and share my unique path with compassion.

Empaths intuitively sense people's male directive energy by the polarity of their thinking. Being empathic is sensing directive thoughts.

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

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.

Employment & Work

Work is the act of doing something useful. When I do something useful, it works for me. I work at life so that life works for me. Work is a partnership between my Self & Life.

Life is a synonym for my Soul or God. When my Self and my Soul are in partnership, life works effortlessly, expansively and creatively.

Employment is the act of being used by an employer. It is the act of being useful to another by doing things for them. When I do useful things for other people, I am being used by them and employed by them.

Employers use employees to make their life work in a useful way. I can be employed for life as an employee of either my Self or another Self. Alternatively I can work in partnership with my Soul. The best choice for my Self is the choice that works for me, rather than the choice that works for someone else.

Being self-employed and doing the work of the ego self can be very hard work and require a lot of will power.

Being Soul-employed works for me as it is both inspiring and empowering.

Empowered & Inspired

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

When we are nervous with emotion, we are experiencing resistance to the flow of empowered inspiration. This resistance is limiting and demotivating, and in the extreme can render us frozen with fear.

How limiting and debilitating our fears are is directly proportional to our negative beliefs, which deprive us of our true authority.

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

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

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

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

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

Power without authority limits ability. Full ability is always present when our empowered inspiration is unrestricted and in full flow.

Nervous tension or resistance is instantly overcome by the excitement of Divine Revelation. When our Divine Authority is revealed in the moment, we are inspired and empowered to change the limiting beliefs that create our negative fears.

The undivided power and authority of our Soul enables inspiration and revelation to fuel our imagination to create the life of our dreams that we know as 'Paradise on Earth' or 'Heaven'.

Empowered & Motivated

We are sub-consciously motivated to get our emotional needs met.

We are super-consciously empowered to follow our true values.

Before we can be empowered by what we truly love to do, we must first be motivated to meet our emotional needs.

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

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

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

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

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

We are never empowered by other people. Being empowered is not something that others can do to us, nor can we empower others.

Empowerment is a state of being connected our Self to the Source of our Power. When we connect others to the source of their power, we guide and support them to become empowered.

Energetic Density & Energetic Mass

Energetic Mass is the space within atoms. The more space within an atom, the more energetic mass the atom has and the Lighter it is.

Energetic Density is the space between atoms. The more space between atoms, the less dense the molecules, the less material the physical substance and the lighter it is.

The space between atoms is physical space. Without atoms there is no physical space.

The space within atoms is energetic space.

A single atom has mass but no density. It is weightless.

Density requires more than one atom.

Density is relative to the amount (weight & volume) of atoms within matter.

Energetic Mass is relative to Consciousness. It is a measure of the magnitude of energy in matter.

Density makes mass relative to weight.

Mass makes light relative to consciousness.

Consciousness = Light x Mass

Weight is the attractive force of matter or the attractive force created by the density of energy within matter.

The Energetic Mass is the attractive magnitude of Energy or the magnitude of attractive energy.

Infinite Mass is Absolute Attraction.

Energetic Density creates relative attraction and specific gravity.

Relative density is energetic attraction.

Energy & Matter

Energy & Matter are the same thing seen from opposing perspectives.

I see matter from a physical perspective.

I see energy from a spiritual perception.

All matter is energy vibrating at a different frequency & wavelength.

Every vibration has a wavelength & a frequency that are relative and inversely proportional to each other. Energy vibrations can be experienced as a wave or a particle, as energy or as matter.

Visible light is one example of a range of vibrations that are seen as different colours relative to their wavelength & frequency. As well as visible light, all energy is currently believed to be an electro-magnetic wave or particle. Matter is an energy vibration that is identified by its relative vibration

In physical reality, all energy is experienced as electro-magnetic-gravity.

In spiritual reality, all energy is experienced as love-light-life.

Our Universe is a contextual field of space-time-reality for us to individually & collectively explore, experience & discover energy & matter in motion.

Entropy & Inertia

Inertia is the resistance of an object to a change in its state of motion. As I move through life, change is inevitable and any resistance to change will create inertia. Unawakened Souls seek the comfort and security of their comfort zone in order to escape change. The more I run away from expansion and growth, the more inertia I experience. Inertia renders me inert, incapable, inanimate, sluggish and lethargic. Inertia renders my comfort zone uncomfortable.

Entropy is the tendency for an energetic system to descend into chaos.

Chaos is the state of having too many problems and heading for a disaster in life. When life is not flowing effortlessly, because we are not hearing our messages, not taking our opportunities and not learning our lessons, it has a tendency to become entropic.

The opposite of entropy is effortless flow.

The opposite of inertia is expansiveness.

Inertia is my resistance to physical change and entropy is my resistance to spiritual change. Either will impede my life of expansive flow and abundance.

Envy & Jealousy

Envy is wanting what someone else has.

Jealousy is the feeling of rejection when someone we need doesn't need us.

When someone needs what we can give them, we are enthused by the pleasure of giving them what we have and they do not.

Our enthusiasm for giving them what they want or need enthuses us with their gratitude in receiving it.

We equalise their envy of what we have and they need with our kindness in giving.

When giving and receiving are in balance then envy and kindness are engendered in the pure energy of Love called Gratitude.

When what we have to give is rejected by another and there is no kindness, no gratitude and no pleasure is received, we experience jealousy.

This inequality of negative energy called jealousy, seeks the love of a caring person to quell and unify it once again.

The jealousy of unrequited love (unreturned need) is expressed in our belief that we are not cared for as the rejecter of our love does not care for us.

Jealousy is further complicated when the person who appears not to need us, appears to need someone else to meet their needs, that we need to meet.

We are never jealous of another but envious of what they have and we do not.

We never envy someone else's jealousy.

Jealousy is our emotional need to be needed that is unmet. We will envy someone whose emotional need to be needed is met.

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

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

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

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

Envy is wanting what someone else has in the belief that we are without it. When someone has what we have, they are like us and seen as our kind. Kind people are like us and we like kind people.

Envy is created by our belief that someone is unlike us or unkind because they will not share what they have and we do not. When someone has what we believe that we do not

have, they are not like us and are unlike our kind. We dislike who we are not like and dislike those who are unkind and do not share with us what we believe we need.

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

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

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

Envy & Kindness

Envy is the male energy of desire.

Kindness is the female energy of passion.

I have a desire to have what others have and I do not.

I have a passion to be kind to my kind of people.

People who I envy are my kind of people.

I want to be like the people who I am like.

I desire others to like me and to be like me.

My passion is to be like other people whom I like.

I envy other people's kindness.

I desire life with a passion when I want a passionate life.

I choose to desire only gratitude in my passionate appreciation of my kind of life.

I choose to be in gratitude of everything that I have and in appreciation of everything that my Soul provides for its Self.

Equal & Same

Same & Equal are not the same. Being the same as someone else does not make them equal.

The opposite of the same is different.

The opposite of equal is unequal.

Women will never be the same as men, they are different. Women may consider themselves to be either equal or unequal to men.

Equality requires a balance that is found within. When a woman attains the equanimity of a balanced male & female energy, she may share it with a man who has similarly attained the equanimity of a balanced male & female energy.

A masculine man will never attain equality with a woman with a balanced gender of energy.

A feminist will never be the equal of a man by trying to be the same as a man.

Equality will never be attained by having the same or being the same as another, but by being the equal of One's Self.

True equality requires the attainment of Equanimity.

No two people have ever been created the same, yet we are all created with an equal potential for life.

Equality & Fairness

Whether life is fair and equality exists depends on our own personal beliefs. Our own personal beliefs create the reality that we are individually experiencing. When we share the beliefs of our society, we share the same beliefs as our friends and our neighbours.

Life is fair when everything is in balance. When energy is out of balance, life becomes very unfair.

We live in a contextual world of dual reality that is designed to offer contrast, division and thereby choice. Therefore unfairness exists as well as the possibility of fairness. We have come to this physical world to experience difference in our own unique, special and individual way. Therefore life will appear to be unfair by its very nature. However unfair life is, we all have an equal opportunity to fulfil our personal vision, mission and purpose for this life-time and experience our own true values.

We will all become equal and attain equality when we all believe that fundamentally “We are all Equal”.

With no distinction between fairness and equality, we can never be equal in an unfair world.

We are all made equal in the ‘Eyes of God’. We just have to ‘see’ that we are equal and life is unfair.

Eternity & Infinity

Eternity is eternal and Infinity is infinite and neither have a start, a finish, a beginning or an end, they just are.

Spiritual Time is Eternal. It just is, was, and always will be. It is beyond physical time and physical existence. There is no time when it wasn't and no time in the future when it will not be.

Spiritual Space is Infinite. It just is, here, there and everywhere. There is no place where it isn't.

Spiritual Reality is the existence of Spiritual Time & Space. Without Spiritual Time and Spiritual Space there is no Spiritual Reality. Space-Time is Spiritual Reality, not physical reality.

Physical reality is an illusion of time, speed and distance. Take one away and the other two cease to exist.

Time, speed and distance are three perspectives of the same reality that is an illusion of Spiritual Reality and creates physical reality.

Physical time is not eternal. It is a measure of speed x distance and has a start and a finish.

Physical distance is not infinite. It is a measure of physical space, which is measured as speed x time, and has a beginning and an end.

Physical speed is not continuous. It is a measure of time x distance and has a start and an end.

Spiritual Reality is Continuous. It is Eternally-Infinite in the Expansiveness of its Possibilities.

Excellence & Perfection

Perfection is being good enough. When I am good enough, life will be perfect. It is the balance, the midpoint between being too good and not being good enough.

Excellence is the best that I can be. It is the measure of my best achievement.

Excellence is the height of my achievement.

Perfection is the magnitude of my attainment.

Perfection is how Good I have become.

Excellence is a journey of becoming good, then better until I am the best that I can be.

Perfection is a journey of discovering Goodness or Godness by experiencing what is not good enough in comparison to what is too good or more than good enough. Perfection is attained when I become Good enough or I have attained Goodness.

Excellence must be maintained in order to be achieved and must be consistently achieved in order to be maintained. Excellence is never good enough, as the best that I can be can always be bettered.

There is nothing better than the perfection of Goodness.

Excited & Nervous

Nervous energy can be exciting or excitable, depending on our point of view. Nervous energy is negative energy. Negative energy is negative because it is created by a negative belief. A negative belief is a limiting belief, which creates negative emotional energy that is called worry, anxiety or fear.

Excited energy can be exciting and positive. Positive energy is positive because it flows uninterrupted in an expansive forward direction. It flows effortlessly and expansively. Being effortless and expansive is positively exciting. Excitable energy is not positive and exciting. Excitable energy is not under control and is danger of creating negative consequences.

Nervous energy and excitable energy are a duality of negative emotional energy.

Positively exciting energy has no duality and is the pure undivided positive feeling that inspires and empowers our self to a new and exciting experience.

Nervous energy is seen as a problem, excitable energy can be a challenge, and exciting energy is always an opportunity.

Opportunity is my Soul being excited, whereas a problem causes my Self to be nervous.

Exclusive Or Inclusive

Exclusive Or Inclusive are my choice of path through life.

My Exclusive life path is exclusively mine.

I have chosen it as my unique & individual path.

It allows my exclusive vision, mission & purpose to guide my individual & unique destiny.

My Inclusive life path follows a well trodden & common path.

My path may be common to my tribe, my community, my nation, my society, my religion, my race or my creed.

An inclusive path follows the doctrine of a dogma or belief system that is common to a specific group of people.

It has a vision, a mission & a purpose that is common to all who follow the same path.

My exclusive path does not exclude other people, but attracts only those people who are on a parallel path to share my journey for a specific period of time.

Excuses & Reasons

Reasons are an explanation for choosing what I choose for me.

Excuses are an explanation for not doing what someone else chooses for me. I excuse myself from doing what I believe that I have to do, I ought to do, I must do, or I should do, on the grounds that they are all tolerations and therefore unreasonable actions.

What is reasonable for me is what I believe that I have good reason to choose. My reasons for choosing may be rational or emotional or both. My reasons for choosing anything are my own. I own them. When my reasons for choosing are not my own, I am pleasing the person who has chosen for me.

I will need an excuse for not choosing another's choice as from their perspective, my perceived greed will need to be pardoned.

When I overcome the greed of pleasing others, I will have no need to excuse myself.

My reason for choosing is neither greed nor is it designed to please others. It is an expression of my true authority.

There is no excuse for being greedy or being pleasing to others.

Existential & Experiential

An Existence is a physical experience of Life.

My physical existence is experienced with my 5 physical senses.

An existential existence is like saying water is wet. All existence is existential and experiential.

An experiential existence is the experience of existing within the environment of a physical world .

An existential experience is unique. It is living a unique life and following a unique life path.

Life is the spiritual aspect of connecting to my own unique power and authority that is my Source.

An existential life follows a unique vision, mission and purpose for each individual.

A purely physical existence is inclusively-disconnected from its source and is rarely unique.

An Existential Life is an experiential life that is exclusively-connected to and totally unique to each individual Soul.

A Life is for living, an existence is for surviving.

When I connect to Life with my 3 spiritual senses, my experience becomes existential.

Expectation & Hope

Hope is desire with uncertainty.

Expectation is desire with certainty.

When I believe that what I want is certain to come, I expect it to arrive.

When I am uncertain of receiving what I want, I hope it will arrive.

Uncertainty is usually created by other people. Other people's beliefs thwart my expectations and reduce them to hopes.

The opposite of expectation is disappointment.

I appoint myself to a level of certainty that creates my expectation.

The greater my expectation of something arriving, the greater my disappointment when it fails to arrive.

The opposite of hope is despair.

The greater the level of uncertainty, the greater will be the despair of its imminent non-arrival.

The less uncertainty I have, the more hope I have of receiving it and the less despair I will experience.

Without hope there can be no desperation and without expectation there is no disappointment.

Don't give up hope. Give up hope & desperation.

Give up expectation and disappointment disappears.

Without hope or expectation, I know this to be my Truth.

Expecting Nothing & No Expectation

No Expectation is not the same as expecting nothing.

Expecting Nothing is an expectation of nothing occurring or turning up.

Expecting nothing is focusing on nothing turning up

When nothing different turns up, everything stays the same.

Everything staying the same is not only unnatural but relatively impossible because the nature of the universe is change.

Expecting nothing to change is unrealistic.

No Expectation is the Acceptance of whatever turns up.

It is knowing that everything is continuous change and that something will always turn up even though I have no expectation of what it will be.

Focusing on nothing turning up usually results in that becoming the reality.

Having no expectation and allowing whatever will occur to occur, allows opportunities for change to be realised.

Having no expectation speeds up my opportunities by removing my resistance to change.

Acceptance is the Expectation of change with No Expectation of what it will be.

Expectation is the toleration of what I have in the hope of getting what I really want.

Expression, Suppression, Repression, Depression

Expression is the natural state of Mind.

My mind expresses thought.

Every frequency of thought is expressed on a wavelength of emotion.

Emotion is the expression of my attitude or the inclination of my perspective.

Freedom of Expression is a freedom of Choice.

Suppression is the disallowing of emotional expression.

It disallows emotion being expressed.

It is the subject of an objection to a subjective or an objective expression.

It is the conscious act of not expressing a thought, emotion or action.

It is not allowing a thought, emotion or action to be expressed.

Repression is the sub-conscious disallowing of free expression.

My sub-conscious id or will represses any thought, emotion or action that it believes is detrimental to my Self.

Fear is a false belief that either causes repressed action or expressed negative emotion.

Depression is a negative emotional state of being caused by repressed feelings from suppressed thoughts.

Suppression denies free expression and causes repression in the Self that leads to depression of the Soul.

Extrovert & Introvert

When we are disconnected from Source we are without Power. Without power we develop emotional needs.

When we seek our power externally and need others to meet our emotional needs, we open out emotionally to others and become extrovert.

When we seek our power from within our self, we depend on our ability to meet our own emotional needs and open inwardly emotionally and become introvert.

Extroverts actively seek energy from other people, whereas introverts passively seek energy from others.

The Source of our True Power is Love. When we are emotionally needy , we react without Love, in either an introvert or an extrovert way.

Whether we are extrovert or introvert is determined by the nature of our emotional needs.

Being extrovert or introvert is the defence mechanism on which our control drama is based. The more introvert or extrovert we learn to be, the more energy we can manipulate and the longer we can survive being disconnected from Source.

Extroverts control energy actively as an Intimidator and passively as an Interrogator.

Introverts control energy actively as a Poor Me and passively as an Aloof.

Control dramas persist until we become Overt and connect exclusively to Source for our emotional power.

Failure & Success

Success in Life is living our True Values.

When we live our True Values, we succeed in following our True Path and leading a life of worth and value.

When we are doing what we truly love and value, we are experiencing our full worth and we are connected to our unlimited power.

Our fear of failure disconnects us from our Source of Power.

The very belief that we are disconnected from our power and will fail is what creates our disconnection and failure.

Success and failure only exist in a world where we believe that there is something we have to do in order to survive.

Our survival is driven by a fear of failure (death) and a need to achieve (life).

Once we stop trying to survive, we can start to truly discover, explore and experience Life.

What the rational mind believes to be a mistake or a failure – the spiritual mind knows as a missed learning opportunity.

What the rational mind believes to be a success – the spiritual mind knows is a failed opportunity to learn and grow.

Success and failure are therefore different polarities of the same energy viewed from opposing perspectives.

True Accomplishment has neither success nor failure.

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

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

Faith & Trust

Faith is intuitive.

Trust is learned.

A faith that is learned is called a religion.

Religious faith is a trust that is learned.

It is trusting the word of another Man's faith.

True Faith is intuitive – no trust is required.

My path is my faith and I follow it faithfully.

I trust the path of another once it has proved to be safe.

I have faith in my own path, which I know to be secure.

I am never at risk on my path when my path is secured.

Trusting others is always a risk.

I follow my path intuitively.

It presents itself each day.

I cannot learn it or learn to trust it.

I can only follow it intuitively with faith because I know that it feels right for me.

Trust is our belief that other people will act and respond in the way that we want them to.

We trust other people when they consistently act in a way that pleases us.

When other people trust us to do what they want us to do, we are pleasing their arrogance, which is greed.

Arrogant people are greedy for the power over you to please them, and do what they ask, to the standard that they demand and trust that you will deliver.

Arrogant masters demand trust and loyalty from their humble pleasing servants.

Trustworthy people display loyalty to those who are master over their authority and to those to whom they have given away their authority.

Wanting the trust and loyalty of others is to seek power from them and authority over them, which is the superiority of being better than them, which is greed.

Trusting one's self is behaving in a normal and predictable way that is based on the experience of our past beliefs.

Trust of Self resists personal growth by encouraging security within boundaries that we trust, by adherence to personal standards and beliefs.

Faith is following our own individual, unique and exclusive life path, being accepting of what occurs, approving of who we are, and allowing what we want to manifest.

Faith is a sense of 'knowing' what is right for us in that moment of time.

Trust is a positive belief in what we think is right based on our experiences over time of what we have found to be trustworthy or untrustworthy and reliable or unreliable.

With faith, we know whether someone is worthy of trust or not, intuitively. Whether we trust them or not depends on whether we follow the intuitive knowing of our faith or whether we believe the past experiences of our instincts.

With faith, we may intuitively know that someone is honest but still treat them with an attitude of mistrust because of a limiting belief that we hold.

Alternatively, we may trust someone to be honest even though we intuitively feel that they cannot be trusted, because we deny our feelings and follow our beliefs instead.

When we are faithful to our sense of knowing and our intuitive feelings, we no longer need to trust or mistrust anyone, because we know whether they are honest or not.

When we truly know that someone is honest, we do not have to trust them, because we know that we can put our faith in them completely.

When we know that we can rely on our faith, we know that we can rely on reliable people.

Unreliable, untrustworthy and unfaithful people are just reflecting to us our disconnection from our own sense of faith.

When we put our trust in our faith instead of other people, we know when someone is not faithful, unreliable and cannot be trusted.

I have Faith in my own True Self.

My True Self is always faithful.

I have trust in other people who do what I want them to do.

I cannot trust my Soul.

My Soul never does what my ego wants.

I have Faith in my Soul to deliver exactly what is right for my Self.

I cannot trust that my ego's desires will be delivered. I need will power to manifest them.

I have Faith that my Soul's desire will always be present.

I trust my ego self to want what I believe is good for my ego self.

I trust other people to choose what is exactly right for them.

I have Faith that my Soul knows my path in life and presents opportunities for my Self to follow that path in every moment of time.

When I do not trust my Faith, I have no Faith and no path to follow.

When faith & trust have no distinction, I have no Faith and I have no alternative but put my trust and my faith in others.

Favour & Grace

Grace and Favour are free.

Grace is the Power of Love.

Favour is the Authority of Light.

With Grace & Favour we experience the Mercy that is Life.

We are full of Grace when we are connected to our Power.

With Power, we are graceful and effortlessly flow.

Life is favourable when we are connected to our Divine Authority.

We favour being in the effortless flow of Life.

Mercy is not something that we give to another but to our Self.

With Grace & Favour, we give the opportunity of Life to our Self.

“There but for the Grace of God, go I”, means that without my connection to my Divine Power & Authority, I will be at the mercy of my fate, instead of living the Life of my Destiny.

With Grace, we are all ‘God’s Favourite Son’.

Fear & Love

Love and fear is the duality of being with or without my emotional energy.

Whatever energises me, I will love.

Whatever drains my energy, I will fear.

Love and fear is a duality of my emotional needs and my limiting beliefs.

Whatever meets my emotional need, I will love.

Whatever beliefs limit my emotional energy, will create fear.

Love and fear is a duality of my false power and authority.

Whatever I love will give me power.

Whatever I fear will take away my authority.

In my disconnection from my True Source of Power, I will resort to courage and bravery to overcome fear.

When I face fear with courage, I may hold it at bay but never defeat it.

I cannot conquer fear, but I can overcome it.

The only way to overcome my fears is to change the beliefs that created them.

When I overcome the duality of love and fear, I am empowered with Love.

When I replace my limiting beliefs with the Truth of the Love that connects me to the authority of my power, I become fearless.

My Soul only ever sends me Love.

Feeling & Emotion

Feeling & Emotion are the female & male gender of the personal wavelengths of an energy aura. We are all energetic Beings who transmit & receive wavelengths of vibrational energy. This is the experiential essence and an essential nature of our physical existence.

- Feelings are wavelengths of emotion that I receive or feel objectively. I am affected by my feelings.
- Emotions are wavelengths of feeling that I emote subjectively. I effect with my emotions

I am sensitive to receiving objective feelings and I am emotional when emoting subjective emotions.

- Emoting subjective emotions is emotionally beneficial
- Suppressing subjective emotions is mentally detrimental
- Detachment from objective feelings is mentally beneficial
- Attachment to objective feelings is emotionally detrimental

Emoting rational positive emotions is emotionally intelligent and expressing irrational negative emotions hurts other people's feelings.

Feeling other people's positive emotions is mutually beneficial and resonating with other people's negative emotions never feels good.

Feelings & emotions are either experienced sub-consciously & instinctively or experienced intuitively with awareness. I either react instinctively to negative feelings of emotion or I respond intuitively with emotional feeling.

- Feelings of emotion are sub-conscious & irrational
- Emotional feeling has conscious rational awareness

When I can consciously rate my awareness of an emotion as a subjective attribute of myself and I rate my awareness of another's objective feelings as attributable to them, I attain a level of emotional intelligence.

With the sensitivity to detach from external feelings about others, I am free to exclusively connect to the awareness of my own adjective emotions, which I am able to attribute to myself as a spiritual attainment.

I emote whatever I experience from within relative to the perspective of my beliefs. When I align with other people's beliefs, I resonate with their emotions which I believe to be my feelings.

When I align with my own core beliefs, I resonate with my own emotions and other people feel the truth of my essential nature. It is not possible for me to align with my truth and emote negative emotions. It is not possible for

me to align with my fears & limiting beliefs and emote positive emotions. Other people, either instinctively or intuitively, feel the positive or negative polarity of the emotions that I am expressing; as I do theirs.

It is my intellectual rational judgment of myself and other people that disconnects my instinctive ability to sensitively feel another's emotional state of being without any inclusive attachment. Attaining sensitive detachment with my feelings about other people's emotions allows my exclusive connection to my own truth and the purity of my own emotional state of being.

- When my feelings & emotions are divergent, I am a hypocrite
- When my emotions & feelings align, I am in integrity

First & Second Nature

That which is Second Nature is instinctive and intuitive.

Instinct & intuition are my 2nd nature, or are they?

My First nature is the personality and the character of the role that I am playing out in life - my ego sense of self.

My second nature is my True Nature, unless that is, I have been programmed to act with a different nature.

When my True Nature has been overwritten by fears and limiting beliefs, my 2nd nature becomes my mental programming, and my true nature becomes my Third nature.

I have 3 natural ways of being, which are potentially 3 different natures. In my world everything comes in threes.

My 1st nature is my Conscious Self that adopts the personality and the character of who I believe my Self to be.

My 2nd nature is my autonomic sub-conscious Self that is driven by my emotional needs and programmed with my limiting beliefs and my fears.

My first and second natures create the conflict and dilemmas of my heart and my head.

My 3rd nature is my instinctive and intuitive Super-Conscious Self that is my Soul and my Inner Coach, my True Self and my True Nature.

When I am being my True Self, instinct and intuition are Second Nature, but I had to overcome my fears and limiting beliefs before I could realise it.

Flow-ers & Flowers

Flow-ers flow with spirit and enjoy an effortless life.

Flow-ers emanate an aura of love & beauty.

Flow-ers are flexible and bend without resistance.

Flow-ers co-operate with nature.

Flow-ers know the time and the cycle of life they are in.

Flow-ers have a vision to make the world a better place.

Flow-ers have a mission to grow and blossom with joy.

Flow-ers know their path and their purpose for being on that path.

Flowers too, attain all these qualities and attributes.

Fluent & Fluctuating

"Force of Light" versus 'forces of light'

Our “Force of Light” is the frequency of our Consciousness. It is the quota of Light that we emanate as our Aura.

Our “Force of Light” is the quotient of our combined physical and emotional intelligence that is our ‘Conscious-Awareness’.

The ‘forces of light’ are the Man created energies (thoughts) that are in conflict with the ‘forces of darkness’.

The ‘forces of light’ manifest as the powers, principalities and dominions of light that are synonymous with our emotional needs, mental beliefs and physical dramas.

A positive thought that is in harmony with our beliefs is a principality of light. A negative thought or fear is a false belief and a principality of darkness.

A positive emotional need that is received is a power of light. An unmet need is a realisation of the powers of darkness.

Experiences of fun and pleasure are created by the dominions of light. A nightmare scenario is created by the dominions of darkness.

Whether a force (thought) is light or dark, good or evil, positive or negative, is just an individual, personal, subjective, perspective that creates the 'truth' of our own reality.

Fighting either for or against the forces of light or the forces of darkness will always diminish our "Force of Light".

Focus & Presence

Focus is a conscious competence.

When I am unfocused, I am either unconsciously competent or unconsciously incompetent.

I am either present or absent.

It is either my physical focus that is absent or my presence.

With presence, my focus is absent and with focus my presence is absent.

Absence, focus & presence are a triality when presence is the balance between being focus & unfocused.

Presence is being in the present moment without being absent or focused on the past or the future.

Focus holds my attention on what is physically occurring.

Presence allows each present moment to pass through my experience.

Presence is an unconscious competence.

It is an awareness of whatever is unfolding, without having a conscious focus.

Focus is the conscious capacity of my will.

Presence is the unconscious competence of my Soul.

Focus is an action that I take.

Presence is the state of being present with my Self.

Force & Power

Power is not a force.

A powerful energy has magnitude not force.

A forceful energy has authority not power.

Nuclear power is derived from the magnitude of energy that is apparently locked within each atomic nucleus.

Nuclear force is the authority that a Country with nuclear weapons believes that it has over another Country.

A Country with nuclear weapons believes itself to be a nuclear power, yet nuclear weapons have no power without the authority to use them.

Nuclear powers are not authorised to use nuclear weapons.

Authority means choice and no right minded person would ever choose to use nuclear weapons other than as a deterrent.

A deterrent is something that forces our authority upon someone else.

A nuclear threat is a global example of 'an eye for an eye' or what you do unto me, I will do unto you.

This misinterprets the Golden Rule which is: "Do unto others as you would have them do unto you".

Do we really choose as a nation to be threatened with atomic weapons by another nation?

Why then do we choose individually and collectively to be a nuclear power and a nuclear threat to other nations?

Thought is a forceful energy with authority and can be either a positive blessing or an evil curse, which is relative to the perspective of our reality.

Nuclear power has no authority, no choice, and no polarity. It is a powerful energy with a great magnitude that can be used in either a beneficial or a detrimental way according to the force of our own authority.

My potential ability in Life is relative to the force of my authority combined with the magnitude of my power.

The force of my authority is determined by the clarity of my thought that determines the magnitude of my own emotional power.

Freedom & Control

Freedom is a magnitude of female power flowing in space.

Control is a force of male authority causing entropy in time.

Will power is the force of a male ego in authority. The male ego seeks the power to control at will. The female ego nurtures the spirit of freedom. An unbridled free spirit is empowered.

Controlling spirit disables its authority & disconnects its power. The thoughts of the Soul flow freely, unless they are controlled by the thinking of the Self.

The Soul is free and allows the Self to free itself from control.

The ego seeks to set itself free by being in control.

The Soul is in control, whether the Self sees itself as free in life or enslaved in life.

Being free, being controlled or being free to control others is the choice of the ego's perspective.

As a Golden Rule: When I seek to control others, others seek to control me and when I allow others their freedom, others allow me mine.

Freedom & Independence

Freedom is having the authority to discern the right choice for our self.

Independence is having the power to make our choices our self.

With freedom and independence, we have the ability to carry out our choices.

Choosing requires will power, which is the will of the ego self.

Being 'at choice' requires the power and authority of our heart & soul.

Freedom is the result of overcoming the authority of our limiting beliefs.

Independence is the consequence of redeeming our unmet needs and connecting to our true power.

Limiting beliefs and unmet needs drive the "I will" of the ego self.

Freedom & Independence is the power and authority of the "I am" Soul.

Freedom Fighter & Terrorist

By the Law of Attraction, I create the focus of my attention.
I draw the focus of my thoughts into my reality.

The focus of a Freedom Fighter is the terror of losing their freedom. A person who is truly free has no need to fight for their freedom. A person who is fearful of losing their freedom, focuses on the terrorist who they believe will take away their perceived freedom. Focusing on losing my freedom creates a reality of not having my freedom.

Anti-terrorism creates a compromised freedom.

Anti-terrorists are freedom fighters who create terror in the minds of the terrorists.

Their aim is to take away the freedom of the terrorist.

They are a Government Army of freedom fighters who deal out terror in the cause of freedom.

Freedom will never be caused by the effect of the terror of fighting for it.

Terrorists become a non-governmental army who are fighting for the freedom that they have lost to a government army of freedom fighting anti-terrorists.

I do not have to fight anyone for a freedom that is inherently mine to choose and to experience for my Self.

Frequency & Wavelength

Frequency & Wavelength are the two primary properties of every three dimensional energy vibration. As everything that we know and experience is fundamentally an energy vibration, frequency & wavelength are the basis to everything that exists physically, mentally & emotionally.

Existence is a reality that vibrates energetically. Without energy, there is no vibration and without vibration, energy is just a latent potential waiting to be created. Realising the potential of energy brings it into physical, mental & emotional existence. The reality of existence is relative to the influence of the existing energy that is being experienced.

- The experience of existence is relative to the wavelength of an energy vibration, which is called an emotional feeling
- The experience of existence is influenced by the frequency of an energy vibration, which is called a mindful thought

As thought changes its influential frequency through choice, the emotional feeling of an experience changes the way it vibrationally exists. Frequencies of thought and wavelengths of feeling are the two basic properties of every existential physical, mental & emotional reality. This means that:

- Every individual mind can influence & change every personal emotional experience
- Every objective vibrational object can be experienced differently, relative to subjective thoughts & feelings

The frequency & wavelength of external vibrating objects may remain unchanged, while the internal subjective experience may change with an Individual's influential thoughts and experiential emotional feelings.

Our own personal physical energy vibration is relative to the frequency of our choice of thinking and the wavelength of our emotional feelings.

Our collective human energy vibration on a planetary level is seen from a different perspective:

- It influences the frequency of our Time, which we call our Age
- It experiences the wavelength of our Space, which we call our Environment
- It exists as the vibration of our Reality, which we call our Truth

We all physically, mentally & emotionally exist in the influential experience of the truth of our environmental age, which is the three dimensional space-time-reality of our collective frequency, wavelength & vibration.

Gap & Void

The Void is my absence of emotional power.

When my emotional energy is depleted, I experience the void, an empty pit in my solar plexus.

The void is a place to avoid.

It is a descending vortex of negative emotion that sucks you in and holds you under its influence.

It is a black hole from which no light can emerge.

The void is a creation of my sub-conscious fears that create my emotional needs and my experience of scarcity & disconnection.

The void is my emptiness.

The Gap is my Fullness.

The Gap is my source of emotional power.

When my emotional energy is inspired, I am in the Gap.

A gap of e-motion is experienced as the Greek 'Agape' or Abundant Love.

It is the 'Space' that contains infinite potential in its magnitude of omnipotent power.

It is my allowance & my providence that allows my spiritual growth.

The Gap is the energy that holds all matter in form.

Whether I am disconnected from source and falling in a void, or connected to my power and ascending in the gap is a matter of my own perspective & choice.

Gender & Polarity

Gender is the duality of our emotional Power.

Polarity is the duality of our mental Authority.

Gender has a male or female perception.

Polarity has a positive or negative perspective.

A male perspective is normal for men and a female perception is normal for women. We get confused when we see normal as positive because we then see abnormal as negative.

Thus, when a man sees life from a female perspective, he is seen as queer, abnormal and negative.

Similarly, when a woman sees life from a male perception, she is seen as butch, abnormal and negative.

Divine Love is divided by gender into female love (need) and male lust.

Female love is without our true power, and is our emotional need for power that we call love or passion.

Male lust is without our true authority, and is our mental wanting our own way that we call desire and a lust for life.

When something is what we want, we see it as good and positive and we desire and lust after it or need it because we love it with a passion.

When something is not what we want, we see it as bad and negative and hate and loathe it or fear and detest it.

Whether we love something or need it, want it or desire it, lust after it passionately or hate and fear it, is simply a matter of the gender of our perception and the polarity of our perspective.

True Love has no gender and True Light has no polarity, just Wholeness (Holiness), Unity & Oneness.

Sensitivity is being emotionally connected to our positive female energy.

Exclusivity is being rationally detached with our positive male energy.

When we are sensitively connected emotionally, we access our Power.

When we are exclusively detached rationally, we access our Authority.

When we are exclusively-connected, sensitively-detached and emotionally-rational, we combine the male and female gender of our energy in a positive polarity, and we access our Ability.

With a negative polarity and a female gender, energy is irrational, inclusive and attached by our beliefs, needs and dramas.

Negative male energy, by comparison, is unemotional, disconnected and insensitive to our true power, authority and ability.

Unemotional and irrational have no sense of 'feeling'.

Disconnected and inclusive have no sense of 'knowing'.

Insensitive and attached have no sense of 'seeing'.

Power has no divided gender.

Authority has no divided polarity.

Ability has both gender and polarity that is balanced and united.

The polarity of our thoughts and emotions is either positive or negative.

The gender of our mental and emotional energy is either male or female.

Polarity is the direction of our perspective and is determined by our point of view.

Gender is the clarity of our perception and is ascertained by our feelings.

With dual reality comes choice and with choice comes opposing realities.

Our choice of perspective is its polarity. Our choice of perception is its gender.

Male gender perceives the world to be rational from a positive perspective and irrational from a negative perspective.

Female gender perceives the world to be emotional from a positive perspective and unemotional from a negative perspective.

Male gender learns and grows and moves forward by adopting a rational perspective and becomes stuck by other people's irrational behaviour and their own unemotional behaviour.

Female gender learns and grows with an emotional perception of life, whilst becoming confused and lost by their own irrational behaviour and other people's unemotional behaviour.

The gender and polarity of our thoughts and emotions determines our potential ability and the intensity of our Life.

Generous & Kind

I am Kind to people who are like me. They are my kind of people and my friends.

I am Generous to those who share my genes. They are my relatives.

I am kind to my friends and generous to my relatives when I please them by giving them what I have and they want or need. Kindness and generosity to others are conditional on them being friendly or related.

An act of kindness is an act of friendship. When I accept someone's kindness, I am accepting their friendship.

An act of generosity is an act of relationship. When I accept someone's generosity, I acknowledge our relationship.

In order for another to give me their kindness or their generosity, I have to be able to receive it.

When my friendship or my relationship is conditional on another's kindness or generosity, it is not divine.

When I am accepting of another's relationship or friendship unconditionally, neither kindness nor generosity is necessary.

Genuine & Real

What appears to be real in life is an illusion that we have created in time and space called our reality.

In our reality, time and space appear to be fixed, so we try to make our reality fixed also.

When we see the world through the genius of our imagination, we know that time is always advancing, space is constantly rotating and reality is always changing, as our perspective and beliefs act upon it.

What is genuine in Life is Divine and Absolute, which is undivided and Holy (Whole).

What is genuine in Life has no opposite and is beyond the physical realm of relative duality (dual reality).

Our genuine reality is Absolute Oneness.

The reality that we create as real for our self is whatever we choose to be real from the infinite possibilities that are available for us to create with our free will. (Free will requires creativity, genius and imagination).

Alternatively we can accept everyone else's reality as our own, but in another's reality, we shall never find our genuine self.

Getting Old or Growing with Age

Ageing is the natural process of time passing. As time passes everything ages as everything is designed to change with age and with time. Change is the nature of the universe.

The question is: “How am I changing with age”? or “How am I changing as time passes”?

An age is a period of linear time that contains a life-time.

In my life-time, I can choose to get old or I can choose to grow with age.

Getting old means doing the same old things every day with nothing new occurring in my life.

Nothing new means nothing is changing and I am in a state of being stuck.

Getting old and being stuck within my comfort zone of safety and security is not natural but it is very common.

Old people are very stuck in their ways and develop a very narrow and negative perspective of life.

Growing with age means attaining wisdom through life experiences.

As I grow with age my life appreciates. The more I grow and appreciate the more I appreciate my life by attaining a positive perspective of who I am and why I am here.

Growing old is an oxymoron. I grow with grace and wisdom not age.

Getting old gracefully is an oxymoron. Getting old saps my power. Growing with age gracefully is empowering.

When I grow with age gracefully and wisely, I will never feel old and every day will be a new experience and deliver a new opportunity for life.

Getting old is my fate. Growing with age is my Destiny.

I can choose to be young at any age.

I choose to die young as late as possible.

Giving & Receiving

When Giving and Receiving is an expansive act of sharing it is balanced.

For an act of sharing to be expansive, both parties are required to have, to be or to do what is being shared.

Sharing is expansive when what I am receiving, I am giving in equal measure.

Giving and receiving is out of balance when I am not giving and receiving in equal measure.

For giving and receiving to be in balance, I am required to already have what I am proposing to share with another by giving and receiving it.

The act of giving to balance what is being shared is by definition not balanced to start with.

Unless I already have what I choose to give and receive in an act of sharing, I am acting from a position of scarcity, which is always divisive.

When I give to someone who is needy or without what I am giving them, my giving is not balanced.

When my giving is balanced and equal to what I am receiving, it expands exponentially into my future.

When my giving is divisive, it will eventually deplete my reserves and create limitation and scarcity.

When my giving is focused on the scarcity of others, I will attract that scarcity into my own reality.

Giving material possessions and money in return for emotional gain is driven by an emotional need for love.

Giving emotional support in return for material gain is driven by lust.

Lust & love are a duality of one of the 7 deadly sins, which always take us out of balance and inner harmony.

Gluttony & Greed

Gluttony and Greed are often confused.

Gluttony is having or wanting more than enough of something or anything.

The opposite of gluttony is scarcity or less than enough of something or anything.

Gluttony is often defined as over-eating or over-indulging with food. It is in fact the over-indulgence or extravagance of anything.

Too much of anything is gluttony.

Greed is often seen as depriving someone else of what they want by having too much oneself. This belief derives from a scarcity mentality and is in fact a judgement of gluttony.

Greed is the belief that we are superior or better than another.

The opposite of greed is pleasing.

Pleasing is being humble or adopting an inferior stance to someone else's superior power or authority.

The greed of winning or attaining a higher status than another, is rarely seen as a sin in our modern society, which is why greed has become synonymous with gluttony rather than its true definition.

Discrimination, bias, preferential treatment and prejudice are all examples of greed and pleasing others selectively.

Greed is an aspect of arrogance without humbleness which has false self-confidence and esteem.

Gluttony is without contentment, abundance and knowing what is enough.

Goal-Setting & Problem-Solving

Managers generally have no distinction between Goal-Setting & Problem-Solving.

The goal of all managers is to solve problems.

Managers are trained to solve problems.

Problem solving is a key management skill.

A manager who cannot solve problems cannot manage a business effectively.

A business that has many unsolved problems will be chaotic and on the verge of a disaster.

Managers fail to see opportunities when they are busy solving problems. That is why they need Directors.

Problem-solving is a Management Skill.

Goal attainment requires the skills of a Coach.

The purpose of goal-setting is to awaken to new opportunities.

Goal-setting facilitates the development of the individual and of the business.

It is for the personal development of an individual, the professional development of the business or the personal professional development of an individual in the business.

It is how the individual, the business, or both, will develop and improve.

Goal-setting answers the question: “Where do I want to be”?

A Coach is then required to facilitate the questions: “Where am I now”? & “How am I going to get to where I want to be”?

When problem-solving is the goal that is set, very little personal or professional development is attained.

God & Sex

God is the unity of two Souls.

Sex is the unity of two bodies, two Selves.

When god is spiritual and sex is physical, they become a duality of sex & love.

Love is seen as the personification of God and sex is seen as the personification of Man, the beast.

The confusion between sex & love has reinforced the belief in god & the devil.

When physical sex between two bodies unites with spiritual love between two Souls, intimacy is attained.

Sex without love is just a physical act.

Love without sex is just an emotional need.

On a spiritual level, all Souls are unconditionally in oneness, holy communion, togetherness, harmony and intimacy.

It is the conditions of physical life and our separation from our Soul and God that makes sex possible.

It is those same conditions that allow Intimacy to be attained in this physical realm.

The choice is as always, ours.

Goodness & Righteousness

Goodness is the quality of my inspired intuitive revelations. Intuitively inspired revelations are personally good and beneficial. They feel good because inspiration is divinely empowered.

Goodness is inspired with grace. Grace is my connection with good authority. I have it on good authority that my grace is empowered. Good authority is exclusively aligned with grace and delivered with gentleness.

Goodness has a high magnitude and a low force. It is the power of intuitive perception.

Righteousness has a high force and a low magnitude. It is the authority of intellectual reasoning.

Discerning what is right is a righteous judgment between good or bad & right or wrong. The path of righteousness follows the moral, ethical & principle path of religious & theological thinkers.

Righteous leaders determine the path for righteous followers.

Righteousness is my fate.

Goodness is my destiny.

My destiny always feels good, whereas my fate may feel fortunate or doomed. A moral & ethical path may feel good or bad. I may choose it or resist it. I may feel that I should or I shouldn't follow it.

Being righteous has a duality of being sanctimonious. I follow another's direction when I believe it to be a righteous path. I resist another's direction when I believe it to be sanctimonious.

Righteousness & Goodness are not a duality of authority & power. Goodness is my authority that enables my Grace and allows my Gentleness to effortlessly flow.

Righteousness is the opposite of wrongness. Wrongness or misdirection is the ignorance of having no ethical or moral compass that is in alignment with other's convicted beliefs.

Righteousness is the duty that one pays for allegiance to others.

My Goodness is a personal connection in alignment with my own divine choice. All of my divine choices are made with Goodness because it enables my own divine authority. Righteousness authorises other people's collective choice.

Righteousness is a religious doctrine.

Goodness is a spiritual attainment.

I always have a choice between what feels good and what seems right. Good authority is always beneficial. Right authority can be wrong as well as left. Right brain authority is personally creative & imaginative. Left brain thinking follows the status quo. What is right for me can

be wrong for another and what is deemed righteous by others can feel wrong for me.

When my intuition is left behind, I miss what is right in front of me and I default to what others believe is right for me.

My Soul is ever Goodness in Spirit, never righteousness incarnate.

My righteousness makes other people wrong.

My Goodness allows others to feel good.

Grateful & In Gratitude

I am Grateful for what other people give to me.

I am In Gratitude for whatever life is providing for my Self.

I am grateful for what is given & received.

I am in gratitude when being accepting.

Being grateful gives others the emotional energy to continue to give.

Being in gratitude is the universal power to attract what I have into my future. It allows me to accept and the universe to deliver.

I am grateful for my advice & directions from others.

I am in gratitude for my alignment with my Soul's providential path.

Being grateful is the energy of kindness.

Being in gratitude is the energy of kindliness.

There is no duality when in gratitude, no unkindness & no ungratefulness.

Gratitude & Thanks

I give Thanks for what I am in receipt of.

When I am in receipt of something that I want, I give thanks to whomever gave it.

I receive beneficial things with thanks.

A thank you is an acknowledgement to the giver of my ability to receive.

I am in Gratitude for everything that I Accept.

Whenever I am in Acceptance of what is occurring, I am in Gratitude.

I accept whatever turns up in life with Gratitude.

Being in Gratitude is my Acceptance of Life.

Thanks are what I give to the giver.

Gratitude is a state of Being in Acceptance.

I give thanks.

I am being in gratitude.

Thanks are conditional on my receiving something.

Gratitude is the state of being unconditionally accepting of everything that I already have in life.

When I am Giving Thanks, I am focusing on what I have and others do not have.

I am thankful for what I have and for what others have given to me.

I give thanks for other people's kindness and generosity.

I am unable to give thanks to people whom I envy because they have what I do not have, which I would like to have and be thankful for.

Being In Gratitude is an emotional state of Being, not an action that I do.

Being in gratitude is a feeling of being content with what I have in Life.

I am in gratitude when I am approving of all the positive aspects of my Life.

I am in gratitude when I recognise the abundance that already exists in my Life.

I am in gratitude for what I am accepting and I am allowing to flow into my Life as a blessing.

I am thankful for what I receive as a gift from other people.

I am in Gratitude for the Provision that I receive from my Soul.

Gravity & Levity

Gravity & Levity are a duality of relative physical existence.

Gravity is heavy. Levity is light.

Gravitas is serious. Levitas is fun.

People with gravitas see levity as frivolous. People with levity see gravitas as grave.

Levity is a quality of the Levites, who were a tribe of Israel who believed they were Beings of Light.

Gravity is a force of nature discovered by Isaac Newton, a man of great gravitas. Gravity apparently pulls me down to Earth and grounds me.

Levity apparently allows me to levitate and fly metaphorically.

A Medium allows a balance between the opposing forces of gravity & levity. Physical life is just such a medium. The medium of life is finely balanced between gravity & levity.

It is seriously fun, and either frivolous or grave depending on the force of my own nature.

When Newton discovered gravity, mediums were being burnt at the metaphorical stake.

Greed & Pleasing

Pleasing means “I bow to your superior power”.

Humbleness is bowing to another’s superior authority.

Pleasers are being humble to the arrogance of greed.

“Please can I”? is a plea for permission.

A plea for mercy is a plea for one’s life.

A ‘Pleaser’ has to ask permission from a superior authority and is not free to make their own choices.

Pleasing is deferring to the higher authority of another.

Children please their parents. Pupils please their teachers.

Servants please their masters. Dogs please their owners.

Religious fanatics please god.

When we please the authority of another we give away our power to them.

Greedy and arrogant people need to be better than others.

Greedy people need power over other people.

Arrogant people assume authority over other people.

We please others for fear of their displeasure with us.

Greedy people have low self worth and need to win and be better than others.

Arrogant people have low self-confidence and need to be right.

Greedy people and pleasers do not believe that we are all equal.

Arrogant and humble people do not practice being equable. "Pleasing god does not please God"

"Being humble, to the dogma and doctrine of religion, is not being humble to God."

"Being humble to God makes god arrogant".

"Following the direction of our Inner Coach is 'Being Accepting' and is neither humble nor pleasing because our Soul cannot be either greedy or arrogant, this is the prerogative of the ego self".

Growth & Maturity

Maturity is a stage of development between adolescence and old age.

Growth is an evolution of our reality in space and time.

Maturity concerns stability and certainty.

Growth is about expansiveness and personal experience.

Things grow as part of their connection to nature.

Things mature as a natural progression towards old age.

Growth is infinite, eternal and boundless.

Maturity is limited by age and experience.

Fruit matures before it goes bad.

Consciousness grows on a path towards Goodness.

Physical maturity leads eventually to death.

Spiritual growth is infinite, eternal and continuous.

Guardian & Guide

My Mind, my sub-conscious Id, is my Guardian.

My Heart, my super-conscious Entity, is my Guide.

When the Guardian & the Guide unite as One, I operate from my True Identity.

The role of our Guardian is to keep us safe in our travels through the physical world.

The Guardian acts instinctively to ensure our safety, security, comfort and survival.

The role of our Guide is to facilitate our personal development and expansive spiritual growth.

The Guide acts intuitively to give us messages of coincidence and revelation.

When the conscious Self has a dilemma of choice it is because the Guardian and the Guide are in conflict.

The Guide may be advising a path that the Guardian sees as risky or unsafe, which will result in pain and discomfort.

The paradox of life is that when we fail to follow our spiritual path, we automatically confront pain and discomfort.

Whereas our true path always lies beyond our comfort zone, we do not have to encounter pain and suffering to grow spiritually, unless of course we believe that we do.

When the Guardian and the Guide are in conflict, we have a shift to make before we will find the effortless flow of our destiny.

Guided & Supported

We are all mentally guided and emotionally supported, when we allow our life to effortlessly flow without resistance.

- Being mentally supported by other people's influential advice is false guidance
- Being emotionally guided by other people's sympathetic feelings is false support

External mental support and emotional guidance causes entropy & resistance to effortless, beneficial flow. This apparent inertia is caused by our disconnection from our own internal source of guidance & support.

My connection to my inner support is called Self-worth. When I feel worthy, I value my own support and when I feel confident, I know that I am internally guided. My loss of self-worth & self-confidence, which together form my self-esteem, is an indication of my loss of intuitive guidance & support.

- When I feel intuitively supported, I feel worthy
- When I know that I am intuitively guided, I am confident
- When I see that I am intuitively guided & supported, my self-esteem is high

I hold my Self in high esteem when I intuitively follow my inner guidance, knowing that it is certainly supported. I intuitively feel my inner support when I know that it is certainly guided.

Being guided & supported is an inner emotional awareness, as is my self-confidence, self-worth & self-esteem. When I open my intuitive sense of awareness, I connect to the source of my inner guidance & support.

- Self-confidence is my mental authority, which allows guidance
- Self-worth is my emotional power, which allows support
- Self-esteem allows my physical ability to fulfil my destiny

Guiding & Supporting

Guiding and Supporting are the two primary skills of a Coach.

Guiding is also a leadership skill of a Director.

When I guide someone by leading them, I am guiding them in my chosen direction.

When I guide, lead and direct someone in my direction, they become a follower or a worker. They follow my lead, my guidance and my direction.

When I lead someone by guiding their direction they will need my motivational support because they are acting under my will power.

When I support another as a Life Coach, I connect them to their own Source of Power and they become empowered with Life-force Energy.

With sufficient power, I support others to make new choices.

Once another has the power to make new choices for themselves, I can guide them to realise, make real, those choices and bring them into their reality.

A Director guides another to follow his/her authority and supports them to achieve his/her aims and objectives. Followers, employees and workers require direction and motivation.

A Life Coach supports another to connect to their own emotional power, guides them to follow their own authority and enables them to lead their own Life. With Guidance & Support they become inspired and empowered.

Harmony & Resonance

Harmony & Resonance determine the Vibration of my Life Force Energy.

Harmony is the wavelength of my energy vibration. The wavelength of my vibration determines the quality of my emotional state of being.

Resonance is the frequency of my energy vibration. The frequency of my vibration determines the quality of the conviction of my belief.

My vibration or Life Force Energy is most harmonious when the gender of its wavelength is balanced and united.

When the gender of the wavelength of my emotional energy is balanced and united, the male and female aspects of my personality are in harmony.

When the polarity of the frequency of my mental energy is balanced and neutral, the positive and negative aspects of my character are in resonance.

The vibration of my energy is most resonant and harmonious when its wavelength is no longer divided by gender and its frequency is no longer divided by polarity.

The harmony and resonance of my energy creates an experience of Life that ranges from serenely peaceful to extremely chaotic because the gender of my emotions and the polarity of my thoughts determine the intensity of my Life.

Head & Heart

Choosing between my Head & my Heart will always get me lost.

When head & heart are a duality, I will get confused.

When heads & tails are a duality, the chances are that I will lose.

When I chase my tail, I will go around in circles.

When I follow my head, I will meet resistance and problems that require solutions.

Following my heart is the third way between choosing heads or tails.

I can only follow my heart when my head is in alignment.

I cannot follow my heart without my head's agreement.

The power of my heart requires the authority of my head to be in alignment with the Mind of my Soul.

Only my head knows when my heart feels good.

The Heart of my Soul always has a Mind to be Good.

Hearing & Listening

Listening is a skill.

The skill of listening is the ability to learn to stop not listening.

We stop not listening once we stop talking.

When we stop talking, we are able to listen.

The question then is to whom are we listening.

Listening to other people is as useful as talking to other people.

The real skill of listening is 'hearing' what other people are saying by hearing the 'messages' that are contained within other people's words.

The purpose of listening is to 'hear' our 'messages'.

Our messages outline the direction of the path that our Soul chooses for our Self to take.

The opposite of talking is listening.

The opposite of hearing is asking.

When we ask for direction, we will hear the answer once we learn to hear our Inner Coach, instead of listening to our Ego Self.

Heart & Soul

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

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

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

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

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

The Love of our Soul we feel emotionally emanating from our Solar Plexus and radiating up our spine and through our nervous system.

Our Heart Centre is the Source of our Authority of Knowing. When we Know in our Heart, we are in direct communication with our Soul.

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

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

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

In the Absolute Realm of Divinity, Heart & Soul are the same thing.

Our Heart & Soul is the core or centre and the Source of our Beingness.

The Source of our Beingness is from whence our Self originates.

The Source of our Beingness supplies us with both the power and the authority that enables us to follow an effortless life in this physical world.

In the physical world our Beingness is divided and our Soul becomes our self and our soul.

The purpose of Life is for the self to follow its Soul in order to connect to its power and authority.

Heart & Soul are synonyms or symbols for our Power & Authority.

The emotional power of our heart combines with the mental authority of our soul.

Once we connect to the vision, mission and purpose of our Soul, we automatically receive the true emotional power of our Heart.

When we put our Heart & Soul into Life we become authorised, empowered and fully enabled.

My Soul is the Heart of my Beingness.

My Heart is the Core of my Being that is my Soul.

In Absolute Reality there is no distinction between my Heart and my Soul.

In relative dual reality, heart & soul becomes synonymous with my True Power & Authority.

My Heart is the Source of my True Power, which is called Love.

My Soul is the Source of my True Authority, which is called Light.

With Heart & Soul, I have the Ability of Life.

When I live my life with all my heart and soul, I have the ability to live life to the full and my life becomes fulfilled.

The Ability of Life is my ability to connect exclusively to my own power and authority.

The Source of my Ability is the Power of my Heart & the Authority of my Soul.

When I put my heart & soul into something, I am authorised and empowered to succeed.

Heart and Soul are united in Absolute Reality.

In the relative dual reality of our physical existence, heart and soul become divided.

Our Heart is our source of emotional Love that is our Power.

Our Soul is our source of mental Light that is our Authority.

Only in the duality of our physical world is our power separated from our authority.

Only in this physical duality can we experience Love without Light, and light without love.

Love without light comes from a heart that is disconnected from its Soul.

A disconnected heart is an ego that is capable of experiencing the dualities of: love & hate; love & lust; and love & fear; as well as: light & dark and light & heavy.

When I put my Heart & Soul into Life, I connect to the Power & Authority of my Soul at the Heart of my Beingness that allows me the full potential of my Ability to Live a Divine Life.

Hearts & Minds

My Heart connects to the authority of my Soul.

My Mind is the will of my ego Self.

When my ego self is at One with my Soul, my heart and mind is united as one voice.

I cannot follow both the path of my Soul and the will of my ego because whenever there are two options, I am in the dilemma of a duality and therefore my ego is disconnected from my Soul.

When my ego Self has overcome all the dualities of relative physical existence, I will be at One with my Soul and all choices will have been made.

Without dual reality, there is no choice, there is no self to make a choice and there is no mind distinct from my heart that distinguishes my Self from my Soul.

Unless my Mind is separate from my Heart at the Core of my Being, I have no ability to choose. There is no distinction and there is no contrast.

My Conscious Mind always has a choice to either follow the passions of my heart or the desires of my sub-conscious ego's mind.

Hierarchy or Holarchy

A Hierarchy measures the height of a man's status or esteem.

The top of a hierarchy denotes the esteem of the highest status of an Individual.

A hierarchy is imposed and perpetuated by the will of those at the top of the hierarchy.

It is built with pride, hubris, bigotry & avarice.

It is founded on the belief that those with apparent power have authority over others, and therefore, those in authority have power over others.

A Holarchy describes the depths of Man's existence.

It is an order of increasing wholeness, holiness or holism.

It describes the level of a person's awareness of their environment.

Each level of holarchy is a level of awareness determined by its own holon.

A holarchy is a natural universal constant.

The development of a new holon within an existing holarchy is the evolution of an expanding universe in action.

Hubris, Bigotry & Avarice

From an Elite perspective:

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.

From a common perspective:

Hubris is good old-fashioned pride. Except, modern society does not judge hubris to be good now. Today, pride is seen to be good and encouraged while hubris is seen to be bad and discouraged. The badness of my hubris allows my pride to be good.

Avarice is good old-fashioned greed. Except, greed has never been seen as acceptable in any society. Today, avarice is seen as the pursuit of riches and is encouraged, whilst greed is seen as wanting too much and is not. Greed has become confused with gluttony and wealth has no distinction from riches.

Bigotry is good old-fashioned arrogance. Except, neither bigotry nor arrogance are seen as good in any society. Today, self-confidence is seen as good, arrogance as bad and bigotry as worse.

- Hubris is a false sense of having authority over others, whilst pride is the ego's false sense of its own authority.
- Avarice is the pursuit of a false sense of wealth, whilst greed is the desire to be better than others by being wealthier.
- Bigotry is a false belief in one's own ability, as is arrogance.

Hubris, Avarice & Bigotry are all the result of a disconnection from our source of power & authority that allows the true ability of our confidence, worth & esteem.

Human Or Humanoid

Humans are made in the image of God.

Humanoids are made in the image of Man.

Humans are programmed by the society of their parents.

Humanoids are programmed by a programmer.

Humans have choice.

Humanoids have options.

Humans can be irrational & emotional.

Humanoids are rational & unemotional.

Humans have an internal power source.

Humanoids have an external power source.

Humans lead & manage. Humanoids follow & serve.

Humans are owners & employers.

Humanoids are owned & employed.

Humans have positive & negative attributes.

Humanoids have only positive attributes.

Humans are the creation of a superior intelligence.

Humanoids are the creation of an inferior intelligence.

Humbleness & Humility

I am seen to have humility when I bow to a higher authority.

I appear to be humble when I submit to a higher power.

Humility and humbleness are seen as virtues, but they may also be seen as sins.

Whether they are good or bad for us depends on our perception and our perspective.

When we show humility to the higher authority of our Soul, this may be seen as a virtue.

When we show humility to the authority of our false beliefs and fears that reside in our sub-conscious mind, this may be seen as a sin.

When we are humble to the emotional needs of our sub-conscious self, this may also be seen as a sin.

When we are humble to the power of True Love from our Source, this may be seen as a virtue.

Whether anything is good or bad, a sin or a virtue, is just a judgement of our subjective personal perspective.

Our Soul chooses to be at One and Equal with our Self, which requires the ego to overcome all aspects of humbleness and humility towards anyone and everything.

Our Soul does not desire that we submit or bow to its higher power and authority, but to connect exclusively to both. This requires us first to no longer yield and obey the power and authority of anyone or anything else.

Humility & Modesty

Divine Humility requires the attainment of Acceptance & Forgiveness.

When I walk this Earth with Divine Acceptance & Forgiveness, I have attained Spiritual Humility.

Attaining Divine Humility requires me to overcome the duality of pride & modesty.

My Soul is the Divine Humility of unconditional Acceptance & Forgiveness.

My ego Self gets lost in a drama created by my pride in receiving and my modest humility in giving.

Pride is my ego expressing its righteousness about how good it is to receive from others.

Humility is my ego being modest about how good and right it is to give to others.

My ego's humility is the modesty that it is proud of having.

Being proud of not being proud is still an act of pride.

I require humility in order to tolerate other peoples' pride.

Tolerating other peoples' pride or modesty is not a state of being unconditionally Accepting & Forgiving and has therefore not attained Divine Humility.

I, Aye, Eye

The 1st is One I.

I is the I Am.

The I's the I am.

The Is is the One.

I am the Is, the I Am is who I am.

The 2nd is Two Ayes.

Aye is Yes. Aye! Aye! Is unconditionally yes.

Yes! Yes! Has no negative.

Aye is ever & always.

I am Aye, always & ever.

The 3rd is Three Eyes.

Two eyes see the physical world of duality.

The 3rd Eye intuitively sees the realm of the absolute.

The third eye is my super-conscious Soul.

The second aye is my sub-conscious id.

The first I is me, my conscious ego Self.

I is one, aye is positive, eye is seeing.

When I am one, I positively see Life.

My ego, id & soul see aye to eye as 1.

I & Me

Who am I?

I am Me!

I am the subject of my life and the object of my life is Me.

What makes me – Me?

The I that I am!

Who I am is who I am Being in any moment of time.

Me is who I have become on my journey of personal spiritual development and growth in this life-time.

I am my potential to be Me.

I am the sum total of my Attributes, Attainments & Achievements.

I look outward to see with my physical eyes a projection of Me in material reality.

My character, personality and attachments are a representation of Me.

The objective me is the sum total of all my achieved objectives.

The subjective I is seen from within with the vision and genius of my intuitive imagination that knows and feels the essence of I & Me as Beingness.

Id & Intellect

- The Id is my sub-conscious record of all my experiences in this lifetime
- The Intellect is my conscious choice of how I experience this lifetime

The Intellect is the cause of all the affects of my life experience. Making intellectual choices is relative to the quantity and the quality of the knowledge stored in my sub-conscious Id.

The Id is commonly called a memory and the Intellect is seen as the ability to make intelligent choices with that memory. An Intellectual with a sufficient amount of knowledge stored in their Id, is said to be Intelligent. The quantity and quality of the intelligence stored in the Id, determines the level of personal Intellect.

I.D.E.A. & I.D.E.A.L.

I.D.E.A. is an acronym for Id Experiences Actuality.

I have an IDea about the Actual reality that I am Experiencing.

My idea is my perspective of how my reality is actually being experienced.

I have good ideas, bad ideas & indifferent ideas when I have good, bad & indifferent experiences.

Most people have no idea how their experience is actually real.

Ideas are the perspective of the sub-conscious id experiencing actual reality.

I.D.E.A.L. Is an acronym for ID Experiences Absolute Life.

A Divine Life is absolutely Ideal.

An absolutely ideal life has overcome the limitations of relative dual reality experience.

In an ideal life, I use my creative imagination.

Creative imagination is how my Soul sees Life.

I have an idea relative to dual reality life.

I imagine my absolutely creative Ideal Life.

Imagination is ideal, ideas can be less than ideal.

I'llness & We'llness

I'llness is the state of my will.

I will is the will of my ego.

I willness is will power.

Will power is mental power not emotional power.

Mental power has limited authority.

Mental authority has emotional power.

Limited mental authority has limited emotional power.

My will power is limited by the force of my mental belief or conviction.

I'llness causes illness.

We'llness is the power of I am.

The I am is my triune reality. I am a triune reality of me, myself & I. Me, myself & I is who We are and who I am.

When we are being One in unison & alignment, we'll be well.

Well-being is who we are and who I am.

We are being well when being of one mind.

We'llness allows wellness to become well-being.

Illogical & Irrational

Neither being Illogical nor being Irrational are being rational but they are not the same state of being.

They share the same negative polarity, but not the same gender.

Logic and rationale have the same positive polarity, yet have different genders.

Being rational is masculine logic, whereas my rationale is feminine intuition. Both are positive attributes.

Being illogical is negative male energy, whereas being irrational is negative female energy.

Irrational has an opposing female positive energy of being emotional.

Illogical has an opposing male positive energy of being rational.

Being unemotional is a negative male energy that is not the same as being illogical.

Being illogical has a negative polarity, whereas being unemotional has a negative gender.

When being rational, I know my energy.

When being emotional, I feel my energy.

When being logical, I see my energy.

When being irrational, I am disconnected mentally.

When being unemotional, I am disconnected emotionally.

When being illogical, I am disconnected physically.

When being illogical, irrational and unemotional, I am disconnected from all three aspects of my Beingness.

Intuitive Logic is balanced, harmonious and charge neutral.

Imagination & Visualisation

Imagination is the creative power of my Soul.

I connect to the creative ability of my Soul with my imagination. Whatever I can imagine, my Soul has the power and authority to create (manifest) for my Self.

The focus of my imagination is the process of my Self choosing the choice of my Soul.

When using my imagination, I am seeing with the eyes of my Soul.

Imagination is Intuitive, Inspirational, Insightful, Inventive, Innovative, and is the Intention of my Soul for my Self.

Manifesting the choice of my soul for my self requires the gift of Imagination.

Imagination allows my Soul to present its gifts to its Self in every present moment of time.

Visualisation is the creative ability of my ego.

Imagination is the creative ability of my Soul.

My visualisation skills allow me to manifest the desires of my ego.

I require imagination to follow the path of my Soul. With Imagination, 'I'm a genie'.

Impatience & Intolerance

Impatience is a lack of emotional power.

I require emotional power to be patient.

I can be patient for as long as I have enough emotional energy.

When I start to run out of emotional energy, I become impatient.

Anger is extreme impatience.

Intolerance is caused by a limiting belief.

It is a belief that what is occurring should not be happening because it is not authorised or allowed.

I am tolerant when whatever is occurring is manageable, bearable & endurable.

When I am no longer able to tolerate what is occurring, it becomes intolerable.

At the extreme of my intolerance, I get mad.

My slight mental madness called intolerance is often the cause of my petty emotional anger called impatience.

I am required to become patient & tolerant in order to learn to become approving & allowing of whatever I am presented with in life.

Truly accepting every opportunity in life requires neither tolerance or intolerance, nor patience or impatience.

It requires my own emotional power and mental authority to be personally enabled.

Impatience & Patience

Impatience is a mild form of anger.

I get impatient and angry when I run out of emotional energy.

I need emotional energy to be patient because waiting is a toleration and a have to.

With enough emotional energy, I can be patient.

As my emotional energy runs out, I will become impatient.

When I run out of emotional energy, I will react angrily to get it back.

Patience & impatience are a duality, that is, they are opposing expressions of the same energy.

Anger is a well known emotion because it is often accompanied by an intense physical reaction.

Patience & impatience are emotions or emotional states of being.

Patience is usually seen as a positive emotion and impatience as a negative emotion.

Whether vibrating in a positive or a negative direction, they are both the state of my energy in motion and I will have to choose one or the other until I overcome the duality and find a 3rd way of Being.

My 3rd Way is to be Allowing.

When I am either waiting patiently or reacting impatiently,
I am disallowing what I want to attract and manifest into
my 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.

An Agreement is always authorised, whereas an Imposition is not.

Inclusive & Exclusive

I Exclusively follow my own path.

I Inclusively follow the same path as my soul mate.

I exclusively travel alone.

We inclusively travel together.

Being exclusive is expansive.

Being inclusive is adorable.

Being adorable is fortunate.

I am fortunate to share my journey with an adorable companion.

Being adorably expansive is sharing the development & growth of my fortune with another.

There is no limit to how many adorable companions may share my path in an inclusive way.

An adorable person is a fortunate companion on my inter-developmental path of expansive growth.

Inclusive & Including

Inclusive means expansive sharing.

I share my path with my Soul & my soul mates.

We effortlessly share our own exclusive path with each other.

An inclusive experience is greater than the sum of the individual experiences.

Including means divisive sharing.

I include others on my path because I need them.

Including is my attachment to what I need.

Inclusive is my detachment with what I truly value.

There is true value in being inclusive & expansive.

When disconnected from my path, I need to include others because there appears to be safety in numbers.

I don't need to be inclusive, but I may need to be included.

I choose an exclusive path that is inclusive of others on their exclusive path.

Independent From & Independent With

Being Independent is being detached from or not being attached to.

I am independent from someone when I do not need them for anything.

I am independent with someone when I share my independence with them.

Sharing my independence with another has true value.

Independence has true value when it is without attachment or emotional need.

When I value the true power & authority of my independence it has true value for me.

When my independence is an 'inner dependence', I am dependent only on my true self – my Soul.

I am independent from needing others when I am independent with my True Self.

Being independent from my Soul is disempowering & unauthorised.

Being independent with my Soul is a connection that has no attachment.

Only when I am independent from all other people can I be independent with all others.

Influencer & Influenza

Influenza is the influence of a bad spirit.

Bad spirits are the creation of a false perspective and an illusion of evil.

Influenza is blamed on a virus that we fall victim to.

Viruses are neither good nor evil. They are Nature's waste disposal system.

Everything that is not Divine and Pure, eventually decays and returns to dust or ash.

Bacteria and viruses turn inert matter back to dust, in the same way that fire turns inert matter back to ashes.

Ashes to ashes, dust to dust, is the way of life and death.

Every day I have a choice between 'living' life well or experiencing a slow lingering 'death'.

Influenza is a part of Nature and is natural.

The symptoms of flu are those of a physical body that is mis-aligned with its Spirit.

When my physical body is out of alignment with my spiritual body, I ache from the lack of connection to my power and I feel the resistance of life caused by my misalignment with my true authority.

Without my power and my authority to live life happily and well, I feel miserable, unwell, sick, ill and under the influence of a very bad or low spirit.

Flu is Nature's way of getting me to stop and re-think my life.

It is my natural way of cleansing out my bad perspective of life caused by my limiting beliefs and my fears.

It is my bad perspective of life that is the major influence on my life, including my belief that I can be a victim of a multitude of microbes.

There is only One Influencer that can align me with my True Path in Life – my Soul.

Influent & Influential

I am being Influent when I am:

- Effortless, free and flowing on my Life Path
- Fluent in the language of my Soul and hearing my messages with clarity
- Under the influence of my Soul's Authority
- A shining example of my True Light

Being Influential is:

- Having power and authority over others
- Getting others to conform to my standards
- Believing that status, money & knowledge give me influence over others

My limiting beliefs will influence my behaviour until I become consciously aware of them and challenge their influence over me.

My emotional needs will influence my decision making and take priority over my actions.

The dramas that I attract in life will influence my character and my personality.

Being Influent is my true Identity and my Real Self never seeks to have influence over anyone.

Ingenious & Ingenuous

Ingenious is being connected to my source of genuine mental genius.

Ingenuous is being connected to my source of genuine emotional power.

Ingenuity manifests genuine thoughts as real and true thought as genuine.

Ingenuousness expresses pure emotion as a real and genuine feeling.

The genuine source of ingenuity & ingenuousness is the genie that I call my Soul.

The authority of mental ingenuity flows effortlessly with the power of emotional ingenuousness.

I am the genuine genus of my Soul. We are all genetic manifestations of our Soul Genus and our Soul Genius.

When I express a genuine emotional aspect of my Soul genus, I am being ingenuous. I am being my inner genus when my emotional heart is open.

When I imagine a genuine mental thought of my Soul's super-Consciousness, I am being ingenious. I am in my genius when I am aligned with my Higher Mind.

The source of my ingenuousness is my spiritual heart. My ingenuous heart expresses aspects of pure, natural, divine Love; which are undivided by male or female gender.

My ingenious mind expresses thoughts of pure, divine Light; which are undivided, unfiltered and unpolarised by my sub-conscious autonomous programming. The ego Self is always free to choose the divine path of its Soul or the autonomous path of itself.

Both ingenuity & ingenuousness require an intuitive connection to the genius of the Soul. I connect with the genius of my creative genie with my mental ingenuity and my emotional ingenuousness.

My Ingenuousness is never naive, artless or innocent; even though an insensitive, unemotional, unawakened mind might believe it to be so.

My Ingenuity is never clever, intellectual, rational or intelligent; even though an unaware, inclusively disconnected, counter-intuitive mind might believe it to be so.

Inheritance & Legacy

An Inheritance is passed down the family line.

It is what I receive from my parents and they received from theirs.

From my birth, I inherit my family's character, race, creed, nationality, religion, principles & beliefs as well as their memes and their genes.

When my parents die, I inherit their worldly goods & assets.

I inherit whatever is inherent within my family line.

A Legacy is what I leave for the benefit of the world.

My legacy is what my Soul bequeaths to my Self.

I am in life at the behest of my Soul to fulfil my bequest to my Soul family.

My 'be quest' is handed down from my Soul to my Self.

My quest or mission is to fulfil my vision with purpose.

A fulfilled vision is the legacy that I leave to the world.

I inherit my fate, I am destined to leave a legacy.

Innersense & Innocence

Innocence is the gender opposite of guilt. It is my female energy of naivety, modesty, humility, humbleness, pleasing, meekness & patience. It is without my male energy that makes me guilty of being righteous, proud, arrogant, greedy, wrathful & angry. I am judged to be guilty or innocent by virtue of the gender of my energy.

Innocence may be judged to be a virtue but it is far from being a divine attribute.

Inner sense is a divine attainment. The attainment of Inner sense requires all three intuitive senses of seeing, feeling & knowing.

It requires three divine attributes of being Good, being Gentle & being Graceful. When I feel the power of my grace, know the authority of my gentleness and see the ability of my goodness, I attain Inner sense.

My Innocence is 'in no sense' divine.

My Inner sense is 'inner sent'.

Inner sense is my power to be Happy & my authority to be Well.

Being guilty of my innocence disallows my Inner sense.

Inner Space & Outer Space

Outer Space is the space between star systems and galaxies.

Inner Space is the space between molecular systems and atoms.

Space in physical terms is the distance between physical objects.

Outer space is more abundant between galaxies than between the stars in a galaxy.

Inner space is more abundant within an atom than between the atoms in a molecule.

Space in spiritual terms is 'Energy'. It is the Energy that is the power of Consciousness.

The more space that I have the more conscious I am and the more emotional power that I have to convey my thoughts.

The more outer space that there is, the less dense is the environment.

The more inner space that I have, the less dense is my perception of life.

The only thing that divides inner and outer space is my perspective of life.

Inquistive & Inquisitor

The Inquisitive is curious, keen, searching & inquiring.

The Inquisitor is prying, enquiring, snooping & meddlesome.

The Inquisitive is seeking their own path in life.

The Inquisitor is ensuring that others are following the path of their dogma & doctrine. The Inquisitor follows the morals, ethics & principles of their religion or creed.

The Inquisitive follows their true values & their faith in their own core beliefs. The Inquisitive is inquiring into a vision of their own truth.

The Inquisitor is the judge of a commonly accepted belief. The Inquisitor is an Interrogator & an Intimidator.

The Inquisitive is a Sensitive & a Seer.

The Inquisitor ensures that the right knowledge is taught & learned. The Inquisitive knows the feeling of their own intuitive insight.

The Inquisitor experiences the intensity of their own life dramas. The Inquisitive experiences the fulfilment of their own life potential.

Instance & Instants

An Instance is an occurrence or a happening.

It is something that occurs to me or happens to me.

A normal instance upholds reality as normal and unchanging.

An abnormal instance is seen as surreal or paranormal or is an experience that is seen as an accident or a disaster that changes current reality.

I see a disastrous instance as changing my normal reality against my wishes.

Instances of change are seen as blips in the One Reality of Life and are perceived as changes to reality over time.

An Instant is a point in space and time.

We perceive points in space as places and points in time as moments, which we see as different aspects of reality.

When I observe a particular point in space & time, I see an Instant of Reality.

An instant of reality is the product of that point in space and that point in time.

Space-Time creates Instants of Reality

Without space-time there is no point to reality.

An Instant is continuously changing.

That is the point of Reality and the point of Life.

When I observe the instant, I get the point.

An instance happens to me, whereas an instant is of my own creation.

Instinct & Intuition

Instinct and Intuition are not the same thing.

Instinct is my Soul acting as or for my Self.

My Soul processes information instantly and is therefore able to react instantly as my Self.

My Soul has given my Self choice and I have chosen an instinct for survival. My Soul therefore only acts instinctively when my survival is threatened.

Instinct is acting without consciously thinking. Sub-consciously my Soul has thought through the implications of my actions and acted accordingly.

Intuition is my Soul communicating with my Self.

My Soul intuitively communicates with my Self by allowing my Self to know, feel & see with my Soul's spiritual senses of awareness.

My Soul is always communicating with my Self. The question is: "Am I receiving my Soul's communications"? and "Am I connected to my Soul's revelations"?

My Soul is 'Instinctuitive'. It is both Instinctive & Intuitive.

The question is "Am I acting instinctively, intuitively or instinctuitively"?

We get our physical and emotional needs met instinctively.

We instinctively need food, water, oxygen and shelter in order to survive.

We also instinctively need emotional power to sustain us.

We get our spiritual needs met intuitively.

Our spiritual need is to develop and grow, consciously and mentally.

Spirit is our consciousness and our degree of consciousness is our spirit, which needs our spiritual power, authority and ability to grow.

Spirit is energy and needs to expand, otherwise it slows down, stagnates and contracts.

Our sub-conscious mind acts instinctively, our conscious mind acts consciously.

Our super-conscious mind (our unconscious) acts intuitively.

How conscious we are, is measured by our ability to act intuitively instead of instinctively.

Intellect & Ego

- The Intellect is my conscious choice of how I experience my life
- The Ego is my conscious sense of Self, through which I experience my life

The experience of the Ego being non-intellectual, allows a clear distinction between the two.

- An intellectual ego believes that it has the knowledge / intelligence to make good, right & positive choices
- A non-intellectual ego lacks the intelligence and the knowledge to make its own intellectual choices

Intellectuals reason non-intellectuals to be unintelligent and unable to make rational choices.

- A rational intellectual thinks that emotional intelligence is irrational
- An emotionally intelligent intellectual has an ego sense of self-worth, with the confidence to express their own self-esteem

Self confidence, self-worth & self-esteem are my mental, emotional & physical ego sense of self. My ego is confident, worthy and holds itself in high esteem.

An emotionally intelligent intellect has an intuitive sense of self. An intuitive ego experiences life with confidence,

worth & esteem. When I know with confidence the worth of my ego, I am able to express it with self-esteem.

- An intellectual ego has a rational sense of self
- An intuitive ego has an emotional sense of self
- An intellectually intuitive ego has the conscious-awareness of a spiritual sense of self
- An unintellectual ego makes conscious choices intuitively
- An unintelligent ego is unable to choose either intuitively or intellectually

Intellectual & Intuitive

- An Intellectual perceives life with a three dimensional level of conscious perspective
- An Intuitive perceives life with a four dimensional level of perceptual awareness
- An Intellectual primarily uses their physical senses to experience the world
- An Intuitive primarily uses their emotional senses to experience the world
- An Intellectual teaches lessons to solve problems
- An Intuitive learns lessons to take opportunities
- An Intellectual is mind focused
- An Intuitive is heart centred
- An Intellectual uses a posteriori knowledge
- An Intuitive uses a priori knowing
- An Intellectual has mental authority without emotional power
- An Intuitive has emotional power without mental authority
- An Intellectual has direction without clarity
- An Intuitive has clarity without direction

- An Intellectual's ability is distorted by other people's beliefs
- An Intuitive's ability is distorted by other people's emotional needs

In Service & Of Service

Being in service to others will either please me or displease me.

Being employed to be in service is being paid to please others.

Good staff are paid well to please their employer & master.

Servants are paid little to please their lord / lady & master.

Slaves are paid nothing to please their owner & master.

All are in service to please their master irrespective of how much or how little they are paid.

The more I am paid the more pleased I am and the less I am paid the less pleased I am.

It pleases no-one to please another for nothing.

Slaves do not work for their master for pleasure.

Few have retained their happiness as a slave to their master.

Those that have, have attained a high level of spiritual mastery themselves.

I am pleased to be in service to others dependent on what I receive in return.

I am happy to be of service to others when in the service of my Soul.

Being of service to others is an honour.

Being in service to others is a duty.

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.

Intentions & Visions

My Soul has a Vision for my life and intends for my Self to live it.

My Self is intent on living my Vision.

In the absence of a vision, my Self seeks to find its vision.

In the realisation of my vision, my Self seeks to experience that realisation as a reality and realise that reality as an experience.

My Soul's sole Intention is for my Self to realise my vision through physical experience.

In the absence of seeking a vision, the Self is intent on finding sufficient emotional energy to remember that it has a vision.

In the absence of sufficient emotional energy to remember, my Soul is intent on my Self gaining more and more energy in order to remember.

My ego's sole intention is to find the motivation to gain more and more ability to achieve the power to do what it truly values, instead of doing what it needs to do to maintain its level of emotional power in order to remember its mission and purpose in life.

The objective of my ego is to fulfil the tasks required to gain sufficient power to meet its real intentions, even

though it has no idea what the Soul really intends for it to do, once it has the emotional power to do it.

Unless that is I have a clear Intention to follow my Vision.

Intimacy & Oneness

Intimacy or 'in-time-acy' is being in the flow and is the harmony of concordant motion. When our motion is concordant and harmonises with another we are 'in-time' and share intimacy.

Oneness or 'one-energy-ness' is being in the gap and is a communion of the energy of space. When our energy is common with another we are in the gap and at One.

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

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

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

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

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

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

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

Intolerance & Tolerance

Tolerance is my ability to tolerate what is occurring in my life.

Tolerance is a problem that can be solved.

Intolerance is my inability to tolerate what is occurring in my life.

Intolerance is an unsolvable problem.

My power to tolerate is determined by my emotional state of being.

The happier I am the more tolerant I am.

My intolerance is determined by my limiting beliefs.

Intolerance means that I am not receiving what I believe that I want and need.

Tolerance is my ability to accept someone else's choices as my own.

With tolerance, I am able to follow someone else's authority and do as they want.

Someone else's authority is a 'have to', a 'must', an 'ought to', or a 'should'.

When I have to, ought to, should, or must, be, do or have something, it is a toleration.

Intolerance is when I decide that I don't have to, I didn't ought to, I mustn't, I shouldn't and I won't.

When this happens, I become intolerant of another, they become intolerant of me, or we become intolerant of each other.

Intolerance is when I exert my will power in direct conflict with the will power of another.

In a dual reality world, I can either tolerate the will of another or find it intolerable.

Either way, I am not being accepting of the opportunity to see what is occurring as an opportunity and a gift.

With acceptance there is no toleration and no intolerance, no energy loss and no conflict; just the right choice for me based on my own personal perspective of what is occurring.

I Shall & I Will

I will is an intention of our ego self.

I shall is an affirmation of our soul's intention.

I will is an intention of our mind based on our subconscious beliefs and our emotional needs.

I shall is an affirmation of our soul from the heart of our Beingness.

I will is a projection of our fate.

I shall is an expression of our destiny.

I will is the inheritance of our forefathers.

I shall is the gift of our true values.

I will, follows our ancestral lineage.

I shall, follows our vision, mission and purpose in life.

I will do what I need to do and be who I need to be, in order to have what I want.

I shall be who I really am and I have everything I need in order to do what I came here to do.

Joy & Parental Pride

Parental Pride is rooted in the need for my children to succeed and to do well.

It is the result of my children's achievement and a measure of how well they are doing.

Parental pride justifies my beliefs as a parent and my role as a parent.

It applies when my children meet my standards that are set by me.

Parental pride is about me, not about my children.

The question is: "Who is setting the standard, me or my child"?

When my children are achieving my success, they are pleasing me and seeking my approval and my proud attention.

Parental pride measures how well my child is doing from my perspective. It is about their well-doing rather than their well-being.

The success and achievement of my children doing well are my fleeting moments of pleasure.

Parental pride is a fleeting moment of pleasure that is dependent on my children's ability and successful achievement.

My well-being is the result of me following my path in life and attaining my own personal development and growth.

The attainment of well-being brings me lasting joy - a joy that I choose to share with my children.

Parental Joy is the experience of well-being and compassion that is shared with my children as they attain their own sense of experiencing being Well on their own journey of development and growth.

My true happiness is the parental joy of my children's attainments, not the parental pride of their achieving my standards of material success.

My children are no longer my pride and joy. They are just a Joy.

Joy & Pleasure

Pleasure is the positive emotional feeling of getting my emotional needs met.

Pleasant people please me with the pleasure they give to me when they meet one of my emotional needs.

When I meet someone else's emotional need, I have the pleasure of pleasing them because pleasing others pleases me.

Pleasure has a duality of pain, which is unpleasant and unpleasurable.

Whether an action or experience is painful or pleasurable is a personal perception based on an individual's beliefs.

“One Man's pain is another Man's pleasure”.

Joy is the pure emotional feeling of being connected to my own Source of Power.

Joy is the feeling of being connected to my Soul.

Joy is the pure positive emotion of being aligned with my True Self. It is always a Joy to be the Beingness of my Soul.

I experience Joy through the act of doing what I Truly Value as this allows me to express the true value and worth of who I really am. Joy is pure emotion that is without duality. Joy is the expression of my True Power. Joy is a Divine Attribute.

Pleasure is a common experience.

Joy is emotional happiness.

Pleasure is emotional fun.

Joy has no duality.

Pleasure has a duality of pain.

My Joy is never unpleasant or displeasing.

My Pleasure often is to others.

Joy is empowered by my Soul.

Pleasure is my sub-conscious motivation.

Joy is a true value.

Pleasure is an emotional need.

Joy is free to all.

Pleasure & pleasing comes at a cost.

Joy just flows.

Pleasure has a positive or a negative charge.

Joy is absolute.

Pleasure is relative.

Judgment & Discernment

- Judgment is a determination of the Intellect
- Discernment is an Intuitive choice
- Judgment has a polarity opposite of non-judgment
- Discernment is purely beneficial
- Judgment is driven by sub-conscious beliefs, which are either ethics, morals, principles, rules or laws
- Discernment is attained through the truth of personal guidance
- Judgment is an objective mental activity
- Discernment is a subjective thoughtful process
- Judgment judges what is right or wrong for myself, relative to good or bad things happening to me
- Discernment discerns what is known & felt to be a beneficial response to whatever is occurring through me

‘Just Is I’ & ‘Just If Y’

My Faith Just Is.

My Beliefs are just if.

A belief is just, if it is proved to be true.

When I believe my belief to be true, I believe it to be just.

However, it is just my belief.

When I believe it is just if it is true, I am living at the the effect of life being ‘just if’.

Whatever I cause, just is.

It just is the effect of whatever I cause.

I have faith in the ‘just is’ system.

Life just is a reflection of what my thoughts cause to become my reality.

I believe in the ‘justice system’ that decides what is just ‘if’.

I can justify my actions and prove them to be right, or I can accept that Life Just is I.

Kindliness & Pleasing

Pleasing others is conditional on what they give to me.

I please other people because of the emotional power and the authority to choose that they give to me.

I do not please another when there is no personal pleasure for myself.

I do not bother to please other people if they do not please me in some way in return.

Kindliness has no dependency on others and places no conditions on them.

It recognises the Goodness in all others and is not conditional on others being kindly to me.

Kindliness recognises the inherent kindliness in all other people.

It sees the oneness and the unity of all people.

Kindliness knows that what I do unto others, I do unto my Self.

Pleasing is conditional love.

Kindliness is unconditional Love.

Kindliness & Kindness

Kindness & Kindliness are not the same thing and they are often confused.

Kindness is my affinity in a generous way to my own kind.

Kindliness is the 'spark of light' that is my affinity to my own True Self.

The opposite of kindness is the meanness and miserliness that is expressed to people who are not like me, not of my kind and whom I do not like. I am never kind or generous to people whom I do not like.

The opposite of kindliness is a malignancy that is negative and often seen as bad, dark or evil. Kindliness is benign. It is warm, welcoming, embracing and accepting of life in a positive way. Unkindliness is malignant. It is cold, aloof, disconnected and intolerant of life in a negative way. I can be benign and kindly without being generous, although giving of my kindliness will always be seen as generosity.

I give with kindness, I express my kindliness. Kindness gives to others material possessions that others want and need. Kindliness is a compassionate state of being that I share with another person who also has a kindly disposition.

Knowing & Thinking

When I am Thinking, my brain is processing memories of past information and data.

When I am Knowing, I am connecting to the creativity of my mind.

I become conscious of the memories that I have stored in my sub-conscious when I think.

I do not think thoughts. I think memories and choices.

I know thoughts. When I connect to a new thought, I just know.

The act of knowing a thought brings it into my reality and allows that thought to manifest and to become created in reality. With enough power, I make it real.

My sub-conscious memories allow me to think. Thinking is the process of reviewing past experiences. Without a memory, I would act without thinking.

My super-conscious thoughts are my source of knowing what is right for my Self.

Knowing is my intuitive ability to create my ideal life.

I can choose whether to think about a future that is a projection of my past experiences, or I can know what is perfect in the present moment for my Self.

Searching my sub-conscious memory for new experiences is pointless. I will only find different ways of experiencing old experiences.

Revealing a new perspective on life is realising a new experience of life, which with sufficient inspiration will manifest as my reality.

Thinking focuses my attention on reproducing the past.

Knowing focuses my attention on creating my present in the future.

Knowledge & Opinion

There is a common opinion or belief that knowing requires knowledge and that I cannot know anything without having prior knowledge of it. Yet knowing something is not the same as having knowledge of something. To put it another way, there are two types of knowledge or two ways that knowledge is obtained:

1. A Priori Knowledge is knowledge that is possessed independently of physical sensory experience. This is knowledge that is intuitively attained independent of physical experience, I just know it to be true, and I absolutely know it to be certainly true intuitively. An intuitive sense of knowing allows knowledge to be learned independently of physical experience.

2. A Posteriori Knowledge is obtained from physical sensory experiences i.e. I have seen it, heard it, smelt it tasted it or touched it experientially. This knowledge is learned through intellectual reasoning based on physical intelligence. It is knowledge that can only be justified through personal physical experience.

In our modern system of education, only a posteriori knowledge is allowed as acceptable. Unless a piece of knowledge or intelligence can be empirically proven through the experience of our five physical senses, it is deemed academically inadmissible.

Once we have a clear distinction between two different kinds of knowledge, the philosophical question that arises is, which did Plato call knowledge and which did he deem to be an opinion?

Plato's epistemology holds that knowledge of Platonic ideas is innate, so that learning is the development of intuitive & innovative ideas buried deep in the Soul. He deemed knowledge to be absolute & certain, whereas mere true opinion is relatively certain or uncertain.

From Plato's perspective, true opinion is based on a personal belief in what is true from the perspective of the physical world. True opinion is the personal perspective of the ego whereas, knowledge is an innate wisdom of the Soul.

Modern Philosophers, who are unawakened to Plato's perspective of an absolute Soul reality, see a relative distinction between physical knowledge that is a systematic account from personal experience in contrast to their opinion that is based on knowledge that can be proved by others to be either right or wrong. Neither of which is absolutely the truth from the perspective of the Soul but are both a relative truth based on the belief & experience of a personal sense of ego Self.

N.B. The above distinctions are my personal opinion as confirmed by the intuitive certain knowing of my Soul's innately knowledgeable wisdom.

Knowledge & Wisdom

Knowledge is acquired information and experience that facilitates choosing.

Wisdom is innate and intuitive and allows choice.

Knowledge of our physical world is gained through our five physical senses of seeing, hearing, feeling, smelling and tasting.

Wisdom of the spiritual world is gained via our three spiritual senses of seeing, feeling and knowing.

The pursuit of knowledge is for learned masters who seek the secrets of our physical sciences.

The acquisition of wisdom is for the learning student who seeks the secrets of our spiritual existence.

A learned scholar is rationally knowledgeable.

A wise sage is spiritually intuitive.

Laziness & Sloth

Sloth is being off track.

It is being stuck in the density and the resistance of physical life.

Sloth is the 'goo' of entropy and the friction of resistance that slows life down to a crawl.

When being slothful, I am disconnected from the free flowing energy of Life.

Sloth is the consequence of a depleted life-force energy that has lost its will to continue.

Sloth is not laziness it is resignation.

In a slothful state of being, I need to be re-assigned.

Laziness is the opposite of hard work.

I work hard for other people.

Lazy is what other people call me when I am not doing what they want quickly enough.

I work for other people diligently.

I follow my own path effortlessly.

Working for others is never effortless.

Following my own path is never hard work and I am never lazy.

Effortlessly doing what I truly value with vision and with purpose requires me to overcome the duality of sloth and diligence, laziness and hard-work, and re-align myself with my true path and my true authority.

Leaders & Managers

Leaders have a vision, mission and purpose

Managers have objectives, tasks and standards

Leaders are driven by their emotional needs

Managers are driven by the needs of their business

Leaders are Inner Directed

Managers are Outer Directed

Leaders follow their own path

Managers follow their leader

Leaders require followers

Managers require employees

Leaders intuitively know, see and feel what is right

Managers have knowledge, understanding and are in touch with their responsibilities

Leadership is about who we are Being

Management is about what we are Doing

The qualities of Leadership are our attributes and attainments

The qualities of Management are our abilities and skills

Leadership qualities of Inspiration; Intuition; Innovation; Insight; Invention; Ingenuity; Imagination; are all innate.

Management skills of Planning; Promoting; Problem Solving; Communicating; Analysing; Motivating; can all be learned.

We can Manage and Lead other people or we can Manage & Lead our own Life.

We can Coach other people to Manage & Lead others - This is Business Coaching.

We can Coach other People to Manage & Lead their own Life - This is Life Coaching.

Legal & Legitimate

What is legal and what is legitimate are often confused.

There appears to be a distinction within political thinking with regards to the US/ British invasion of Iraq, which is considered to be legal but not legitimate.

Legitimate requires the consensus approval of the majority of the public, whereas Legal conforms to Judicial or Statutory Law.

When Politicians carry out an illegitimate act, they suffer the disapproval of the electorate but not the wrath of the Justice System.

It is legal as long as it does not contravene any statutory laws. Apparently the British & US Forces were acting in self-defence against Iraq, which is considered legal.

A similar view is taken of a child that is conceived or born to unmarried parents. It is considered by a consensus view to be illegitimate or not legitimate, but it is not illegal.

Same sex marriages are now legal, but still seen by many as not legitimate.

Abortion is now legal but still seen by many as not a legitimate action.

Legal is the state of being lawfully correct.

Legitimate is the state of being morally correct.

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 our of alignment with my truth. False evidence is always a lie, whether it appears real or not.

“A Lie always Lays heavily on my Heart”

Light & Love

Love and Light are not a duality, they are the essence of Life. Love, Light & Life are the Holy Trinity of All That Is within.

When Life has Light without Love, it is divided by polarity and loses its Power. When Life has Love without Light, it is divided by gender and loses its Authority. Without both the Power of Love & the Authority of Light, Life has no Ability to be Divine. Divine Ability requires our connection to both our power and authority.

Polarity allows personal choice of what we want to have in our Life. These are our attainments. Gender allows us to choose who we wish to be in our life. These are our attributes. A choice of the polarity of our authority of Light and a choice of the gender of our power of Love, allows our Life to have differing intensities of ability.

We can live a life of Love without a sense of Knowing our authority, and we can live a life of Light without feeling our sense of power, but neither is Divine.

When we re-unite Love & Light in our Life – we see our own Divinity.

Without Life, Love & Light are just an idea. With Love & Light, Life becomes Ideal.

Lighter & lighter

Less heavy is lighter.

Less weight is lighter.

Less specific gravity is lighter.

Less relative density is lighter.

Less dense is lighter.

Less dark is lighter.

Less evil is lighter.

Less ignorance is lighter.

Less serious is lighter.

More Awareness is Lighter.

More Consciousness is Lighter.

More Truth is Lighter.

More Authority is Lighter.

More Choice is Lighter.

More Energetic Mass is Lighter.

More Emotional Energy is Lighter.

More Balanced Vibration is Lighter.

More Harmonic Intensity is Lighter.

More Realised Potential is Lighter.

More Enlightenment is Lighter.

More Light is Lighter.

That's more or less it.

Liking & Loving

We love (need) someone who gives us emotional power (positive energy).

We fear someone who takes away (drains) our emotional power.

We like (are like) someone who shares and endorses our authority (positive choices).

We hate someone who takes away or deprives us of our authority and choice.

We love (need) someone of the opposite gender because they make us feel whole.

We like (are like) someone of a similar polarity because they share our beliefs and our reality.

People who we like, who are like us, become our friends because we share the same interests or are interested in similar (like) things.

People who we love, are people who we need, because they make us feel whole.

Friends are people who meet our emotional needs. We either like or love them depending on whether they meet our need for power or authority.

We need people who we either like or love until we learn to connect consciously to our own Source of Power & Authority (our Inner Coach).

Once connected to our own Power and Authority, we can share the Power of our Love with others of a Like Authority, who make congruent choices and create concordant realities.

Listening & Hearing

I listen with my ears.

I hear intuitively.

I listen to other people talking.

I hear my messages for my Self.

I listen to my sub-conscious thinking.

I hear my super-conscious thoughts.

When I listen to whoever is talking, I hear their message for me.

I hear other people when they connect me to my intuition and remind me of my Self.

I listen to other people to learn their knowledge.

When I listen to my Self, I hear what is stopping my learning.

When I hear my Self talking, I learn what I need to know.

For those who have the ears to hear, let them hear.

Those who are not listening are too busy talking.

Those who are not hearing are too busy listening.

Love & Lust

Lust is wanting and desiring the physical benefits and pleasures of life.

Lust is the male energy of desire.

Love, that is opposed to lust, is emotionally needing (as in: I would love to have) the emotional benefits or passions of life.

Love is the female energy of passion.

The greater our desire for physical or emotional gain, the greater we lust after it.

The greater our need for emotional gain, the more we will passionately love to have it.

Lust and love are the passionate desires of True Love, that are divided from each other by gender and are separated from True Love by their polarity.

A woman that sees a man's lust as just his desire for physical sex, has not seen or felt his emotional needs.

A man that sees a woman's love as her passion for him, has not seen or felt her emotional needs.

True Love is beyond the passionate needs and material desires of each individual partner.

True Love is neither divided by gender nor separated by polarity.

When love & lust are divided by duality, Divine Love is absent.

When love is seen as sensual and lust is seen as sexual, I become very lost, confused and frustrated.

Lust is the male gender of my desire for choice and love is the female gender of my need for power.

Sensual is an emotional perception of love, whereas sexual is a rational perspective of love.

When I make love in a rational way, it is called sex. When I have sex in an emotional way it is called making love.

Lust is another word for desire and wanting. Love is another word for passion and needing.

When lust is seen as rational and sexual, and love is seen as emotional and sensual, it is the same energy that is divided by male and female gender.

When sex & love, or passion & lust, are divided by polarity then one becomes positive and the other becomes negative depending on the gender of my perspective.

When Divine Love is divided by gender, the male authority is seen as lust and sexual desire, whereas the female power is experienced as love and passionate sensuality.

Only when my love & lust, sexuality & sensuality, passion & desire to have sex and make love all come into holy

communion, where their male and female aspects unite in a climax of orgasmic blissful re-union, will I connect to my True Source of Pure Love.

Love & Need

Love & Need are often confused.

Both have value.

I value whatever I love.

I also value whatever I need.

When I do not value what I do not have, I do not need it.

Valuing what I need is not a true value.

There is no true value in what I do not have.

There is only a perceived value caused by a perceived need that is without a true value of love.

I can only truly love what I already have.

I cannot truly love what I am missing.

What I truly love has true value

It has true value when I love & appreciate its value.

When I appreciate the value of what I already have, it is already appreciating, which I love.

True value is measured in the gratitude & appreciation of my love.

Need is a measure of how much I want something that I do not have.

Lust & Need

When a man lusts after a woman, he is lusting after his True Power, not the woman.

When a woman 'loves' or emotionally needs a man, she needs her True Power, not the man.

Lusting after a woman has become seen as a man 'just wanting sex'.

Man never just wants sex, he wants and lusts after the potency and power of being connected to the Absolute Power of Love.

When a woman needs a man emotionally, she is seen as the romantic heroine seeking her romantic hero to meet all her needs emotionally.

Women need romance and a romantic man to meet their emotional needs, before they have the energy to connect with their man to the Absolute Power of Love.

Lust and Need are a duality, that is an aspect of the Absolute Power of True Love, divided by male and female gender.

We express True Love when in a state of Being in Pure Joy with a partner that is in a state of Being in Pure Joy. Is there anything that either men or women seek more?

Managers & Workers

Managers ensure that workers manage to work to standards agreed by employers.

Managers manage people to ensure that all required tasks are managed to be carried out to the agreed standard.

Workers carry out the tasks that are described in their job description.

Workers are required to perform tasks to the standards laid down by the company.

Both managers and workers are required to manage to complete all tasks on time and to the standard as laid down in their job specification.

Managers manage workers by ensuring that workers manage to work efficiently and successfully.

Managing tasks is the function of Workers.

Managing people is the function of Managers.

Managers requires people skills.

Workers require task skills.

Managers get confused when they are employed to manage tasks as well as managing people. Managers don't manage tasks, workers do. Workers don't manage people, managers do.

Mastery & Slavery

Mastery & Slavery, like master & slave, is a duality.

Slavery is the inability to master freedom of choice.

Mastery is the ability to make choices for other people.

Mastery requires and utilises greed and gluttony.

Slavery requires and utilises humbleness and poverty.

Attempting to master my slavery will only result in becoming a slave to my path of mastery.

It is not my purpose to master physical life but to live and experience it.

It is not my purpose to be a slave to my physical existence but to discover and explore it.

I have an individual, unique and exclusive path that I have chosen to follow.

It is the belief that there is only one path that will make me either a slave to, or a master of, that path.

I follow my own path with equanimity, choice and contentment.

I am a slave to neither another's path nor my own.

Life Mastery is the process of overcoming the duality of slavery and mastery, so that I am neither a slave to my own ego nor the master of my own ego.

It is about overcoming the duality of physical and spiritual existence by attaining a degree of Mastery of Life.

Mates

There are Best Mates, True Mates & Soul Mates.

Best Mates have a heart connection.

They meet each others needs emotionally.

Best Mates are an attraction of gender opposites.

True Mates have a mind connection.

They share beliefs, perspectives & experiences.

True Mates are an attraction of like polarities.

(Opposite poles or opposing genders attract, while similar or like polarities attract.)

Soul Mates have a Soul Connection.

A Soul Connection is both mental & emotional.

Soul Mates have a balance of hearts & minds.

They share their life purpose, their vision & their true values.

Soul Mates are both best mates & true mates.

Soul Mates share a mission, share a journey or share a life-time depending on what both have mutually chosen.

Meaningful Conversation v Philosophical Debate

A Meaningful Conversation allows both clarity & growth. When a conversation is full of meaning, it has a finite definition, good intellectual reasoning and clarity of purpose.

A meaningful conversation is between two or more people, where all parties share a common interest. It is the common interest, expressed with positive input from all parties, which promotes expansive growth.

When conversation is full of meaning, it is balanced and harmonious in the way that reveals a common truth. It develops understanding and promotes the growth of conscious-awareness. Meaning allows the true value of conversation to be experienced.

A meaningful conversation defines with clarity a Universal Perspective of Truth. When a perspective of reality is universally true in conversation, it resonates and is clearly perceived by all. It allows everyone present to bring their personal perspectives in to universal alignment.

Universal alignment is the one version of the truth, which requires an open mind to resonate in accord with other open minded people; to see the reason and the purpose of their meaningful conversation.

A Philosophical Debate is an intellectual contest. An intellectual contest has two points of view, which are contested by opposing sides in the debate.

A debate works on the principles of right & wrong. It contests that one perspective will be proved right and the other point of view be proved wrong. Many believe that success in a debate depends on the opposing point of view being proved wrong.

When two points of view are based on opposing perspectives, there is neither consensus nor agreement. With no agreement, there is no definite meaning and there is no defining purpose because the reason for the debate is to compete & win.

The paradox is that you can only win an argument by gaining an agreement and when there is agreement, there is no argument to win.

Philosophy was originally defined in meaningful conversation as the Wisdom of Love by those who Love Wisdom.

When wisdom is forsaken in a battle of intellectual wills, there is only rational logic objectified by a subjective perspective. With the absence of emotional intelligence, there is no love and in the absence of love, there can be no wisdom; only philosophical debate.

Philosophy today has become a sub-division of Science, which prefers intellectual reasoning to intuitive wisdom

and rational logic to emotional intelligence. Whereas meaningful conversation has a clarity of definitive expansive purpose, philosophical debate descends into divisive argument in the absence of both love & wisdom.

Meditation & Sleep

Sleep is essential to the physical body.

Meditation is essential to our spiritual path.

During waking, sleeping and meditating, we operate at three different frequencies.

Without sleep, the body struggles to regenerate its power.

Without meditation, the mind is unable to receive its authority.

Without awareness, the mind and body has no spirit and becomes like a zombie.

Sleep and meditation are essential to staying 'awake' – both physically and spiritually.

Spiritually means that we are physically, mentally and emotionally in balance.

We need to be fully awake and aware in order to meditate and receive our messages.

Without enough sleep, we cannot be awake enough, to be aware enough, to connect to our true authority and stay 'awakened'.

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.

Mind Power & Heart Power

The Power of my Mind is mental will.

The Power of my Heart is emotional inspiration.

Inspired emotion empowers my action.

When my intention is an aspiration, I will need will power to motivate my Self.

My will power is determined by the conviction of my beliefs.

The more that I am driven by my beliefs, the more I am driven by my emotional needs.

The more mind power I will need, the less heart power that I have.

Empowered inspiration comes from my Soul at the heart of my Being.

This is the source of my inspired intention.

I am inspired by my Soul to fulfil my destiny.

The power of my mind will determine my fate.

The more determined I am, the more convicted my mind is to my fate.

My heart is the source of my Soul's power.

I am connected to my heart power when I am being inspired.

I am empowered when I am expressing the true nature of my Soul.

I am disconnected from my source by the powerful mind of my egotistical personality & character.

What my Will will Be, will be my fate or my destiny.

Mistaken & Right

“Once, I thought that I was wrong, but I was mistaken”.

I am always right, I am never wrong, but I can be mistaken.

I am mistaken when I mis-take myself.

I mistake myself when I am out of alignment with my Soul and I take my Self on another path.

My Soul is always Right. My Soul knows no wrong.

In the Absolute Realm of my Soul, wrong does not exist.

In the relative world of my Self, wrong is a belief that I hold when I am out of alignment with what I want to occur.

When I am aligned with my sub-conscious self, I am misaligned with my Soul, I am misaligned with my Soul's Path and I mistake my Self for my Soul.

When I re-take my Path and re-align with my Soul's choice, I correct my mis-take and I become Right.

Morale & Morality

Morale is the emotional power of a team or an army.

Morality is a standard of behaviour believed to be right by a religion or a religious organisation.

A body of religious people is called a church.

A church decides on the morality of its congregation.

Armies are driven by their devotion to a cause.

Religious belief has been the driving force of armies for many centuries.

Armies fight with the religious conviction of their nation or society.

All armies defend their right to the freedom of their own beliefs.

Religious conviction to their moral beliefs dictates the morale of an army.

The more a person is convicted in their belief that they are morally right, the greater their emotional need to defend that right and that belief.

Being wrong is never good for morale.

Moralist & Moral Relativism

A Moral Relativist believes that morals are relative to a person's race, nationality, creed or culture.

A persons morals or moral standards are relative to their religion or the religion of their society, race, nation or culture.

I believe that morals are relative to one's religious upbringing, however, this does not make me a Moral Relativist, even though other people may label me as this because of my belief.

A moral relativist lives in a relative world and has morals relative to their religious upbringing.

I choose to conform to no religious moral standards, nor do I choose to accept a dual reality existence in this world.

My Personal Standards of behaviour are now my own and no longer reflect the race, nation, culture and creed of the society in which I was raised.

A Moralist lives in a world dominated by standards of behaviour that are deemed to be either moral or immoral.

A moralist believes a moral relativist to be immoral on the grounds of tolerating other people's false morals.

A moral relativist who tolerates other people's different moral standards has not by definition attained a state of

Being that is both Accepting & Forgiving of all other races, creeds, religions or cultures.

Once I have overcome the relative duality of morality & immorality, I am free to attain the attributes of Forgiveness & Acceptance.

Motive & Purpose

Motive and Purpose are not the same thing.

I am motivated to achieve my motives.

I am empowered to fulfil my purpose.

My motives have an agenda.

My purpose has an intention.

My motives are designed to meet my emotional needs.

My purpose aligns me with my true values.

My motive for doing anything is to meet an emotional need.

My emotional needs create my motives.

My emotional needs are my motive for doing what I do.

I am motivated to meet my emotional needs.

My purpose for doing anything is to be an expression of who I really am.

I am empowered to be who I really am.

When I am being my authentic Self, I am empowered.

When I am not being my true authentic Self, I will need motivating and I will need a motive to motivate me.

I need to be motivated to get my emotional needs met because they provide my power when I am disconnected from my true purpose and my authentic Self – my Soul.

Nasty & Nice

Nice & Nasty is a duality of the same energy vibration viewed from opposing perspectives.

Mrs. Nice is friendly and I like her.

Mr. Nasty is unfriendly and I dislike him.

Whether I experience someone to be nice or nasty depends upon my judgment of who I believe that they are being.

When they are being who I want them to be, they are being nice and friendly.

When they are not being who I want them to be, they are being nasty and unfriendly.

I like people who are like me and meet my needs emotionally. They are nice people. I dislike people who are not like me and drain my energy emotionally. They are nasty people.

Nice people give me their emotional energy. Nasty people threaten and deplete my emotional energy.

When I become totally accepting of a person, they are no longer either nice or nasty, and they no longer see me as either nice or nasty. They accept me as being accepting of who they really are. When I no longer judge others, they no longer judge me.

Natural & Normal

Following my fate is Normal behaviour.

Following my destiny is Natural behaviour.

Fate & destiny are not the same thing.

It is my destiny to be my natural Self.

It is my fate to be normal, which is like everyone else.

Being normal is conforming to what everyone else believes and how everyone else behaves.

Being natural is being how nature intended me to be.

Being as Nature intends is being in the Image of God.

My True Nature is Divine.

My normal behaviour is often less than divine.

What comes naturally is instinctive and intuitive.

Normal behaviour has been taught to me by others.

It is my nature to be unique and individual.

I am normal when I act and behave like everyone else.

It is normal not to be natural.

It is natural not to be normal.

Need & Purpose

We need to survive this life-time until we know that we chose this life-time.

The need to survive is called instinct.

Knowing our purpose for this life-time requires intuition.

In the absence of Knowing our purpose for Life, we will spend our life getting what we need emotionally.

Our emotional needs are created by not connecting to our true source of Power.

Our purpose is to know, see and feel, who we really are. This is how we access our power.

In the absence of knowing our purpose, we will be without the power to be here on purpose and we will continually need to replenish our emotional power by getting our emotional needs met.

Our purpose is pre-destined.

Our needs will determine our fate.

When we live Life on purpose, we realise our Vision, access our Power and fulfil our potential for this Life-time.

Needing & Wanting

Wanting is what the conscious ego thinks it needs.

Needing is what the sub-conscious ego (the id) thinks it wants.

We need something when we sub-consciously believe that it is necessary.

Something is necessary when our conscious ego decides it wants it.

Problems occur when our wants and needs are in conflict.

When we are in doubt and conflict as to whether our wants and needs are necessary, then our id and ego are not congruent, and we are sub-consciously creating resistance to our conscious desires.

Conflict between our conscious and sub-conscious self is procrastination and will always result in opportunities being missed and problems being created.

Our Soul and Inner Coach is never in conflict and always knows what its Self really wants and needs.

The Soul has no distinction between wants and needs, and sees all new choices as opportunities for growth.

Needs & Tolerations

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

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

The more we use our power with authority the more power we connect to. When we use our power without authority, we use our 'will power'. The will of the id & ego will always encounter resistance and negative intensity. The intensity of the resistance is directly proportional to the degree of toleration and therefore the need.

We need emotional energy to supply our tolerations. Without emotional energy they become intolerable and we become intolerant with anger and frustration.

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

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

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

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

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

Needs & Wants

My ego wants what it believes will make me more safe, secure and comfortable.

My ego needs what it believes is necessary for its survival.

My conscious ego wants what it believes it does not have.

My sub-conscious ego needs what it believes is necessary to keep me alive.

My wanting is created by my belief in scarcity. Scarcity is the experience of things being scarce and limited.

My needing is created by my belief in poverty. Poverty is the experience of being powerless. (The belief that poverty is not having money comes from the belief that money is power).

Poverty is my lack of emotional power that makes me a victim of life. It is being without my True Wealth.

Scarcity is my lack of provision that accompanies my authority to make wise choices.

My experience of scarcity is created by my wanting what I don't need, and making unauthorised choices that do not manifest into my reality.

My belief in poverty is created by my experience of being disconnected from my True Source of emotional power.

There is still an abundance of scarcity (and extravagance / gluttony) in the Western World, even though poverty has been eradicated.

There is a wealth of poverty (and racism / greed) still in the 3rd World, where scarcity and gluttony have never really been a problem.

The needs and passions of the 3rd World are often confused with the wants and desires of the Western World.

Negative & Positive

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

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

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

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

However, positive cannot exist without negative in this relative world where we always have a choice of which polarity we choose.

The pursuit of a totally positive world will always be just that – a pursuit. Every pursuit is a drama that we can perceive from either a positive or a negative perspective.

Resistance creates a negative flow and our state of Well-Being is directly proportional to our force of positive energy. Our objective in life to experience Well-Being is

therefore dependent on our ability to eliminate our negative resistance to Life.

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

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

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

Negative & Positive Abundance

Negative Abundance is having an abundance of negative energy or having too much of a bad thing.

Negative Abundance is:

- Having too much debt.
- Having too many problems.
- Having too many fears.

Too much debt depletes our power of self-worth.

Too many problems deplete our ability or self-esteem.

Too many fears deplete our authority to choose with self-confidence.

Those who live in the scarcity, frugality and poverty created by negative abundance will seek positive abundance.

Positive Abundance is:

- Too much money, which is gluttony (often confused with greed).
- Solving all life's problems, which is pride (confused with humility by the modest).
- Suppressing all our fears, which is arrogance (often confused with courage).

When abundance is either positive or negative it will bring us either too little or too much, not enough or more than enough, scarcity or gluttony, frugality or extravagance, poverty or luxury.

From a spiritual perspective, both positive and negative abundance are a negative attainment.

True Abundance is neutral and balanced between not enough and more than enough.

Divine Abundance is Enough, it realises Contentment.

When we are content and have enough, we experience Abundance.

With enough Contentment we attain the state of Being Abundant.

Abundance attains harmony when it no longer ebbs and flows between negative and positive abundance.

Neuropath & Psychopath

A Neuropath follows the path of their beliefs.

The more negative or limiting my beliefs, the more neurotic I become.

The majority of people in our society are following beliefs that are not wholly self-beneficial. We are all suffering varying degrees of neurosis. It is only the excessively abnormal fears of a minority that are medically labelled as neurotic.

Neurosis is a character disorder.

Psychosis is a personality disorder.

A Psychopath follows the path of their sub-conscious needs.

My sub-conscious emotional needs determine the path of my sub-conscious actions, which I do without thinking. I am driven sub-consciously to get my emotional needs met before I can consciously choose what has true value for me.

Only when our emotional needs become extremely negative & confrontational with other people are we medically labelled as psychotic.

My Soul-path is neither the Neuro-path nor the Psycho-path.

Objectives & Objections

Objectives are things that I would like to achieve.

They are things outside of my present experience that I do not have.

Objectives are objective, not subjective.

They are the object of my desires, not the subject of who I really am.

My own objectives belong to my ego Self, they are not the subject of my eternal Soul.

I subject my Self to my intentions, not my objectives.

The objectives of my Self are not always in alignment with the intentions of my Soul.

Objections are the resistance that my sub-conscious Self puts in the way of my conscious objectives.

My objections are my limiting beliefs manifesting in my conscious mind. They are my reasons why my objectives cannot be achieved.

My Soul has no objections and never objects to my objectives.

When my Self has no objections to my objectives, I have a subjective view of my clear intention because my Self and my Soul are in total alignment.

Observant & Subservient

The role of the ego self is to subjectively serve the Soul.

The ego self is the 'subject' of physical life.

The ego self is the subject of the Soul's objective for this life-time.

The Soul objectively serves the Self by observing at all moments in time.

The Self subjectively serves the Soul by subjecting itself to physical life.

When the Self is being subservient to the Soul, it is following the authority, messages, choices and guidance of the Soul, its Inner Coach.

The Self is not humble to the Soul.

The Self is not lower and the Soul is not higher, this is a false perception of Reality.

The Soul cannot grow and appreciate without the Self.

The Soul has the power to grow, but the Self has the authority not to.

The Self and the Soul are always equal in subservience and observance.

Observation & Opportunity

An Observation is a statement of my perspective of reality in the present moment.

What I observe, I see with my physical eyes or I see in my mind's eye as the fact of my reality.

My observations are how I see the world and how the world is relating to me.

An Opportunity is a statement of my perspective of how reality can be in the future.

I cannot see an opportunity with my physical eyes. I can only see an opportunity intuitively in the imagination of my mind's eye. Imagination is essential to being able to see a future opportunity.

An observation is a reflection of my present reality, whereas an opportunity is a picture, a thought, a revelation or an insight of how life can be changed to become more beneficial in the future.

Observation is required to ascertain: "Where I am now".

Opportunity is essential to ascertain: "Where I choose to be".

Coaching may be required to ascertain: "How I will get there".

Observer & Observed

The Observed is both subjective & objective.

When my Self is the observed, I am being subjective.

When my Self is the observer of another, I am being objective.

When my Soul is the Observer of my Self, I am being adjective.

When I am being observing of my Self, I am being my Soul.

When I am being both the Observer & the Observed, there is no distinction between who I am.

I am being my True Self.

As my True Self, I am neither the subject of the observer nor the object of the observed, because that requires a relative perspective of my Beingness.

When I adjectively know who I am, I absolutely know my truth and I see who I am being absolutely.

The Observer & The Voyeur

The Observer observes.

The Voyeur watches.

The Observer is detached from the drama.

The Voyeur is involved in the drama.

The Observer sees the drama intuitively.

The Voyeur sees the drama unfold.

The Observer does not participate.

The Voyeur is a passive participant.

The Observer has no emotional attachment.

The Voyeur needs to see what is occurring.

The Observer is empowered to see.

The Voyeur is motivated to look.

Voyeurism is an addiction to physical life, whereas the observer observes without judgment.

Oneness & At Onement

Oneness & At Onement are different attitudes of perspective.

Oneness is an eleventh dimension perspective that everything has One Source and therefore we are all One and the same Entity.

From our relative three dimensional perspective, oneness is a contradiction in terms because it is a singularity, in which there is no separation or division. There is no you & me and there is no them & us, just the all of everything. Being the all of everything and the all that is, is being the essence of god, or oneness.

At Onement is a fourth dimensional perspective of life in a three dimensional dual reality. A three dimensional reality allows the perspective of duality or relative dual reality. There is a subject and an object, there is a you & a me and there is an us & them. We & they are subjective & objective terms for multiple individual Beings.

The whole purpose of a three dimensional relative duality is to experience a choice of an individual, unique & exclusive personal experience called life.

At Onement is a personal journey of overcoming the experience of a relative dual reality. It is uniting, unifying or bringing together the opposing polarities & genders of our relatively divided energy vibrations.

At Onement has been interpreted as atonement, especially by a perspective that cannot see the apparent division or separation. Where expressing a negative polarity of male energy was seen as a sin, it was believed by religion that atonement was choosing a positive female virtue instead.

Where the devil was believed to be sinful, saints were expected to live a virtuous life. Unfortunately, choosing a female gender of emotional expression does not unify anything and no holy communion is ever attained.

Christianity still misunderstands at Onement believing that atonement is what one does because one is sinful. Eastern religions have a better understanding of the pure divinity of mental & emotional harmony when balancing their yin with their yang.

In the general confusion between energetic gender & polarity, there is no clarity as to what is being balanced in harmony with itself. Trying to balance polarity raises or lowers energetic intensity, which results in being blissed out with ecstasy or very angry with depression.

At Onement is the balance between male & female emotional genders called sins & virtues; where neither is either positive or negative. When yin & yang are male & female energy, they are able to be balanced but when they are seen as the opposing north & south polarities of the light & dark sides of a valley, they cannot.

When I give an energetic gender a positive or a negative polarity, I divide the energy vibration twice and make atonement a judgement of guilt that requires either a punishment or a pardon, an apology or a penitence.

It is not about atoning for one's sins but about being at one with a pure undivided vibration of emotional expression, where male & female aspects are equally balanced.

Equanimity means equal anima & animus. A balance between both our male rational & our female emotional intelligence.

At Onement requires moving out of judgment because it is judgment that applies a positive or a negative polarity to personal perspective. With no male guilt and no female innocence, there is just oneness within one's Self. Only when I suspend judgment, am I no longer guilty of being innocent and I am able to live in peace & harmony with my Self; in the balance & harmony of my unified male & female energy.

At Onement is the third way out of duality by expressing a triune reality of a pure and undivided emotional state of being in balance, harmony & inner peace.

A personal perception of oneness within oneself is not a higher perspective of Oneness with everything. In our current state of spiritual evolution, being at one with my Self is a singularly individual and exclusive personal

attainment, which is totally different to having a perspective of Oneness with everything else.

Oneness is the perspective of there is no you as thou art God, and so is everyone else. When you and me are the same, there is no duality but unfortunately a singularity cannot exist in a relative world of duality. It contradicts the sole purpose of this three dimensional world which is to allow individual choice.

As Oneness is a higher dimensional reality, it cannot exist in a lower dimension; other than as a false belief of a separated and disconnected ego. The ego is the sense of Self that is separated from its Soul Entity. An egotistical sense of Self as an eleventh dimension Ascended Master in a three dimensional relative duality, is only a perspective of the ego. The entity sends its Self into a three dimensional reality to experience who it is not, not who it really is. It is through the experience of being who we are not that we learn who we really are.

The third dimension exists for the experience of being an ego in separation from its Divine Entity in order to explore, discover & experience who it is not. It allows the choice of being at one with one's Self through the experience of being apart from one's Self. It is about the individual experiences of many different incarnations of one Entity as unique ego selves.

It is not about the experience of many ego selves inclusively journeying together in an irrational attachment, even though we are all free to choose to do so. It is this belief that causes the doctrine & dogma of an established cult or religion. Religions may preach oneness but they have only ever managed to achieve diversification & division through fear and hate rather than love and light.

Religion teaches oneness as an inclusive attachment to all others who worship the same doctrine.

Spirituality teaches the At Onement of Love & Light in Life with Individual Power, Authority & Ability.

It is the At Onement of being with a pure vibration that unites relative frequencies & wavelengths of energy in balance & harmony. At Onement requires a sensitive detachment with others, not an insensitive disconnection to the reality of this three dimensional space-time-continuum.

Relative three dimensional reality allows freedom of choice, so it is the reality of this dimension that all possibilities exist, including the choice between at Onement and Oneness or the default choice of atonement.

Oneness & At Oneness

Oneness means without division.

At Oneness means without separation.

Attaining a state of Oneness means overcoming the relative dual realities of physical & spiritual existence. Being at Oneness is a state of being without separation from my Soul.

When I am at One with my Soul, my Soul knows no separation from my Self.

Oneness is the absolute realm from which everything has become manifest. It is the All of Everything that is pure potential and as yet unmanifest.

Being at One with Oneness is not possible in this manifestation of dual reality. Though it is possible to be at One with my Divinity by expressing it in this physical realm.

Oneness is the nothingness, the singularity, from which all originates.

Being at One allows my Self the ability to manifest everything from nothing and experience something of my choice. Being at One with my Soul allows my attainment of Oneness with everything.

At Oneness is a state of Being, Oneness just Is.

Oneness & Nothingness

Oneness & Nothingness are the basis of every binary system. All computers run on a binary system of ones & noughts, which allows a choice of direction or polarity that goes this way or that.

Life runs on a system of reality that allows a choice of direction or polarity that goes this way or that. I can choose a life path towards oneness or a life path towards nothingness.

In relative reality, everything manifests from nothingness. Energy is not a thing until it manifests as something, either physically, mentally or emotionally. Choice is only realised once I choose it as my reality.

In a relative duality, or dual reality, I have a choice of direction. I can choose to go from a duality towards a triality or I can choose to go back to a singularity. My first choice makes singularity the first way and my third choice makes triality the third way. My second choice is to remain in duality and not follow a choice of spiritual path.

A spiritual path is a choice that the Soul makes for its Self. As the Soul has sovereign choice, so does each individual Self have their own choice of direction. At the present time, most Individual's choose to follow either someone else's spiritual life path, called a religion, or be agnostic by not knowing that a choice of life path exists.

Spiritual Oneness is deemed by most to be a unification with the universal source of creation, universally known as God. Those who seek God outside of their Self, usually go without. Those who go within may find either oneness or nothingness.

A Oneness with God that means a Oneness with the Creator requires one to become the creator of one's own life. When God is creating my life for me, I am in a duality of myself & god. When I am creating my own life as the Creator, I am at One with God and I realise that my Soul is always at one with my Self. My Soul is God because, by definition, my Soul is the Creator of every experience for its Self.

My own life is the something that my Soul / Self is creating from nothing. The Creator did not create the Nothingness. The creation of duality created the dual reality of creator & creation, and Soul & Self was created as something. Something called duality allows for choice and for choice to be creative.

Without a creator, there is nothing. With a creator, there is always a creation. Without a creation, there is no creator. Nothingness is a potential creator without a creation. The something that the creator seeks to create is called Oneness between the creator Soul and its own Self-creation.

The Creator seeks to create Oneness with its Self from nothingness. Without its Self, the Soul has no One and

nothing to create with. Nothing can create oneness without One to create it with. Without its Self, the Soul has only the experience of nothingness, which is no experience at all.

The Soul created its Self out of nothingness, in order to experience Oneness with its Self. Oneness with everything is an experience that requires many individual somethings to exist as separate entities.

Nothingness is not who the Soul is. The Soul creates its Self as something, not nothing. Nothingness is the Source from which the Soul realises something and everything. The Soul cannot achieve Oneness with Nothing, so it cannot attain oneness with the Source of everything. When I start at Source and remain at Source, there is no journey, there is no experience and there is no creative potential realised. Source is nothing but a potential waiting to be realised.

Oneness is the realisation of everything being connected as one version of one universal Soul. When I realise nothing, there is no reality, no version of something and no connection to anything. Attaining oneness with the universe requires realisation, versatility & connection; which are indeed something.

Being, doing & having nothing is the definition of nothingness, not the way to Oneness. Potentially having

everything is being without nothing. Oneness as a Creator allows infinite potential to flow from Nothing.

I cannot deny my Self and become at One with my Self. I cannot be the Creator without realising that I am also its Creation. As the Creator creates it Self, to attain Oneness, the Creation is required to see itself as its own Creator. The triality of life is attained when the duality of creator & creation is overcome with a third perspective of Pure Creativity. Pure creativity is attained when the Id, the Entity & the Ego all create their own reality as One Version of the Truth of their Soul.

Pure Creativity has no duality, it is the third way following a third choice that overcomes the duality of the id & ego and unites the Soul as its True Id-Entity. This is the Path of Infinite Expansion of the Oneness as opposed to a return to the nothingness of our Source of infinite potential. I cannot have Oneness with Nothingness. The Oneness I have is called a Holy or Pure Communion between my Soul and my True Self.

Oneness & Sameness

Oneness & Sameness are different qualities.

The quality of sameness is having the same quality as another and is relative to any difference.

Oneness is an absolute Soul quality. At the absolute level of the Soul, there is no difference.

The dual reality realm of relative existence allows the experience of sameness & difference.

In the absolute realm of the Soul, there is just Oneness, Wholeness or Holiness.

In the relative realm of the Self, there is same & different, unity & disunity, oneness & twoness, singularity & duality.

I can be the same as another Self or I can be different. I cannot be the same as my Soul or different. I am either at One with my Soul, or not.

Duality allows choice. In the absence of Oneness, I can choose to be the same or different.

In the absence of choice, I am just at One with all that is. I will never be at One with Soul by denying my choice. My default choice makes me the same as everyone else who denies they have choice.

My Soul has given its Self an individual, unique & exclusive purpose in life. My purpose is to explore,

discover and experience being different, which is the same purpose as everyone else.

From the Soul's perspective, there is no point in different people having the same purpose and no point in having the same perspective. Everyone has a different perspective even though they may make the same choices. We have each chosen a different Sole purpose.

Being the same as other people makes me like other people and makes other people like me.

Being different to other people makes me unlike other people and alienates me from them.

Being at One with my Self is a Soul quality. My Soul is always perfectly at One with its Self, never the same & never different.

Opportunities & Possibilities

In life, all possibilities exist.

An opportunity is a possibility that is right for me.

What is right for me is my opportunity to follow my life path.

My Life Path is my opportunity to personally spiritually develop and grow.

My Life Path is one of many life paths.

There are many, if not an infinite number of paths in life.

We all have the opportunity to choose one possibility.

A possibility is a potential experience.

An opportunity is the potential to fulfil one possible experience.

One possible life path has the potential for many, if not an infinite number of opportunities for development and growth.

Infinite possibilities create confusion.

One definite possibility with infinite opportunities requires clarity of purpose.

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 sub-conscious 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.

Optimist & Pessimist

An Optimist looks at Life from a positive perspective.

A Pessimist looks at Life from a negative perspective.

An Optimist is optimistic about positive events occurring and pessimistic about negative things occurring.

A Pessimist is pessimistic about positive events occurring and optimistic about negative things occurring.

What determines our positive or negative outlook is our pessimistic or optimistic perspective.

By the Law of Attraction, we attract and experience what we focus our attention on.

An Optimist will attract a positive outcome and a Pessimist will attract a negative outcome, even though the actual outcome may be the same.

Both Optimists and Pessimists believe that we make our own luck. The question is “Whether we make good luck or bad luck”?

The Opportunist does not believe in Luck and knows that we all create our own Reality.

Oxymoron & Paradox

A Paradox is a self contradicting statement that can only be true if it is false. e.g. "I require a physical existence in order to experience my spiritual reality". True and false is a duality. In Absolute Reality there is only Truth, nothing is false. Duality is a constant of Time & Space. In each moment of time and in each situation in space, something is either in existence and true or not in existence and false. True or false is a perspective of the observer. When the same observer sees a situation from both perspectives at once, they allow the Paradox to be the Truth. Ultimate Truth is revealed through the understanding of the paradox of the dual reality of existence.

An Oxymoron is a figure of speech, where two words with opposing meanings are used together intentionally. e.g. "Spiritual Physics".

A Physician or Physical Scientist will see 'Spiritual Physics' as a contradiction in terms that is not logical and therefore it must be irrational, false and untrue.

A Spiritually Aware Initiate will understand the Paradox of the Oxymoron knowing that Spiritual Physics is the study of how to live energetically in a physical world.

Pain & Pleasure

The Pain Threshold is the balance point between pain & pleasure.

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

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

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

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

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

The intuitive awareness of emotional intelligence knows that the feelings of pain are emotional. Suffering with pain is not emotionally intelligent. Pain may appear to have a physical or a mental cause but the effect is always

emotional. Negative emotion is a pain that causes pain. It is a painful emotional experience. Feeling or expressing pain is always a negative emotional experience.

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

On a scale of one to ten, 1-3 is very painful, 4-5 is painful, 6-8 is painless and 9-10 is relatively pain free.

The most intensely painful feeling is the numbness of depression, followed closely by the anger of our emotional reaction to our intensely negative state of being.

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

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

Both a Masochist and a Sadist are confused about the positive & negative polarity of pain & pleasure. Whereas they both see pain as pleasurable, a Miser sees pleasure as painful. Whether we see life as painful or pleasurable is a

matter of personal perspective relative to our perception of our pain & pleasure threshold.

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

Pain & Suffering

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

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

When we experience negative emotion and repress it, it connects with our collective store of negative emotional energy and eventually manifests in the physical as pain. Emotional pain will eventually become physical pain as a symptom of illness or disease.

In our rational world, we seek a rational cause of our pain, and of course the universe delivers one, unless we have diagnosed the cause our self, which is the same thing. We consult a doctor usually to confirm the actual arrival of our worst fears.

As the cause of our pain is always emotional then so is the cure.

There are many ways to heal or release an emotional build up of negative 'stuff'. Laughing, crying, hic-coughing, screaming, chanting, singing, tongues, and orgasm are all ways of releasing pent-up emotion that is causing stress. Stress is negative emotion that is causing pain but has not yet manifested as a physical ailment.

Psycho-somatic illness is one that doctors cannot diagnose as having a rational cause. No illness has a rational cause

although it may appear to be a rational effect. The cause of all illness is emotional and is in our mind because that is where all Wellness resides also.

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

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

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

Pain is inevitable, yet suffering is optional.

Passion & Desire

Emotional Energy is divided by gender to allow choice.

Emotional choices are called passions.

Mental choices are called desires.

Choices can be driven by male desires or female passions.

Choices of gender are allowed by the Soul.

Choices of the ego are driven by polarity.

Polarity is a choice of positive or negative perspective caused by the presence or absence of emotional power. It determines whether I want or need what I lust or crave.

The ego needs, wants, craves & lusts after what it believes it does not have.

The passions & desires of the Soul are experienced as empowered inspirations. Empowered inspirations give direction & support to the Self on its journey of the Soul.

Lust & need are the passions & desires that drive the ego on its own selfishly chosen path.

Inspired revelations illuminate & empower the Passionate Desires of the Soul.

Passion & Passion

There are Two Types of Passion:

1. The passion I get from receiving what I need emotionally.

The pleasure and fun of receiving what I need emotionally, motivates me passionately. I am passionately motivated to get my emotional needs met and receive what I need to have emotionally. I value what I passionately need because it has value for me.

2. The Passion that I experience when I am doing what I truly value.

The Joy of being in the experience of what is truly valuable empowers me with Passion. I am passionately empowered to do what I truly value to do, be who I truly value to be, and to have what has true value for me.

I truly value the Passion that I enjoy when experiencing my True Values, fulfilling my Vision, and living my Life on Purpose.

I also understand that I passionately need to get my needs met and connect to my true power before this becomes possible.

Passively Aggressive & Passively Assertive

Being Passively Assertive is communicating my choice to another, as my choice. I am asserting my choice in a passive way that is both non-active and non-aggressive.

When I am being passively assertive, I am gently explaining my choice to someone else with a confident and clear demeanour that is without aggression.

Being passively aggressive is resisting someone else's choice for me in a hostile way.

Being aggressively assertive is forcing my choice or my opinions and beliefs on to someone else in a hostile and threatening way.

Being actively assertive is physically doing what I have chosen as my choice, which may or may not be carried out with sensitivity to others. Without sensitivity to others my assertiveness may be perceived as active aggression instead.

Passively Asserting my beliefs and my choices is not imposing them on other people. It is simply asserting them as my choice.

Imposing my choices on others may or may not require me to be aggressive depending on whether others are tolerant or intolerant of my demands.

Imposing my choices on others is always an imposition.

Asserting my authority to choose is always my prerogative.

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.

Patience & Patients

Patients require patient care.

Care requires patience and patients.

Impatience expresses a lack of care.

Caring professionals require lots of patience to attract lots of patients.

Caring for other people's problems requires much patience & tolerance.

A lack of patience is a big problem and is not tolerated in caring professions.

Caring for patients is an ideal opportunity to experience and overcome the duality of patience & impatience.

Patience & tolerance are learned by suppressing one's anger & intolerance. Managing one's impatience & intolerance is essential for a caring professional.

Suppressed impatience & intolerance will eventually make me a patient of my own lack of patience.

Is it better to care for someone's illness or to share someone's wellness?

Do I choose to help others be ill, or help them to be well?

Perfection & Excellence

True Perfection is neither perfection nor excellence.

It is seeing the perfection of excellence and the excellence of imperfection.

In a dual reality world, perfection & imperfection are opposing perspectives of the same energy.

Perfection or imperfection are just a matter of perspective.

True Perfection is the balance between being imperfect and trying to be perfect.

It is accepting the perfection of whatever imperfection is being experienced.

It is seeing that I am being the best that I can be.

When I see the excellence of my imperfection, I am able to excel and get even better.

Excelling is being the best that I can be under the circumstances and knowing that I can change the circumstances and become better and more excellent.

Unless I know that I can be better, there is no growth or development and therefore excellence is not possible. Excellence is my growth towards true perfection.

Attaining true Goodness is perfect for me.

Permission & Allowance

I can allow, I can permit and I can disallow.

When I allow others, I give them my permission. I permit them to do what they do, with my authority.

When I allow my Self, I do not disallow my allowance, it is permitted & provided.

I disallow my allowance when I do not believe that I have the authority of choice. Authority is the mental belief that I am allowed or permitted to choose.

I allow myself and I permit others when I believe that I have the relevant authority.

When I am being allowing, I receive my allowance. My allowance is whatever I allow to manifest as my reality. It is whatever I believe that I have the authority to receive.

Authority is a choice that I allow. I have authority when I allow my Self my own choice. When I disallow or deny my choice, I disallow my authority because I deny that I have it. I deny the authority of my choice.

I do not need to give myself permission. I just receive my allowance by allowing my Self the choice to accept it with gratitude. Gratitude is the power that gives authority to my choice. As I appreciate my authority, my allowance appreciates. My allowance is a choice, when I choose to allow it with gratitude & appreciation.

My allowance is all ready, on my path, awaiting my acceptance. As I follow my path, I allow it to arrive. My path is my choice, which needs no permission. Choice is my permit, as choice is all ways allowed.

My allowance is provided per mission. Why would I choose a mission without enough provision to fulfil it? My provision is allowed in alignment with (per pro) the mission of my higher vision. My per-mission & my provision align my Self with my life path.

I am allowed to fulfil the mission of my vision when I am being allowing on purpose. Providing an allowance for another is permitted as long as it is divinely inspired and allows them the ability to follow their own path and fulfil their own purpose.

Permission is granted for every mission of choice and provision is provided as an allowance. All I am required to do is allow my provision to be provided. The only choice that I am required to make is to allow my path to unfold with acceptance, gratitude & appreciation.

I disallow my allowance when I do not permit providence to provide it. Provision flows effortlessly through me, not to me or by me. Being allowing allows providence the authority to provide my allowance.

Choosing acceptance allows its receipt.

Choosing gratitude allows its continuous receipt.

Choosing appreciation allows my provision to expansively grow & appreciate.

Perspective & Perception

Perspective is how we know the polarity of our energy.

Our perspective is determined by the direction in which we are looking.

We look forward in a positive direction to a positive occurrence in the future.

We look backward in a negative direction to a negative experience in the past.

We always have choice and we always have a choice of perspective.

Our perspective is determined by our beliefs.

Positive beliefs manifest a positive reality and negative limiting beliefs or fears manifest a negative reality.

To change our perspective it is required to change a belief from negative to positive, from contractive to expansive, and from backward to forward thinking.

Perception is how we feel the gender of our energy.

Our Perception is realised through the clarity of our awareness.

Our female perceptions are high frequency, warm and soft.

Our male perceptions are low frequency, cool and hard.

We perceive different genders of opposing dual reality through the wavelength of our emotional state of Being.

To change our perception of Life, we are required to first realise the sponsoring belief that is creating the gender and intensity of our state of Being.

When we change our belief about a situation in Life, we are able to perceive a new and improved feeling about what is occurring in our Life.

We are able to perceive the Feeling of our Soul as a new State of Being by choosing a new emotional state to be in.

Perception & Perspective

A Perception is an emotional sense of feeling.

A Perspective is a mental state of knowing.

I process perceptions with my emotional processor, my solar plexus.

I process perspectives with my mental processor, my brain.

Perceptions are an awareness of emotional energy.

Perspectives are the experience of physical consciousness.

Whatever I am conscious of being real in this physical world, becomes my perspective of reality.

Whatever I am aware of being real, using my intuitive sense, is a perception of my reality.

I create a perspective of life based on my physical experiences.

I realise a perception of life based on my emotional experiences.

Whatever touches my physical body, whether it be light, sound, smell, or solid matter, creates my perspective of reality.

Whatever touches my Soul instinctively & intuitively is a real perception of this physical world.

With no distinction between perception & perspective, I will have no distinction between my perspectives and my perceptions, and they will appear to be the same thing.

Personal & Personalised

My Soul is Personal to my Self.

God is not personal to me.

God is Personalised by Religion.

Religious people see God as a Personalised Individual.

God is not individual to me.

My Soul is individual to my Self.

My Soul is an individual aspect of God.

My Self is a Person.

My ego is my sense of the person that I am.

My Soul is not a person, neither is God.

My Self has a personality and a character.

God has neither a personality nor a character.

A Character is determined by its beliefs. My Soul is the Truth. It has no beliefs.

A Personality is determined by its emotional needs. My Soul has the Power of Love. It has no needs.

I am Personalised by my character and my personality. My Soul is an expression of God's True Identity, which is neither Personal nor Personalised.

Personality & Persona

My Personality is determined by my emotional needs.

We all have different personalities because we all have different emotional needs.

My emotional needs are created by my beliefs that also determine my character.

People with similar personalities have similar emotional needs. People with similar characters have similar beliefs.

Extroverts need other people to meet their emotional needs, whereas Introverts do not.

My Persona is determined by my Attributes and my Attainments.

My Attributes are the states of being that are attributable to my Self.

My Attainments are the attributes that I can consciously choose to be my emotional state of being.

The Attainment of Divine Attributes shines forth as ones Persona.

My Persona is the emanation of my Divine Attainments.
My Persona is my True Identity. It is the expression of who I really am.

Physical & Spiritual Life Coaching

There are two distinct aspects of Life Coaching:

Physical Life Coaching has the goal of achieving the wants and desires of my ego, which are:

- To get whatever I need emotionally
- To have whatever I need materially
- To achieve whatever I believe that I need to achieve
- To learn knowledge to attain status
- To attain status to earn money
- To earn money to gain power
- To tolerate this physical existence safely, securely and comfortably

Spiritual Life Coaching has the intention of attaining the Passions of my Soul, which are:

- To live my vision, mission & purpose
- To do what I truly value
- To attain Happiness, Well-being & Expansiveness
- To attest to my Power, affirm my Authority & acknowledge my Ability
- To be Healthy, Wealthy & Wise; Content, Fulfilled & Joyful

- To have Presence, Clarity & Direction
- To allow what I have, approve of who I am being and accept whatever turns up in my life as a gift

Polarity & Gender

- Every vibrational frequency of energy has a polarity. It is the direction in which it is flowing in space
- Every vibrational wavelength of energy has a gender relative to perspective or perception. A male perspective has a female perception and a female perception has a male perspective

Gender is the contrast between a male rational perspective and a female emotional perception.

Polarity is the discernment of whether the perspective of a perception is either positive or negative. With no personal or individual influence, a perspective is neither right nor wrong and a perception is neither good nor bad.

In the absolute ideality of oneness, every vibration of energy is neither divided by a contrast in gender nor an opposing polarity. It has an eternal frequency and an infinite wavelength. There is no frequency or wavelength present outside of space-time-reality. The male frequency of time and the female gender of space allow energy to have a relative & real vibration.

The Earth has no influence on its journey through space & time. It therefore has a frequency of spin without an opposing polarity and a wavelength with a balanced gender and no contrasting orbit.

Human Beings have choice. They have a choice of both mental polarity & emotional gender for their physical vibration. We can choose a choice of polarity for our mental thinking and a choice of gender for our emotional feelings.

Male mental influences determine female emotional experiences in every existing human being, regardless of their sex. All possible choices potentially exist in the relative duality of this space-time-reality.

The purity of emotional gender is determined with a balance of male perspective with female perception. It is balanced with a conscious-awareness of intuitive-intellect. A pure wavelength of emotion is balanced with the equanimity of neither & both male & female aspects.

The purity of mental polarity is determined by its alignment with personal destiny, not an Individual's fate or doom.

- Inspired thoughts align with our destiny
- Positive thinking causes our fate
- Negative thinking causes our doom

It is everyone's destiny to align with the pure emotional experiences of their own wise influential thoughts.

Poor & Poorly

Being Poor is being without Wealth.

When wealth is measured by how rich we are, poor defines our poverty.

Being poor is the negative perspective of a dual reality called scarcity and abundance.

Being rich is seen as a positive aspect of having an abundance of material possessions.

Being Poorly is being without good Health.

When health is a measure of our physical and mental ability, being poorly describes our inability to carry out physical tasks well.

Being poorly is the negative perspective of a duality called sickness and health when we are being either well or unwell with either good or bad health.

Being Spiritually Poor and being Spiritually Poorly are the same thing. They are both a state of being without our Personal Emotional Power.

In the absence of our Personal Emotional Power we can be neither Well nor Wealthy.

Our magnitude of Personal Power defines our Happiness.

With enough Happiness, we have Wealth & Well-being in Abundance.

When our Personal Emotional Power (Happiness) is low, we perform poorly both physically and mentally.

Being poor and being poorly are both the result of being without our Ability, which is caused by our lack of Power that is the consequence of our disconnection from our True Authority.

Our True Authority is our Soul and Inner Coach, our Real Self that is never in a state of being either poor or poorly.

Poverty & Scarcity

My Scarcity is created by my disconnection from my Abundance.

Scarcity and abundance are not a duality. Abundance is a Divine Attainment.

The opposite of scarcity is gluttony, which is the pursuit or indulgence of more than enough. It is having too much of anything.

Abundance is my natural essence and is attained by following my authorised path. Abundance is my provision and to attain it I am required to choose it and to allow it to become my reality.

My Poverty is created by my disconnection from my emotional power that is my True Wealth.

Poverty and wealth are not a duality. Wealth is a Divine Attainment.

The opposite of poverty is riches, which is an abundance of attachments and possessions.

I can have anything in abundance but it will not necessarily allow me to be Wealthy.

I am Wealthy when I am connected to my True Source of emotional power.

The attachments and possessions that make me rich will disconnect me from my True Power and make me poor.

It is easier for a camel to pass through the eye of a needle than for a rich man or a poor man to enter the Kingdom of Heaven. Neither scarcity nor gluttony, poverty nor material riches have a place in Paradise.

The path towards my Ideal World is paved with Abundance & Wealth. These are the signposts on my Journey.

Powerful & Influential

Powerful people are emotionally aware. They manage their emotional power with conscious awareness.

Creating one's own reality requires emotional power.

Consciously creating reality requires emotional awareness.

Being empowered is a powerful feeling.

Being powerful is an empowered connection.

Influential people are rationally knowledgeable.

They are full of the influence of their own belief system.

Influential people believe that they are powerful but they have no knowledge of the source of their power.

They believe that influence over other people gives them power over other people.

They have been taught that knowledge is power.

Having influence is not a powerful state of being.

Influential people get the emotional energy that they need by influencing other people.

With awareness they realise that they are influenced, driven & motivated by their emotional needs; not empowered by their powerful emotions.

Pure emotional feelings are powerful.

Experiential beliefs are influential.

Prediction & Prophecy

Prediction requires a knowledge of the past.

Prophecy requires a knowing of the future.

I make a prediction of my future based on my memories of my past experiences.

My beliefs create my reality. I can therefore predict that my future will re-present my past, unless I change the beliefs that I hold in my present.

In a reality where beliefs evolve over time, and therefore a reality which evolves over time, it is impossible to predict how beliefs and reality will evolve over time. Predicting the long term future is not possible because everything inevitably changes and evolves with time.

When I predict what will happen based on what has happened before, I focus on what happened before and create my prediction with the focus of my attention.

My Self lives in the present with the memories of my past. It has the authority of prediction (I can choose my future), without the ability of prophecy.

Prophecy is the ability of the Soul.

A Prophet has an intuitive sense of knowing, feeling or seeing.

A Prophet has the ability to See with the 'Eyes of their Soul'.

Prophecy requires the 'Ears to Hear' the direction of my Soul.

My Soul knows my chosen Path in Life.

My Soul prophecises the opportunities for my Self in each present moment of time.

A Prophet interprets the prophecies of their own Soul for their Self, or acts as a channel or medium for another's Soul to contact its Self.

A Prophet may be a Gnostic (one who knows), a Seer (one who sees), or a Sensitive (one who feels).

A Prophet who makes predictions is a Charlatan.

Predator & Prey

A Predator, or pre-dater, predates the 2nd Age of Comfort & Security. It only fits into the 1st Age of Survival.

Predation is a survival skill that instinctively ensures the survival of the fittest.

A Predator has the instinct of Fight without the instinct of Flight. It needs Prey to survive.

A Bird of Prey uses the instinct of flight to avoid the instinct of fight. It is a predator without a predator.

A Human Being has a choice of being either predator or prey, victim or villain, intimidator or poor me. They pray that they do not become the prey of a predator.

- A Pray-er says a prayer of protection
- A Prey has no protection from its predator, except flight

As a Pray-er, humans have an intellectual choice of prayer. Animals are either a predator or it's prey as they do not have a prayer.

Preposition & Proposition

A Preposition and a Proposition are both choices. They are choices of the position that I choose to be in. I always choose to be in a positive position, relative to my circumstances in life.

A positive position is a perspective that I believe will serve me well in life, in a beneficial and positive way.

A preposition and a proposition may both be positive perspectives that allow a positive choice. This paradox often causes a dilemma.

My Soul always pre-positions its Self in a positive and a beneficial direction. My sub-conscious Id proposes a course of action that may be either positive or it may prove to be negative.

Positive & negative are relative perspectives based on personal beliefs. I choose a proposition that I believe to be most beneficial, advantageous and positive based on what is currently occurring in my reality. I propose to make a choice based on my best assessment and my best assumptions. What I believe to be my best proposition may turn out to be relatively positive & beneficial or relatively negative and detrimental. This is because the sub-conscious is limited by its experience of past events when making proposals for its future.

The Soul always has a bigger picture as its perspective of life, which is beyond the duality of positive or negative choice. The Soul's perspective of my destined path allows it to pre-pose a beneficial way. It is the Soul that offers its Self a preposition and it is the sub-conscious Id that offers a proposition.

A proposition is subject to the relative duality of positive or negative polarity, whereas a preposition is an absolutely true choice. An absolutely true choice is in alignment with the Soul's pre-posed path for its Self.

A preposition has the quality of foresight & insight, whereas a proposition is limited by the quality of its hindsight.

A preposition is in true alignment with the premise of a Divine Perspective. A proposition is aligned with the assumptions of a mortal perspective.

The challenge of every proposition is that other people's proposals are based on other people's assumptions, which may be right for them and wrong for me. Following another's propositions or proposals will align me with their path, not my own unique, individual & exclusive destiny.

It is my fate to follow the propositions of others. It is my destiny to follow the preposition of my Soul. My Soul always pre-positions its Self in the most beneficial &

advantageous way. Other people proposition me in the most advantageous way for them.

Presence & Present

The present is the moment in time that we physically exist in.

Our mind can travel into the past and the future but only connects with our emotion in the present.

The mind affects the vibration of our emotion with its judgments of the past and its expectations of the future.

Judgments of the past and expectations of the future limit the flow of well-being that is the pure emotion of our Soul. Spirit is pure emotion without physical and mental limitations.

Well-being is our ability to live in our present reality without limitation and resistance.

The magnitude or the power of our well-being is measured as the amount or quantity of our presence.

Presence is our emotional state of Being Well.

When we radiate presence we express our Wellness.

Present is an adjective that describes the moment in time in which our reality is focused.

We are 'Present' when we are fully aware of who we are and the current reality that we are presenting.

Presence is an adjective state of being in our power. When we are presenting our state of Well-being, we radiate our presence.

Presence, well-being and power are our natural state of being and our birth-right.

We are born with presence but as we grow we accumulate limitations and resistance that inhibit our ability to stay present.

Our natural state is to be present in time, present our true reality and radiate our presence in our space.

When we are present, we know our true authority. When we have presence we feel our true power.

With power and authority, we present our true ability.

Prevaricate & Procrastinate

To Prevaricate is:

- To deviate from my path.
- To project 'what if's' into my future.
- To find reasons not to continue.
- To find entropy and resistance on my path, that do not yet exist.
- The expectation that a negative effect will be the result of my actions.
- The prediction of a detrimental outcome to my intended actions.

Prevaricating will always take me off track because it is the experience of an unclear vision.

To Procrastinate is:

- To put off or delay
- The appearance of 'buts' from my past experiences
- The creation of uncertainty and dilemma
- The creation of negative judgments about my future
- To find reasons not to start something

Procrastination will stop me following my path before I even start to follow my path.

Both prevarication and procrastination will create uncertainty and dilemma that will result in the abdication of my choice and authority.

Priests & Prophets

Clairvoyant literally means clear seeing or the ability to see into the future.

Clairaudient literally means clear hearing or the ability to know the future.

Clairsentient literally means clear sensing or the ability to taste or smell what is not physical.

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

We Feel with clarity to access our Power and become omnipotent, whereas when we see with clarity, we are playing the role of a clairvoyant.

We Know with direction when we hear the word of our authority and become omniscient, whereas when we hear with clarity, we are playing the role of a clairaudient.

We See with presence in the ability of the present moment and become omnipresent, whereas when we smell or taste with clarity, we are playing the role of a clairsentient.

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

The clairvoyant has the ability to see a projection of one possible future. The question is whether it is the future of the client or a projection of the clairvoyant? Does the

clairvoyant have a Divine Appointment to pass on a message to us, or are they just trying to earn a living?

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

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

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

One who has the Ability to See is a Seer.

One who has the Authority to Know is a Gnostic.

One who has the Power to Feel is a Sensitive.

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

Principle & Principal

A Principle is a basic belief or assumption.

Principles are the beliefs assumed by families to be their truth.

A Principle is a simple belief that a family believes is simply true.

Families stand on their principles because their beliefs form the foundation of what they believe to be true.

Principally, whatever we believe to be true becomes the truth of our reality and our experience.

A Principal is the one that is ranked highest in importance.

The Principal assumes the starring role.

It is being the chief in rank & leading others that follow.

The Principal of the Family upholds the family Principles.

The Head of the Family determines the beliefs that the family holds as their truth.

It is the Principles of the Principal that determine the reality of each family's experience.

Problems & Tolerations

A Problem is a negative occurrence in life. In an ideal life, problems do not exist. Whatever occurs in life that is seen as unwanted is a problem. When the reality that I am attracting is not aligned with the reality that I am choosing, it is a problem.

Fear is caused by a negative perspective of reality, which is a problem. My limiting beliefs limit the flow of beneficial experiences, which is a problem. When life appears to go wrong, it is a problem. Problems are a toleration.

A Toleration is an emotional energy drain. Whatever is not totally acceptable in life is a toleration and an energy drain. Anything in life that is less than ideal causes an emotional energy drain.

Only my ideal life of my own choosing is totally acceptable.

It is always a problem caused by a false belief that causes the energy drain that I am tolerating.

It is always the toleration of low emotional energy that perpetuates a problem.

With a true perspective & pure emotional energy, life is neither a problem nor a toleration.

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 inner guidance of my own spiritual senses, I will have no way of knowing whether a

Spiritual Medium is channeling my prophesy or their own prophecy.

Religion, having no distinction between their religion and their spirituality, has no distinction between what is prophesy & what is a prophecy. Personal prophesy, 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 prophesy or prophecy, which is the path that their congregation will collectively follow.

Prophesy 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.

Proposal & Recommendation

A Proposal is a statement of what I choose to do or make happen in my future.

A proposal is my business and my concern and is in line with what I have the power and the authority to accomplish.

It is a statement of intent to other people of what I choose to occur and the reality that I choose to create for my Self.

A Recommendation is a statement of what I believe will be beneficial for other people to do or make happen in their future.

A recommendation is a piece of advice to someone else that offers the good of one's own intention but carries no power or authority.

It is a statement of: "This is how I would do things given this situation and these circumstances".

An Observation of what is, is neither a proposal nor a recommendation. It is just an observation.

A proposal and a recommendation concern an activity in the future, whereas an observation concerns an activity in the present moment.

My Soul makes no proposals or recommendations, only observations in each and every present moment.

Psy & Sci

PSY is Personal Soul Yearning.

Psyche is the consciousness of the Soul.

The Soul yearns to know through the personal experience of its Self.

SCI is Special Conscious Intelligence.

Science is the knowledge of the ego Self.

Scient is the intuitive knowing of the awakened Self.

The Self seeks psychological awareness with its conscious intelligence to explore all aspects of life.

The ego pursues scientific discovery in its search for physical knowledge. Science & Psychology have become a choice of two totally different disciplines to follow. The study of the physical world through science has become insensitively disconnected from the workings of the higher mind or psyche.

Sci is rationally explored to determine science fact from science fiction.

Psy is rationally explored to determine sanity & insanity.

It is no coincidence that they are pronounced the same. However, science sees the co-incidence of the mind & the psyche as pure chance – sigh!

Pupils & Students

I am a Student of a Course.

I am a Pupil of a Teacher.

Pupil & Teacher is a role duality. It is where one believes that they have the knowledge and the other believes that they need the knowledge.

It is the duality of superiority and inferiority. The pupil will always defer to the superior knowledge of the teacher.

It is only in my disconnection from the Truth that I seek to become the pupil of a teacher.

Jesus is the example of a Teacher without pupils. A Disciple is the student of a course, not a pupil.

My Inner Teacher and Coach does not seek to teach me about life.

My Inner Coach has given to my Self the gift of Life for the purpose of learning and growth.

My Soul chooses for my Self to be a Student of Life and to allow life to follow its natural course for my Self.

I am a student of the Nature of Life – of course.

Teachers teach, pupils are taught, students learn and disciples follow their own path.

Quotations & Revelations

Revelations are unquoted quotations

Quotations are quotes revealed by other people.

I quote someone else's revelations.

I reveal my own revelations.

Someone else may quote my revelations.

When they do, it becomes a quotation.

Revelations are subjectively mine.

Quotations are objectively another's.

Revelations are original.

They are inspired with wisdom.

Quotations inspire others with their wisdom.

Once a revelation is revealed, it requires to be quoted by another to become a quotation.

I cannot reveal a quotation, only a revelation.

I cannot quote my revelation, only reveal it.

Regulate & Moderate

Regulate & Moderate are not the same.

I regulate or moderate my experience of life with my choice of focus. When I focus on the intensity of my experience, I attract that intensity as my experience. When I focus on the potential of my experience, I allow it to be fulfilled.

The intensity of my energetic vibration is relative to the polarity of my thinking and the gender of the feelings it invokes. When I feel strong, the focus of my thinking is male assertive energy and my action is by me. When I feel weak, the focus of my thinking is passive female compliance and things happen to me. I can be a strong hero or a weak victim, in alignment with how I regularly think.

I regulate my thinking & my emotional response to appear stronger or weaker, more assertive or more complaisant. Regular thinking is normal but does not express my true nature. I regulate my thinking relative to the intensity of my normal experience.

Moderating my thoughts brings my experience of life into balance & harmony. When I balance the gender of my emotion & harmonise the intensity of my actions, I experience a choice of neutral polarity and life flows effortlessly through me.

Any positive or negative polarity that I experience is because of the direction of my perspective and my judgment of whether it is beneficial or detrimental for me. The polarity of my judgment discerns it to be either good or bad or right or wrong for me.

When I choose to allow only moderate thoughts, I do not need to regulate my thinking as my action is always balanced in its gender, neutral in its polarity and therefore harmonious in its potential.

In a dual reality world, the more intense the experience, the less potential benefit that is experienced. The only benefit of a regular intensity is to find the balance between the extremes of emotional expression.

There is always a moderate benefit, never an extreme benefit, when I find the balance of harmonious neutrality as a Third way. My balanced choice between weakness & strength is neutral & harmonious Gentleness. My third way between hard & easy is the balance of Effortless Flow. Effortlessness always flows gently and Gentleness always flows effortlessly. Whereas I regulate my effort, I choose Gentleness & Effortlessness in moderation.

Instead of strongly assertive action happening by me or passive weak complaisance to life happening to me, I can choose a third way of life effortlessly and gently happening through me.

Bringing life into balance and harmony requires the moderation of the intensity of my dramatic experiences. When I neutralise the intensity of the vibration of my mental polarity and emotional gender, I balance the potential of my emotional power and my mental authority. It is with true mental authority that I am empowered to act with moderation.

Regulating my intensity keeps me on a roller-coaster ride of high & low dramas, which are hard or easy, cool or heated, positive or negative and painful or pleasurable.

Moderating my intensity allows a naturally neutral, gently effortless flow of beneficial potential to become evidently apparent through my own personal choice.

Rein & Reign

Government holds the reins of authority.

Monarchy holds the power to reign.

In today's society, Monarchy has the power to reign but no authority, whereas Government has the authority to rein and rule, but no power.

To 'rein in' is to control and direct another, whereas to rule is to 'rein in' all others.

Free rein means that we are free to determine our own choice and be our own authority.

To 'reign over' is the power of the Monarch, which today has no authority to rule.

Without both power and authority the ability to be a supreme ruler is denied. Government needs the power of the Monarchy as much as the Monarchy needs the authority of Government.

An Autocracy has one supreme ruler.

A Democracy has a clear distinction between those who rein and those who reign.

Relaxed & Tensed

Tensed and relaxed is a duality.

Tension is the state of being without relaxation.

Relaxation is the absence of tension.

Whether I am tensed or relaxed is determined by the polarity of my energy that is created by the beliefs that I perceive to be true about what is occurring in my life.

When I am too tense, I choose to be relaxed and when I am too relaxed, I wish I had a little tension in my life.

What I really choose is tensed-relaxation and relaxed-tension.

Martial Arts Masters have mastered the art of tensed relaxation and relaxed tension.

They both require the state of being present in the moment and in the reality of 'now'.

The balance between tension and relaxation is the state of being conscious of the presence of my rational choice together with the awareness of my emotional power.

When the Power of my Attention is balanced with the Authority of my Intention, it allows my focused Ability on my Action.

When my power, authority, and ability is congruent with my intention, attention, and action; Life flows effortlessly.

Religion & Science

Science is the study of physical reality.

Physical reality is created by the time, speed and distance (space between) of physical objects, which are made up of physical matter (atoms).

Religion is the study of spiritual reality (spirituality).

Spiritual Reality is created by spiritual Space and spiritual Time.

Religion, via religious texts and scriptures, refers to Spiritual Time as 'Light' and Spiritual Space as 'Love'.

Spiritual Reality is called 'Life' and is the product of Spiritual Love and Spiritual Light.

The Spiritual Love and the Spiritual Light that is the Spiritual Reality of Spiritual life is not physical, it is the Spiritual Energy of Consciousness.

Spirit is 'Energy' not matter (nor the bi-product of matter).

Religion knows that all matter is created from Energy.

Science believes that all energy is created from matter.

Religion worships the power of the Spirit emotionally.

Science studies the effects of the Energy rationally.

Physical matter creates a physical reality and a physical existence.

Spiritual Energy (Spirit) is not physical and cannot be discerned with the physical senses. It is Intuitive and requires the use of our intuitive senses to comprehend it.

Science studies a life of physical reality that has a beginning called 'birth' and an end called 'death'.

Religion studies the spiritual reality of Life that connects us to the power of Divine Love and the authority of Divine Light.

Both Science and Religion know that all matter is the physical manifestation of 'Energy' or 'Spirit' and that energy can never be destroyed. It just changes form.

Whether I have a scientific perspective of life or a religious view of Life depends on how I 'See' the reality in which I exist.

Remember & Remind

I Remember the past to make choices in the present. I remember past experiences when planning my future. I remember what has occurred when I am discerning what is now happening. I remember the time that is past, not the time that is left. I remember from the memory that is in my sub-conscious mind.

I Remind my Self when I make new choices. I remind my Self when I challenge & change a belief. I remind my Self with miracles & co-incidences. I remind my Self with inspired revelations. I remind my Self with epiphanies & ha ha moments. I remind my Self with intuition & innovation.

I remember to use my brain to think.

I remind my Self to allow my mind its thoughts.

I remember my sub-conscious programming.

I remind my Self of my vision, my mission & my purpose.

I remember what I have done.

I remind my Self of who I really am.

Resilient & Steadfast

Steadfast & Resilient are different attributes.

Steadfast is the ability to uphold my beliefs.

Resilience is the ability to flow on my path.

Steadfast resists change and holds firm.

Resilience flows effortlessly with changing situations.

Steadfast is a measure of will power.

Resilience is a measure of emotional power.

Steadfast has strong convictions.

Resilience has an intuitive knowing.

Steadfast is driven by an emotional need.

Resilience is powered by a true value.

Steadfast is forceful.

Resilience has gentleness.

Steadfast requires a high level of motivation.

Resilience has a high level of empowerment.

My ego Self is steadfast.

My Soul is resilient.

Responsible & Response-able

Responsible people conform to other people's standards.

They do not cross other people's boundaries.

Responsible people are given the responsibility of meeting other people's objectives responsibly. They respond in a way that is acceptable to other people.

Responsible people are trusted to discharge their duty to other people.

They are answerable and accountable.

Response-able is the ability to respond. It is the ability to respond to whatever is occurring with awareness.

Without awareness, I react to what is happening to me.

My ability to respond with awareness allows a beneficial outcome.

With enough mental capacity & emotional competence, my ability to respond is always mutually beneficial.

I can be reactive, pro-active or response-able.

With the ability to respond to whatever is occurring, I flow effortlessly through life.

Reverence & Reverent

Reverence is a posh name for pleasing.

Reverence is idol worship.

It is a deep respect for someone whose position we hold in awe and honour.

I am pleasing someone's greed and desire to be seen as superior when I humble myself to the position and the status of another.

Worshipping or idolising someone's status is envy.

When I respect or revere a person's position, I am envying their knowledge, status or power that is conveyed through their character or their personality.

Reverence acknowledges and respects the esteem of another. When that self-esteem is founded on status and position in society, it is false.

I Truly Respect and hold in high esteem the attributes and attainments of another when expressing their true identity.

It is only possible to have a deep and profound understanding of the attributes that another has attained once one has attained those attributes oneself.

Sharing those deep and profound attainments with another is the act of True Compassion and is truly Reverent.

We all have an equal potential to experience true compassion and attain the state of being Reverent.

Being Reverent is the state of sharing the attainments of another at the level of one's Soul.

Riches & Wealth

Riches are the accumulated assets that I own minus the accumulated liabilities that I owe.

Wealth is the quality of the attributes that I have attained minus the emotional needs, fears & limiting beliefs that I have accumulated.

Assets assist me on my journey whereas liabilities impede my flow & resist my growth. In a physical reality, assets & liabilities are a measure of my material riches or my relative poverty.

In a spiritual reality, assets & liabilities determine my mental capacity & my emotional competence.

The less I need emotionally, the more competent I am. The more pure my belief system, the less fear I have and the greater my mental capacity.

The more natural, prime & divine attributes that I attain, the greater my quality of wealth.

Riches are a measure of the physical quality of life.

Wealth is a measure of the quality of my spiritual Beingness.

I can have all the riches in the world and fail to attain my ideal quality of life. I don't have to be rich before I realise that money alone will never make me wealthy.

Right & Good

Right is a beneficial Cause. Good is a beneficial Effect.

Right actions cause good effects. Wrong actions cause bad effects.

The Right Way is the beneficial path for my Self, which is good for me.

My ego Self discerns the right way for itself based on my sub-conscious beliefs that are founded on my past experiences.

My Soul guides its Self on a beneficial path of expansive growth. From my Soul's perspective, there is only the path of goodness & righteousness, which the Self is here to learn & experience.

From the ego's perspective there appears to be a wrong path, which causes bad & detrimental effects.

The Soul continues to send the same learning experiences for its Self until the ego chooses to change its perception of what is Right & Good from the perspective of Love & Light. The Soul knows that wrong & bad fears & false beliefs attract in life wrong & bad experiences. This is right & good for the Soul to have the learning opportunities for the expansive growth that it seeks for its Self.

Righteous & Self-Righteous

Being Righteous is accepting that we all have and create our own reality. It is our 'Right' to be the creator of our own world.

Being self-righteous is believing that there is only one reality and therefore only one truth, which is ours.

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

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

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

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

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

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

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

Risk & Risk Free

When I am Risk Free, I am without fear.

When I have no fear, there is no risk.

Being free is the opposite of being secure.

Being at risk is the opposite of being safe.

Yet being risk free is being both safe and secure.

The only safe and secure path for me is my Life Path.

My Life path is risk free, but I am required to travel it without fear.

My Life path is filled full of safe risks and secure freedom.

Safety without risk and security without freedom are to be found within my comfort zone.

My comfort zone is where I feel safe and secure. It is without risk but it is also without freedom.

I cannot expand and grow within my comfort zone of safety and security.

The only freedom within my comfort zone is the freedom to give up my freedom of choice in return for my safety, security and comfort.

Venturing out of my comfort zone is risk free and secures my freedom, once I learn to follow the guidance of my Inner Coach.

My Inner Coach will guide and support me on my own personal, risk free path of spiritual growth, development and freedom.

Rite & Ritual

A Rite is a religious belief.

A religious belief allows a rite of passage.

It shows the believed path for a follower to follow.

A rite is a belief that is believed to be right for all its believers. It is a belief of the righteous.

Being right is a rite of the righteous.

A rite is a moral belief. It is a rite of religious followers to lead a moral life.

A Ritual is an expression of a Rite.

It is an act that expresses one's beliefs.

It shows a devout person's devotion to their religious beliefs.

Acting out one's beliefs in a regular way becomes a ritual.

Rituals are common & communal acts of worship that keep all followers following the same path.

Monks wearing habits is a ritual.

Their habitual life is a ritual based on their rites or beliefs.

Our life is a ritual when based on a belief that we follow the rites of our religion.

Romantic & Semantic

Experience can be Romantic or Semantic.

My episodic memory recalls episodes of romantic experience.

My semantic memory defines a defining experience.

A Romantic experience has a literal perspective of reality.

A Semantic experience has a definite perspective or a defining perspective of reality.

A Romantic life experiences the pleasures of the journey.

A Semantic life experiences the joy of defining the purpose of the journey.

A Semantic perspective sees the meaning & purpose of life.

A Romantic perspective is just aesthetically pleasing.

A Romantic experience meets my emotional needs.

A Semantic experience has true value for me.

Rut & Groove

Whether I am in a Rut or whether I am in a Groove is just a matter of perspective.

When I am in a rut, I am stuck.

My progress is resisted & obstructed.

There is a hurdle to overcome before I can get out of a rut.

When I am in the groove, life flows effortlessly.

There is no resistance and there is no entropy.

The difference between a rut or a groove is the direction of my intention.

When I hit a rut, I am travelling at a tangent to my being in the groove.

Grooves are groovy and always flow effortlessly.

Ruts put me in a hole and in conflict with my Self.

When I reorient my path by ninety degrees, I can turn a rut into a groove.

Ruts are ditches that are man-made.

Grooves are naturally forming streams that flow with the river of life.

Safe & Protected

I feel safe & protected when I secure my own freedom. When I need security, I feel insecure because I have no freedom of choice. My freedom of choice is restricted by my need to feel secure.

The need to feel secure constructs an emotional comfort zone, within which I exist without fear. The more insecure that I feel, the smaller and more restricted is my comfort zone. The more extensive my comfort zone, the freer I feel, the less restricted my choice and the more self control that I have. I extend my comfort zone by removing the external control that is restricting the freedom of my own choice and causing the insecurity that drives my need for control.

In my comfort zone, I feel intuitively safe & protected. The more extensive my comfort zone, the greater freedom that I experience. It is the influence of my sub-conscious fears & limiting beliefs that restricts the range & extent of my comfort zone.

It is the certain truth of my intuitive knowing that sees an extensive and far reaching zone, in which I exist to experience my freedom of choice to be safe & protected.

Freedom of choice is a boundless experience, which is boundary free, in a comfortable zone of existence. I intuitively see that I am safely protected when experiencing the existence of my extensive comfort zone.

My comfort zone extends to wherever I feel safe, protected & comfortable. When I intuitively know that I am safely guided and protected, I intuitively feel comfortable and I intuitively see the extent of being in my beneficial zone of free choice.

“When I freely choose to be safe, I am protected”

I choose to be protected when my insecurity believes that I am unsafe. When I know that I am protected, I am safe. When I believe that I need protection, my insecurity causes my life to be unsafe.

Safe & Secure

Feeling Safe is a pure emotion. Feeling secure is not.

Security is a need for those who feel insecure. The belief that I am at risk of danger and need to feel secure is a statement of my insecurity. Confinement in prison offers as much security as confinement within the walls of one's own fortified castle. My own insecurity drives me to build a castle for my Self and a prison for people whom I feel threatened by. Confinement & protection is a need of those who feel threatened & insecure, irrespective of who they believe to be causing their insecurity. No fortress, castle or prison is ever strong enough to protect us from our own sense of insecurity.

Feeling secure or insecure is the positive & negative polarity of an impure emotional feeling. Security has an opposing gender of freedom and always depletes my freedom. I can see myself as free or I can see myself as secure because they are opposing genders of the same energy vibration. I cannot be free and secure as I cannot be secure and free, but I can be safe.

Safe is a state of being with a pure vibration of energy. A pure vibration is safe because it has no opposing polarity. Feeling safe and knowing that I am safe allows me to intuitively see that I am attracting only beneficial outcomes in my life. I am free to feel safe and safe in my feeling of being free. When I feel totally safe, I am unable

to attract any risky, dangerous or negative experiences. When I intuitively know that I am always safe, there is no opposing mental fears that are expressing any insecurity.

It is only ever my belief system that is insecure. When my belief system is in fear, it is not securely connected to my empowered authority. Any insecure belief will cause the effect of an insecure feeling, which attracts an insecure experience. Like energy unto itself is drawn. Insecure thinking causes insecure feelings, which allow insecure experiences to manifest as a reality.

Safe thoughts are freely connected to my divine authority of wisdom. Wise thoughts are inspired & empowered, always authorised and never insecure. My intuitive faith freely allows my feeling of being absolutely safe, whereas my sub-conscious beliefs will make me feel relatively secure or insecure. When I intuitively feel safe, I intuitively know that I am safe, you see.

Feeling safe is a pure energy, which I intuitively know is incapable of attracting any negative experience because I have total faith in the Law of Attraction. I can only ever be in danger when I believe that I am in danger or I deny that I am in danger. Denying that I am in danger is denying the belief that I am in danger, which is very dangerous.

When I intuitively know that I am safe, I am certain of my safety; without any measure of doubt. Any doubt about my safety is a belief in my insecurity, which ensures that I

am unsafe. Being unsafe is the negative emotional experience of my insecure mental thinking.

Being safe is the safest way to be.

Saints & Sinners

Saints & Sinners are a duality of religious morality.

What the church judges to be immoral and bad is called a sin.

What the church judges to be moral and good is called a virtue.

Saints are judged to be virtuous, sinners are judged to be immoral.

A sinner is guilty of expressing the male aspects of their emotional energy, which are:

- Pride
- Envy
- Gluttony
- Lust
- Greed
- Wrath
- Sloth

These are called the 7 mortal sins that are judged by the church to be deadly.

A saint has innocence by virtue of expressing the female aspects of their emotional energy, which are:

- Humility

- Kindness (generosity)
- Scarcity (poverty)
- Human love (caring)
- Humbleness (pleasing)
- Meekness (patience)
- Hard work (due diligence)

These are called the 7 heavenly virtues and judged by the church to be saintly.

I believe Mother Theresa to be a shining example and the embodiment of Divine Love, not a candidate for sainthood, which requires the attainment of the above spiritual sins called virtues.

Being virtuous is expressing the sensitive, emotional and connected aspects of our personality but it is not Divine because it is not holy because it is not whole. Being Virtuous is being without the rational, exclusive and detached male aspects of our personality and therefore is not a Divine State of Being.

Divinity requires balance. Yin without yang is never Divine.

Same & Equal

The Same and Equal are different. Doing the same things as other people does not make me their equal.

Being the same is having a similarity to other people.

Being equal qualifies the quality of my emotional power and my mental authority.

When my spiritual energy is balanced, its purity is equalised. When I equalise the gender, polarity & intensity of my energy vibration, I balance its quality & purity. I am equal to my potential when my energy is balanced & pure.

I can be equally in balance with another, yet expressing a different emotional state of being with a different mental perspective.

Same has a gender opposite of different. Same is feminine & inclusive, whereas different is male & exclusive.

Equal has a polar opposite of unequal. Equality is positively in balance with a pure quality of emotion. I can be similarly negative as another but not equally negative. I can be either equally positive or unequally negative.

Equality is a quality, which is always positive and never negative.

Unequal means out of balance. When out of balance, I am not the equal of my divine potential. Being out of balance is what makes us all different.

I can be similarly equally balanced as another, whilst doing different things and following a different path. We all have different paths in life, to follow with equal potential for personal spiritual growth.

I am the equal of all others but in many ways, I am not the same as them.

Sarcasm & Wit

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

A witticism or witty remark highlights the irony of an oxymoron, where duality or paradox are seen from an abnormal context.

When we are detached from the source of the humour, we can look positively at its wit. When we are attached to the negativity of an issue, it becomes caustic, offensive and bitter sarcasm.

Prejudice and resentment create a sarcastic viewpoint, whereas equality and acceptance allow and approve of wit and humour.

The more accepting that we are of ourself, the less sensitive that we are to sarcasm, and the more free we are to laugh at our wit.

The more open that we become to who we are being, the more we can see the bigger picture of who we are, appreciate the paradoxes of life, and understand the irony that dual reality existence creates.

Our Inner coach has a sense of humour delivered with positive wit, never with negative sarcasm.

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

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

Satisfied By & Satisfied With

When I am satisfied by someone or something, I am being pleased.

I need to be pleased by someone else when my energy is depleted and my state of being is emotionally negative.

I will feel satisfied by them when they have managed to please me by raising my emotional energy in a way that pleases me.

Greedy people need others to please them and to satisfy their emotional need to be powerful and influential.

Lustful people need loving people to satisfy their wants and desires.

Envious people need kind and generous people to satisfy their need to have what they believe that they are without.

Gluttons are only satisfied by luxury and extravagance and fear the limitation and depravity of scarcity and poverty.

When I am satisfied with someone or something, I am content.

When I am Satisfied with Life, I am Content.

I am content when I am managing my own emotional power, when I have no tolerations, and when I am satisfied with my life.

I feel satisfied with life when I am content, I have enough, and I am experiencing abundance in all aspects of my life.

Contentment is my satisfaction with having enough and of being able to share my happiness with another satisfied soul who has an abundance of contentment to share with myself.

Satisfied With & Satisfied By

When we are satisfied with someone or something, we have enough.

When we have enough, we are content.

When we are satisfied by someone or something, we have a need.

When we have a need, we are not content even though we may be temporarily satisfied.

Satisfaction is something we either have or need that is given to us by another.

Contentment is an attainment that comes from within our Self.

The need to be satisfied comes from the belief that we do not have enough and that scarcity and limitation exist. When we are satisfied with our partner, we share our contentment with life with them and they share their contentment with us.

Without contentment we will be dissatisfied by life and need our partner to satisfy what we feel is missing in our life emotionally.

Without contentment, we will never be satisfied, only temporarily relieved of what we believe that we need emotionally.

Science & Scient

Natural Philosophy is the love of the wisdom of the nature of everything.

Philosophy is the love of wisdom and the wisdom of love.

Natural Philosophy is the Science of Nature.

The science of Nature is knowing (being scient) the Nature of Life.

The nature of Science is to explore the rational physical world in a logical and mathematically proven way.

Isaac Newton was a Natural Philosopher (a scient-ist) not a modern day scientist. He discovered (invented) the mathematical principles of Natural Philosophy.

Scient, as in Omniscient, means Knowing. Knowing is an intuitive, spiritual sense that is beyond the knowledge of the physical world.

Science is the pursuit of knowledge, not the development of knowing.

Science requires logic and proof. Knowing requires Faith.

The intuitive sense of Knowing is innate, whereas scientific knowledge is learned.

A scientific theorem is an intuitive theory until it is proven logically, rationally and mathematically.

The nature of science is to substitute wisdom with knowledge and love with proof.

The Science of Nature is Philosophy – Naturally.

Security & Protection

Security & Protection are often confused. I do not need to be secure to be protected and I do not need to be protected to feel safe.

Safety & security are often confused. When I am safe, I am not at risk or in danger. When I am secure, I am at risk of not being free and I danger of being controlled by my protector.

When I choose the protection of my own intuitive guidance, I am safe without being secure and I am protected without being controlled.

When I no longer choose to be controlled by other people, and I no longer choose to control other people, I am free to be in control of my own choices by being in control of my Self.

When I am in conscious control of my Self, I am aware that I am freely guided with complete safety, without any danger or risk.

When I am sub-consciously & instinctively driven to need both security & protection, it is because I am disconnected from my intuitive guidance, which keeps me safe & free without being securely bound.

“I am either bound to follow my instinctive programming or I am free to be intuitively guided by my truth”

- I choose security to the detriment of my freedom

- I choose protection to the detriment of my safety

When I am intuitively safe, I need no protection and when I am intuitively free, I need no security.

- The more restricted my life is, the more insecurity that I have and the more protection that I need from other people
- The more my life is controlled by other people, the less self control that I have and the more protection that I need from other people
- The more security that I need from other people, the less freedom that I have and the more protection I need because of the less self control that I have

With my own intuitively guided Self in control, I am safely protected and I secure my freedom. With no need for protection from other people, I have no need for protection by other people. I am freely guided away from the need for security & protection, either by or from other people.

Seeing & Sight

Seeing & Sight are different senses.

Most people believe that sight is the ability to see the physical world. Sight is the primary physical sense with which, we physically see the world. Unless that is, we are blind.

Seeing is our intuitive sense with which, we see our spiritual world. Our spiritual world is an awareness of that which is not physical. In our three dimensional world, that which is not physical is either mental or emotional. Both mental energy and emotional energy are spiritual in nature.

I intuitively know my mental thoughts that are not my intellectual reasoning or rational thinking.

I intuitively feel my emotional sensations that are not physical experiences of touch.

I intuitively see in my Mind's Eye, whatever I intuitively know & feel. My Mind's Eye is the imagination of my Soul. It is a unique thought expressed as an image in my conscious mind. My creativity is my ability to see with imaginary awareness.

My sub-conscious mind records everything that it sees and experiences in my physical reality. My super-conscious mind projects images or visions of preferred choices into my conscious mind. I consciously see these visions or

images as my imagination. I know a thought, feel an emotion and see a vision in my imagination. My Mind's Eye is my Imagination. My Third Eye is my window into different densities of consciousness that create different dimensions of reality.

I see the third dimension as a conscious density with my physical eyes. I see beyond the veil of physical reality to the unconscious densities of the mind with my third eye. My Soul has the ability to see in all dimensions of reality with all densities of consciousness. This is a potential that is only realisable through the conscious-awareness of its Self.

The Soul sees through the experience of its physical, mental & emotional Self. The Self sees through the experience of physical reality alone, until it learns to see from the perspective of its spiritually intuitive Soul.

- I see physical reality with eye sight
- I see into the past with hindsight
- I see into the future with foresight
- I see intuitively with insight

Sight is really a projection of the mind, you see!

Self-Aware & Self-Conscious

Being Self-Conscious is being unaware of my True Identity.

The more conscious I become of my ego sense of Self, the more unaware I become of my True Self.

Self-Conscious people lack self-awareness.

I am conscious of my physical Self. I am aware of my spiritual Self.

Self-conscious people are aware that their personality and character is not who they really are, yet they are unaware of who they really are. It is impossible to be consciously self-aware, aware of my True Self, and to be self-conscious.

With conscious-awareness, I am aware of my True Source of Power and its potential.

Being self-conscious, I am embarrassed by the potential of the Power of my True Self.

With self-awareness I become aware of the true authority of my choices.

Without self-awareness, I am shy of other people's authority and advice.

I am Conscious of my Self. My Soul is fully Aware of my Self. "Am I fully aware of my Soul"?

Self Restraint & Self Control

When life happens to me, I need Self Restraint.

Self Restraint is the ability to not react emotionally to situations.

When I react irrationally, other people may think that they need to restrain me.

My Self restrains my emotional energy, so that it does not react & drain to a drama.

Self restraint requires the energy of patience to tolerate what is happening to me.

It is driven by the sub-conscious fear of the damage that my emotional reaction may cause.

The restraint or suppression of fear & negative emotion is not healthy.

When life happens by me, I use Self Control.

For life to happen by me, I need to be in control.

Self restraint is reactive, Self control is pro-active.

Self control does not mean being in control of my Self, it is myself being in control of others.

It is driven by the belief that only by controlling others can I be in control myself.

It is not possible for the Self to control its Self.

It is the sub-conscious mind that is either in control or not.

My Soul gives unconditional choice to its Self and therefore never chooses to control its Self.

My Self is free to experience life without restraint and with or without needing to be in control.

Self Worth & Self Importance

Self Worth is a measure of my True Value.

My true value is the worth of my Self.

My worth is how much I truly value my Self.

My true worth is an expression of who I really am.

My value is an expression of who I am being.

I am not always worthy of expressing my true value.

The value that I express is not always my true worth.

Self Importance is a measure of who I believe myself to be.

It is a measure of what I believe to be important to myself.

When I do what is important in order to have what is important, I believe myself to be important.

It is important for myself to do what I need to do to meet my need for emotional energy.

Emotional energy is important for myself to be important.

The ability to use other people to meet my need for emotional energy makes me feel important.

I will never find my true worth in other people.

Other people will only ever be a true reflection of my unworthiness.

Self & Soul

My Soul says “I am”.

My Self says “I will”.

My Soul experiences pure feeling.

My Self feels positive and negative emotion.

My Soul knows the Divine Truth.

My Self understands truth and untruth, fact and fiction.

My Soul sees Heaven as a Reality.

My Self sees the reality of heaven & hell on Earth.

My Soul is Omnipotent with infinite Divine Power .

My Self competes with others for its emotional needs.

My Soul is Omniscient with eternal Divine Authority.

My Self has difficulty choosing what it wants for itself.

My Soul is Omnipresent with continuous Divine Ability.

My Self gets lost, confused and very frustrated with its judgements of the past and its expectations of the future.

My Soul has Clarity, Direction and Presence in each and every moment of Time-Space-Reality.

My Self is nothing without my Soul.

My Soul is nothing without my Self.

Selfish & Truly Selfish

Being Truly Selfish is being like our True Self. My True Self is my Soul. When we are being the attributes of our Soul, we are being Truly Selfish.

We attain True Selfishness by making the choices of our Soul.

The Soul never chooses to be selfish or unselfish, always Truly Selfish.

The ego is our sense of Self that is disconnected from our Soul.

The Self always has a choice and can choose to be selfish or unselfish when making the choices of its ego.

When the ego chooses to be selfish it chooses what the ego thinks it wants, and what the ego thinks is good for itself.

When the ego chooses to be unselfish it chooses what another's ego wants, because it believes that in doing so it will receive what it thinks it needs itself.

Our Soul always chooses what its True Self has chosen for this lifetime.

Being Truly Selfish is following our Life Path and doing what we truly value, because this is what our Soul has chosen for our Self.

Selfish & Unselfish

Pleasing my Self is being selfish.

Pleasing my Self is being greedy.

Pleasing others is being unselfish.

Being greedy displeases others.

Selfish people do not please others.

Being greedy and being selfish are not the same thing.

Being selfish is wanting my own way.

Being greedy is driven by the belief that I am more exclusive and better than another.

Pleasing others is tolerating their choices for my ulterior gain.

Whether I am being greedy or pleasing others, I am in conflict with their choices and competing for their emotional energy.

Pleasing my Self is ego driven fun & pleasure.

Pleasing others is a toleration, a problem and a pain.

Pleasing my Soul is a pure joy.

Being truly Selfish is following my faith in my own unique, individual & exclusive path in life.

When experiencing the joy of my own destiny, I am being neither greedy nor pleasing.

I have no need to compete with my Soul to enjoy the path of my Soul.

My Soul never pleases my Self.

A truly selfish path overcomes all duality and pleases both my Soul and my Self.

Sensual & Sexual

Sexual and Sensual are not a duality.

A sexual encounter can be sensual or insensitive.

A sensual relationship has emotional feeling.

A sexual relationship has physical feeling.

An intimate relationship is sexual and sensual, physical and emotional.

Sensitive people feel other people emotionally.

Insensitive people feel other people physically.

When we are sensitive to another's physical touch, it is not sensual and not wanted and may be seen as sexual.

When we are insensitive to another's physical touch, it is seen as neither sexual nor sensual. When we are sexually sensitive to physical orgasm only, it is not sensual. When orgasm is the climax of both a physically and emotionally sensitive experience, we are being sexually-sensual and sensually-sexual.

Romance has emotional sensuality without physical contact. Lust has physical contact without sensual feeling. Intimacy requires sexuality, sensuality and sensitive-detachment.

Shock or Surprise

When something turns up unexpectedly it is either a shock or a surprise.

A shock is an occurrence that is negative and unexpected .

When what turns up unexpectedly is received positively, it is seen as a surprise.

Shocks and surprises do not happen by accident.

Nothing happens by accident.

What I see as an accidental shock is a surprise from my Soul.

It is only a shock and an accident because I perceive it to be negative and not wanted.

A shock is designed to wake me up, make me aware, or bring my attention back to the present.

The present is always a surprise.

The greater the shock, the greater my disconnection from the source of the shock, my Soul.

When I am totally present and totally accepting of what turns up in my life, there are no shocks and there are no accidents, only presents and surprises.

Shut or Closed

As I move through a door, I close it behind me.

Closing a door completes a past that I have no reason to revisit.

I close a door on a past experience and move forward with completion.

As I close one door another door opens.

Closing a door allows my path to unfold.

Shutting a door disallows my path unfolding and bars my way.

A shut door blocks my path.

When my path is blocked, I am proceeding in the opposite direction to my path.

My path is never blocked, unless I am blocking my own path by shutting the door to an opportunity.

All doors open to an opportunity.

Whether a door is shut or closed is just a matter of personal perspective.

Speed & Velocity

Velocity is rapid motion or the rapidity of motion.

Speed is the rate of change for the better.

Change happens at the speed of light. The speed of light is the speed of thought. Thought is the creator of change.

The speed of light is Absolute. It is absolute motion.

Velocity is relative motion. All velocity is absolute motion at a reduced rapidity relative to the absolute speed of motion.

From my physical perspective (at rest), matter appears to increase in velocity up to its limit at the speed of light.

In Absolute Reality, absolute motion reduces in velocity until matter becomes static and motionless relative to other matter.

At the speed of light, mass becomes infinite.

Mass has an infinite magnitude of energy at the speed of light. Matter has a relative mass below the speed of light. It is relative to density and volume.

Matter with infinite mass ceases to exist as matter and changes form back to energy. $[E=MC^2]$.

Energy is Matter at the Speed of Light.

At the speed of light, infinite matter has infinite Space, eternal Time and a continuous potential to re-materialise and change its form instantly.

Below the speed of light, velocity is relative to time and distance.

The velocity of molecules undergoing a change in speed and appearance is called heat.

Spirituality & Religion

Religion is inclusive. It follows one authority that includes all followers.

Spirituality is exclusive. It follows one unique authority exclusive to each individual person.

Religion is empowered by the unity of the body of the church that is called the Holy Spirit.

Spirituality is empowered by the unity of the Self with its Soul, which is the Whole Spirit.

Religion seeks Oneness with all people.

Spirituality seeks Oneness of the Self & the Soul.

Religion follows the authority of the church's doctrine.

Spirituality follows the authority of the Inner Coach or Soul.

An inclusive religion is for the followers of one religious leader.

An exclusive Spirituality is leading one's own Life, following the vision, mission and purpose of one's own Soul.

Sub-conscious & Unconscious

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

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

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

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

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

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

How well our operating system functions depends on the quality of our hardware – our health; the quotient of our mental beliefs – our wisdom; and the magnitude of our emotional needs – our wealth.

Our sub-conscious programmes run our conscious reality on our unconscious operating system.

Who designed the operating system is 'the mystery'!

Submission & Compliance

Submission is enforced alignment with another's dominance.

Compliance is flexible co-operative agreement.

- Instinctive survival is submissive
- Intellectual striving is dominant
- Intuitive thriving is inductive
- Imaginative living is compliant

I submit to my sub-conscious fate

I comply with my super-conscious destiny

I submit to an external ruler

I comply with my sovereign authority

I submit to laws, morals, ethics & principles

I comply with the Golden Rule

I abide in the compliance of life

I cannot abide a submissive death

Surrender is compliant

Submission is submissive

Submission is obedience

Compliance is obedience

Submission is acquiescent

Compliance is quiescent

Submission feels bad

Compliance feels good

Submit Or Surrender

When life happens to me, I have no distinction between submission & surrender. I submit and surrender to whatever I become a victim of.

When life happens by me, I submit, surrender or give up, when whatever I am trying to do fails.

I submit to another's superior force and I surrender to another's superior authority.

With spiritual direction, I always have a choice of authority. I have a choice of guidance & a choice of support. I can choose the empowered inspiration of my Soul or the will power of my ego Self.

With will power, I submit to my own sub-conscious programming. My sub-conscious Id believes itself to be the leader of my mission. Under my own sub-conscious direction, I will experience my fate. This can be the fate of my fortune or the fate of my doom.

My ego consciously questions whatever my fate appears to be submitting. I do not always submit willingly to the discipline, doctrine or conscience of my sub-conscious mind. My sub-conscious mind directs me with the fears and limiting beliefs with which, I have been indoctrinated from birth. It supports me by driving me to meet my emotional needs, in the only way that it has learned how.

As most of my sub-conscious programming was formulated before the age of four years, I have the sub-conscious rationale of a three year old. Hence my need to consciously question the leadership quality of my sub-conscious mind.

Whereas my ego submits to the whims of my sub-conscious Id, I can consciously choose to surrender to the wisdom of my super-conscious Soul. I surrender whenever I render my focus above my conscious level of awareness.

I communicate with my sub-conscious mind on the wavelength of a Theta frequency of conscious thinking.

I communicate with my super-conscious mind on the wavelength of an Alpha frequency of pure thought.

My super-conscious Soul is always available to guide me, whereas my sub-conscious Id is always there to lead me on a path of righteous temptation.

I surrender to the Destiny of my Soul.

I submit to the fate of my Id.

When I surrender, I render my Self under the guidance & support of my Soul. I connect to my wealth of abundance and I am fulfilled with wisdom. I surrender to the innate happiness & wellbeing of my expansive Soul.

When I surrender to the effortless flow of opportunities in life, I allow my beneficial providence to flow through me, unrestricted and without submission.

Submission is a false mission in life.

Surrender renders me above reproach.

Super-Vision & Supervision

Super-Vision is my ability to see intuitively.

My super-conscious intuitive imagination is able to see the bigger picture of my life.

When I super-vise my life, I oversee my life from a higher perspective.

As the overseer of my life, my super-vision is focused directly on my path and my provision.

Supervision is the task of ensuring that other people perform to a preset standard.

I supervise others to ensure that they are following the path that has been laid down for them to follow.

A Supervisor oversees the tasks of others to ensure that they perform to an appropriate standard.

With super-vision, I allow my own path to flow to my Self.

With supervision, I disallow my own path in favour of the path of another.

Surcome & Succumb

To Surcome is to overcome.

I overcome the drama of a duality.

To overcome is to meet the challenge.

When I overcome a challenge, I learn a life lesson and I see an opportunity for growth.

I overcome the trials of physical existence by seeing a third way.

I see the triality of life, not the duality of existence.

I become the cause of my own destiny.

To Succumb is to surrender to my fate.

It is being overcome by the duality of life by being at the effect of life.

It is being lost & overwhelmed with confusion & frustration.

I succumb to an apparent problem that has no solution.

I surcome a challenge and accept my opportunity.

I succumb to an overpowering external force.

I surcome with the power of my inspired intuitive inner guidance.

Surety & Bond

Surety is a certain knowing.

Certain knowing requires faith.

Bond is a connection.

The faith of my knowing is relative to the connection to my authority.

My true authority is the inner guidance of my inspired Soul.

My connection to my Soul's inner guidance is my bond.

It is also my surety.

My certain knowing is intuitive.

It comes from my inner tutor, my Soul.

My surety is an intuitive bond between my Self and my Soul.

I have total faith in the surety of my soul.

Talking & Speaking

When I talk 'about' someone else, I am just gossiping.

When I talk 'to' someone else, I am telling them about my experiences, my beliefs, my convictions and my opinions of life and I need them to listen to me.

When I speak 'with' someone, I am having a conversation with someone who hears me.

When I listen to someone, I am having a conversation with someone who is talking to me.

When I hear someone, I am having a conversation with someone who speaks with me.

My Soul is continually talking to me. The question is: "Am I listening"?

When I talk about my Soul, I am just gossiping. When I talk to my Soul, I am telling my Soul what I want and need. Some call it praying or saying my prayers.

When I speak with my Soul, my Soul speaks with my Self, and I hear my Self speaking. When I hear my Soul speaking, I am my Soul.

I talk to my Soul when I am disconnected from my Soul. I speak with my Soul when I am united and at One with my Soul.

Tension & Attention

Tension allows continuous reality in time.

Attention is my focus on reality in time.

Without tension time cannot be linear.

Linear time allows a past & a future.

Tension allows a past & a future tense to be present.

Focusing my attention on the past or the future takes me out of the present moment of time.

Attention to the past or the future causes tension.

It causes a tension of 'but no' & 'what if'.

With my present attention, there is no tension, no past thinking, no future projection, no ifs, no buts.

When I pay attention to my tension, I am aware of my limitations and my opportunities for growth.

The Paradox Of Awe

Awe can be either a positive or a negative experience.

AWE is an acronym for Attractive Working Energy.

Aw is Attraction Working, without Energy.

Energy works in alignment with the Law of Attraction. Like energy unto itself is drawn. Like polarities of energy vibrate at the same frequency and opposing genders of energy vibrate with the same wavelength.

When opposing wavelengths of energy are synchronised in the same frequency of time & polarity of direction, attraction is powerful and inspires Awe.

When similar genders of male or female emotive energy are forced into opposing positive or negative polarities of direction; chaotic, disastrous dramas cause Aw.

Positive attraction creates Awe and negative attraction causes Aw.

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

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

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

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

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

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

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

The Truth About Reality

Truth is a Perspective.

Reality is an Experience

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

False beliefs give me a false perspective, which is still a real experience. A belief can be true or false, so my perspective can be true or untrue. Whether my perspective is true or not, my experience is still real.

Reality is always a real experience but not always a true experience. A true experience is when my perspective aligns with my vision, mission & purpose for my life. In the absence of knowing my true purpose, I am often misaligned with my truth. My true vision for my life aligns my Self with my true perspective, which allows a true experience of my reality.

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

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

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

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

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

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

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

Reality is a personal experience.

Truth is a personal choice.

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

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

My Core Beliefs align my Self with the Truth of my Soul. My chosen path is the real experience of my True Self. When Truth & Reality are in alignment, I am at One with

my Real Self, living the ideal life that my Soul intends for its True Self.

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

Thinking & Thought

Thinking & Thought are not the same thing.

Thinking is the act of recalling information from my memory and processing information that I am receiving from my senses.

Thinking is:

- Processing memories
- Consulting beliefs
- Analysing data
- Deducing outcomes
- Predicting future events
- Making choices based on knowledge
- Discerning what is right or wrong by judgement

Thinking is the process of communication with or as my 'lower' sub-conscious Self.

Thought is a communication from my or as my 'higher' super-conscious Soul.

It is my Soul's directive as to whom "Thou ought' to Be.

A Thought is:

- An Intuition
- An Inspiration

- A Revelation
- A Knowing
- A Message
- A Prophetic Word

It is the act of not thinking, called meditation, that allows clarity of thought.

Thinking and thought appear to be the same thing because they are both processed by my brain.

Both thinking and thought derive from different aspects of my Mind.

Thinking & Thoughts

My True Thoughts come from my Soul.

My Soul communicates with my Self through my super-conscious mind.

My conscious mind has the ability to both receive and transmit pure thought.

It also has the ability to process experiences and create new thoughts based on old experiences.

This is called Thinking.

My super-conscious mind creates Thought.

My conscious mind thinks.

My sub-conscious mind stores past experiences as memories and silently processes them.

New Thoughts always emanate from my Higher Mind, my super-conscious Soul.

New thinking is just old thoughts re-processed through my sub-conscious mind. Thinking blocks True Thought being received. Inner conflict creates interference to the clear reception of my True Thoughts.

My True Thoughts are my inspired & empowered revelations from my Soul. Hearing them requires a quiet mind.

Thou & You

You is the 2nd person, both singular & plural.

I am the 1st person, we are plural.

He, she & it are the 3rd person who are collectively they.

In a dual reality existence, there are always three choices.

I can talk about myself, I can talk about you, or I can talk to you about others.

I can converse in the 1st, 2nd, or 3rd person.

Thou is how my Soul addresses my Self.

It refers to a Self that is separated from its Soul.

From my Soul's perspective there is only us.

Thou is always one of us.

We are all One.

Thou is an individuation of the One.

I will is a statement from my sub-conscious ego.

You will is a statement of arrogance.

Thou shalt is a message from my Soul.

Thought & Thinking

Thought is a Divine Choice

Thinking is an intellectual choice

Thought is an Inspired Choice

Thinking is a rational choice

Thought is an Empowered Choice

Thinking is an emotional response

Thought is a Super-Conscious Choice

Thinking is a sub-conscious choice

Thought is a Creative Choice

Thinking is either a constructive or a destructive choice

Thought occurs Through Me, As Me

Thinking happens to me or by me

Thought is Spiritual

Thinking is mortal

Thought has Clarity

Thinking is often confused

Thought is an Intuitive Choice

Not thinking is an instinctive choice.

Touch & Feel

Touch & Feel are one of five ways that I sense my physical world.

I objectively touch an object that I choose to physically feel.

Touching & feeling are one of my five physical senses.

Touch & Feel are not just a physical sense.

I can subjectively feel wavelengths of emotion.

I can be subjectively touched emotionally.

Feeling & being touched are an intuitive sense as well as a physical sense.

I can touch someone sensitively by who I am being emotionally.

I can feel someone emotionally when I am sensitive to whom they are being.

I touch someone emotionally with my emotional state of being.

I feel someone emotionally with my awareness & my sensitivity.

I feel & I am touched intuitively as distinct from touching & physically feeling an experience of life.

Touch & Feeling

Touch & Feeling are different experiences from different senses. In our insensitive, unemotional, disconnected world, they appear to be the same thing.

When I believe that I am touched by emotion, I feel good but when I am touched mentally, I am seen as bad or irrational. A touchy feely person is seen as too emotional or over sensitive, as it is not seen as beneficial to wear one's heart on one's sleeve.

With no distinction between touch & feeling, we become irrationally insensitive to other people and disconnected from our own emotionally powerful, intuitive guidance system.

Touch is one of our five physical senses. It is a physical sensation, which I experience through contact between my body and other physical objects. It is an objective experience of the world; unlike emotional feelings, which are a subjective experience.

A deaf & blind person has a heightened sense of touch because that is primarily how they experience the world. Touch is how my conscious mind makes sense of the physical world; by discerning the mass and gravity of physical objects by way of their size, texture, weight & temperature.

Feeling is one of my three intuitive senses. I can only intuitively know this, as feelings are emotional, not physical. I am physically conscious of what I touch and

what touches me. I am emotionally aware of my feelings, which I categorise as emotions. I cannot physically touch my emotions but I can intuitively feel them. Other people may touch what I touch but they cannot feel what I feel; so they cannot easily teach me to be emotionally aware of my intuitive feelings. In a rationally intellectual education system, emotional intelligence is not on the curriculum. Most children are taught to switch off their intuitive emotional intelligence at an early age.

In our unemotional disconnection from our intuitive feelings, we become insensitive to other people's emotional state of being. We retain only a basic awareness of another's mood or temper and the atmosphere of the environment that we are currently in.

Being emotionally sensitive and intuitively connected to our awareness of other people's feelings, allows both empathy & compassion to flow in relationship to them. Sharing our passion on the same path as another is what everyone is seeking in their soul mate.

The true love of Agape, experienced as shared compassion & empathy bears no comparison to the physical sexual erotic touch of the perceived love of Eros. Whereas touch can be sensual as a physical pleasure, the intimacy of pure ecstatic bliss is the climax of shared emotional feelings.

Transcending & Transforming

Transcending the ego is attaining the perspective of the Soul.

Transforming the ego is attaining the attributes of the Soul.

When transcending and transforming are in opposition, I will get lost and confused in the duality. From the perspective of the Soul there is just the ego sense of Self. The Soul never perceives its Self to be separate from its Soul. From the perspective of the disconnected Self, there is just the ego Self. From the perspective of an awakened Self, there is a super-ego that holds its vision, mission and purpose for this life-time.

The ego self has a choice to make:

1. Transcend the ego and return to the Oneness of All that Is
2. Transform the ego to re-connect with the Oneness of All that Is
3. Transcendentally transform one's Self to become at One with one's Soul

The Third Way is to attain the attributes of the Soul and to bring 'Heaven to Earth' by living as a Divine being in this relative world of dual reality life.

Treat or Treatment

Is Therapy a Treat or a Treatment?

That is determined by the perspective of the patient or the client.

A masseur treats a patient who is unwell and needs treatment for aches, pains and muscular tension.

A masseur treats a client who is well with an enjoyable, sensual and spiritual experience.

A hypnotist treats a patient who is unwell and needs to get rid of the fears and false beliefs that are the cause. A hypnotist treats a client who is well to an enjoyable, peaceful and serene meditation.

A counsellor treats a patient who is unwell and has personal problems to be solved.

A Coach treats a client to an enjoyable journey of expansive growth and opportunity.

Working with a great Coach is an enjoyable treat for those who are well and want to become even better.

Working with a great counsellor or therapist is a treatment for those who consider themselves unwell and need someone to make them better.

Therapy is a treatment that is practitioner driven.

Coaching is a treat that is client driven.

True & Untrue

What we consider to be true or untrue is our judgement of what is a real or an unreal experience.

What we see as real is already created in the physical world.

What we see as unreal is already created in the spiritual world of our imagination.

Before anything can be, or indeed has been, created in this physical world, it has to first be realised in someone's imagination.

What we see as true and real we consider to be fact.

What we consider to be not true and unreal, we call fiction.

Science fiction is whatever is not yet true and real in the physical world and cannot yet be scientifically proven. All science fiction has a high probability of becoming future science fact. Everything that has ever been created started as a thought, that originated in the imagination of someone.

The real question is:

“Is our Imagination Real”?

And: “Does our imagination reveal our truth or our untruth”?

True Values & Values

A Value is something that we want and desire because it adds value to our life in a non-material way.

Values include:

Personal standards, which include ethics, morals and principles that are standards of behaviour that are driven by our personal beliefs, opinions and convictions.

Personal emotional needs that we want and desire because they raise our personal feeling of emotional power.

Then there are what is termed in Coaching as True Values or Core Values.

True Values are the actions that we take that have true value and worth to our Self.

True Values are what we truly love to do in our life, once we have overcome the limiting beliefs that create our tolerations in life and drive us to get our emotional needs met.

Our True Values lie beyond our emotional needs and may not be recognisable or acknowledged as achievable until we have learned the ability to meet our emotional needs consciously.

Our True Values define our mission in Life, as distinct from our Attributes that define our purpose in Life and our Attainments that define our Vision for this Life.

Attributes are the emotional states of Being that we attribute to our Self in each moment of time.

Attainments are the personal qualities that we have, express and emanate to the world.

We define:

- True Values using a verb or 'doing' word that is 'objective'.
- Attributes using an adjective or 'descriptive' word.
- Attainments using a noun or 'subjective' word.

Our personal standards and beliefs have value because they determine our character.

Our emotional needs have value because they formulate our personality.

Our True Values, Attributes and Attainments are an expression of our True Identity and our True Value that is our Worth, Confidence & Esteem.

A Value is the positive aspect of a negative need.

A value is part of the duality of needs & values.

A True Value has no duality, no polarity and no negative aspect.

I am inspired and empowered to live my True Values.

I am driven to get my emotional needs met.

My emotional needs motivate me. It is the motivation that I value.

When I am busy getting my needs met, I have neither the time nor the space to do what I truly love to do.

When life is negative and serious, I need some fun because life is serious and has no fun.

I am driven by my need for fun and I value the fun that I have.

Yet my fun is not serious and I am stuck in a drama alternating between the misery of no fun and my need for seriousness in life.

Overcoming the dualities of serious & fun and fun & misery allows me to experience the pure Joy of Life that I Truly Value, when I am experiencing some serious fun that is a True Value for me.

Trust & Faith

Trust is a belief of the ego Self.

Faith is an intuitive knowing of the Soul.

I trust that the truth of the ego is true. I trust in my own ego's truth. I either trust or mistrust the truth of another's ego.

I have faith in the Truth of my Soul.

Trust has a duality of mistrust.

There is no duality with faith.

Faith is the third way that overcomes trust & mistrust, truth & untruth.

The Soul is never unfaithful to its Self.

My Soul trusts my Self to do whatever my ego chooses.

I trust everyone else to do whatever their ego chooses.

The ego always chooses what it believes to be in its own best interest.

The Soul's Choice is always in the best interest of its Self.

Trust is a choice made by me.

Faith is a truth that flows through me.

Unpleasant & Nasty

An Unpleasant person is seen as not being pleasant.

A pleasant person pleases others.

People please me when they conform to my boundaries and they meet my needs.

It does not please me when others conflict with my boundaries.

When other people fail to meet my emotional needs, I am not pleased.

I never see myself as unpleasant as I always conform to my standards when I need to.

A Nasty person steals my emotional energy.

I drain my emotional energy to anyone who is nasty because I fear that they will do nasty things.

They may steal my energy through their directly nasty behaviour or indirectly through my perceived fears & beliefs.

Nasty people are not nice because they are desperate for emotional energy.

Nice people give their emotional energy away generously.

I can be nasty when confronted by people who I do not like because they are not like me.

Unpleasant people are greedy, whereas nasty people are arrogant.

Argumentative people are proud, whereas disagreeable people are wrathful.

Urge & Surge

An Urge is a strong inkling.

An inkling is a feeling of intuitive knowing.

It is my Soul urging me into action.

A Surge is the emotional power to fulfil an urge.

It is a Soul urge.

It is the magnitude of emotional power required to manifest an authorised thought.

An urge is a thought.

A surge is a powerful feeling that always accompanies a pure thought.

I never receive an inspired thought without the power to fulfil it.

An urgency is often required to overcome a negative belief that is disallowing or blocking an urge.

Inspired thoughts come in divine time.

Not acting on an inspired revelation may cause an urgency to appear.

My id never urges me into action but it may dissuade me from my path and suppress a surge of positive emotion.

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.

Wellbeing & Wellness

Wellness is a duality of illness.

We can all be diagnosed on a relative scale of illness & wellness as being relatively well or relatively ill.

Whether I am ill or well is a subjective discernment that can be influenced by the objective diagnosis of a medical professional.

The medical profession diagnoses illness. It sees wellness as the absence of an illness that is either physical (medical) or mental (psychotic).

Wellbeing is a state of being Well.

It has no duality.

Wellbeing is a positive emotional state of being in balance & harmony.

The experience of positive emotion is the experience of wellbeing.

I cannot experience a negative emotion and feel well.

The more positive the emotion that I am feeling, the more well-being that I am experiencing.

I cannot develop my sense of wellbeing from a state of illness, only from a state of already being well.

Wellbeing is the experience of overcoming the duality of illness & wellness.

Being well requires the emotional intelligence of understanding emotional states of being and the ability to consciously choose them.

I cannot have emotional needs and consider my Self to be well.

Consciously meeting my emotional needs is a prerequisite to Wellbeing.

Wilful Intent

Will Power is seen as a positive force.

Wilful Intent is seen as a negative force.

It is will power used in a way that is perceived to be negative by others.

I only ever wilfully do what is judged to be wrong by others.

I never will myself to do what I believe is bad for me.

I only ever intend to do what I believe is right for me at that time.

I only force myself to do what I believe that I have to do, I ought to do, I should do, I must do or I need to do.

I force myself to solve a problem with will power.

A toleration is a problem that I need to solve or endure.

My greatest toleration is the belief that I should, ought to, have to, must or need to solve a problem.

When I wilfully intend to try & solve a problem, it usually gets worse.

I will never become problem free by will power or wilful intent.

With & Without

With & Without are confused with within & without and inside and out.

Belief in an external God is the belief in a god that is outside of one's self. It is a belief in a god that is without that creates a reality of being without God. With an external god, I am without God and separate and disconnected from God.

Belief in an Inner God is the belief in a God that is inside of one's self. It is a god that is within, rather than without. A belief that God is within me. With an internal god, I am outside of God and separate and disconnected from God.

It is not God that is within me but the potential to be Divine (my Soul) that is with me.

Within & without; inside & outside; internal & external; inner & outer; are all dualities of the same experience.

God exists beyond the world of dual reality.

The question is not: "Is God within or without"?

The question is: "Am I connected to my Divinity or separate from it"?

"Is it within my potential to be Divine or not" and "Am I with God or without God"?

Wrath & Anger

Wrath is the power of the will.

My will power is my wrath.

My lack of will power is my meekness.

Wrath is the male energy that opposes my female energy of meekness.

Meekness meekly follows the will power of another.

My will power is authorised by my sub-conscious id.

When my divine power is divided by gender, I will need will power to meet my ego's desires.

My disconnection will default me to either wrath or meekness and either anger or patience.

Anger is an emotional reaction to not getting what I need.

Anger is without the patience to conform to another person's wrath.

Anger is the male energy that opposes my female energy of patience.

I get angry when others defy my will, oppose the authority of my ego and deny me whatever I desire.

"Yin & Yang"

Yin & Yang are used to describe how seemingly opposing forces are connected.

Yin is the shady place or north slope.

Yang literally translates as the sunny place or south slope.

As the sun moves across the sky, yin and yang change places with each other.

Yin & Yang are an expression of our Dualistic World and our Life's apparent paradoxes and dual realities.

Yin & Yang is the Chinese version of Duality.

The shade and the sunny place are a metaphor for light & dark that has become synonymous with good and evil, right & wrong, and positive & negative, which are examples of the polarity or opposing directions of energy.

Yin & Yang is also synonymous with the duality of opposing male and female genders of energy that are either hard & soft, warm & cool, hot & cold, introvert & extrovert, or passive & active in intensity.

Yin is seen as the female aspects of Life, which include: Humility; Kindness; Abstinence; Passion; Humbleness; Patience & Diligence. These are often seen as virtues.

Yang is seen as the male aspects of Life, which include: Pride; Envy; Gluttony; Lust; Greed; Arrogance & Sloth. These are often seen as sins.

The purpose of Life is to balance all aspects of Yin & Yang and become a “Virtuous Sinner”.

To overcome Duality, we are required to find the 3rd Way.

What Triality Is!

Triality is the effect of energy as matter in motion.

The effect of motion on matters of energy overcomes duality.

Stuck in a perspective between energy & matter, I am in a quandary & a dilemma.

Motion allows the energy of matter to change reality in space over time.

Triality allows a third choice as the way out of every duality.

It allows a three dimensional perspective of a three dimensional reality.

With a two dimensional perspective of a three dimensional reality, I get very lost, confused & frustrated by the dilemma of the paradox.

Space & time becomes a reality when energy & matter are in motion as the physical experience of an emotional mind.

When spirituality is the triality of a physical, mental & emotional experience, I overcome the duality of a choice between my heart or my mind.

When Life has both Love & Light, it overcomes the duality of life or death.

Triality is the triune reality that matter is energy in motion as a life of love & light.

It allows the realisation that life is a continuous reality in eternal time & infinite space.

It overcomes the sins & virtues of mortal existence with the experience of one's own personal divinity.

Triality allows the vision of my destiny, which overcomes the duality of my fate or my doom.

Triality is a trial reality, I get to try reality any way that I choose.

Duality, Singularity, Triality

Singularity is the single reality of Oneness and the state of everything existing in the Realm of Infinite and Eternal Continuity.

In the beginning God created the heaven and the earth and Twoness came into being out of the Oneness of All That Is.

Twoness is duality, an abbreviation of dual reality, or the opposing states of relative opposites.

The Earth is a three dimensional, physical, world created as a contextual field in which to experience all aspects of non-divinity or twoness, called duality.

The existence of both twoness and Oneness gave rise to the possibility of Threeness.

Threeness or Triality, short for Triune Reality, or the reality of the Trinity, has no opposing states of Being. It exists without conflict or opposition in a state of harmony, balance and calm called Peace.

Absolute Peace, calm, balance and harmony, often referred to as Heaven, is the Gap in Space outside of all states of dual reality, that unifies and edifies all relative states of Being.

Whereas the Holy Trinity of the Triality of Threeness is the ultimate reality in a three dimensional universe, twoness allows reality to change through individual choice.

Singularity has one choice, which is no choice.

Duality has two choices, which allows choice.

Triality allows us to be in a Divine State of Being At Choice.

Abeyance, Obedience & Obeyance

Abeyance is a gaping hole or a wide open space. A window in time.

It is an opportunity that is expected, waiting to happen or to be accepted.

A gap in space is an opportunity to grow and expand into that gap and that space.

The universe does not abhor a vacuum, it relishes an expansive opportunity.

Without a gap, or an opening , or a window in time, there is no opportunity for the expansion and growth of my reality.

Obedience means following the authority of someone else.

I give obedience to those whom I trust to make my decisions.

It is making the choice that someone in authority would make.

It is doing what I am told and obeying the master to whom I am a servant or slave.

It is confining myself within the boundaries set by other people.

Obeyance means being true to my Inner Self.

It is following the direction of my Soul and True Self.

It is obeying the direction, authority and the messages that guide and support me on my spiritual path.

Obeyance requires Faith not trust.

My obedience to another disconnects my provision.

My provision is in Abeyance awaiting my Obeyance and my Faith.

When I connect with faith and obeyance, I allow my provision to appear.

Achieve, Attain, Appreciate

I Achieve what I intend to do.

I value what I achieve.

I Attain a state of being.

I value what I attain.

I Appreciate who I am being.

My appreciation is a true value.

I appreciate my expansive growth.

As I expand & grow, I appreciate.

I appreciate my achievement when it allows my attainment of a better state of being.

When my achievement allows my attainment, I appreciate & grow.

I appreciate my attainment because it allows my appreciation.

When my attainment allows my appreciation, I achieve my expansive growth.

My achievement allows my attainment that allows my appreciation of my expansive growth.

Addiction, Attachment, Connection

In a dysfunctional relationship, addictions happen to me.

A relationship is dysfunctional when it fails to meet my emotional needs.

Addictive substances are a substitute for the emotional energy that the relationship is failing to provide.

My addiction is to a substance that I become dependent on.

In a functional relationship, attachments happen by me.

I attach my Self to a relationship that happens by my choice.

The function of the relationship is to meet my emotional needs or as with a co-dependent relationship, meet our mutual needs for emotional energy.

My attachment is to a person or a pet that is dependent or co-dependent.

In an inter-developmental relationship, a connection happens through me.

I connect with a partner who is equally & equably connected in equanimity.

My connection is with a partner who shares my true values as distinct from my attachment to a partner for what I need emotionally.

Independence or inner dependence happens through me,
or mutually through each partner.

Our Connection is to the Universal Oneness at our Soul
level.

Affection, Efection, Infection

Affection is the positive or the negative affect of emotion.

Efection is the creative power of emotion.

Affection is an emotional need.

Efection is emotional power.

Emotional need is the cause of attachment.

Emotional power is effectively connected.

The need for affection attaches me to whatever or whoever supplies my emotional need. Sentiment is an affective attachment to a person, object or event; which meets my emotional need affectionately.

Efection is beneficially effective.

Affection is emotionally beneficial.

Efection is powerfully certain.

Affection is needed to affect a cause.

My emotional power is always effective.

I affect other people when I am emotionally needy.

Efection is the creative effect of empowered inspiration.

Affection is emotion that I give to others and receive from others.

Effection is the emotional power with which I empower my Self.

Affection is the emotional power that I use to motivate others and others use to motivate me.

Negative emotion is never effective but can be very affective. I can be negatively affected by other people's emotional state of being. Negative emotion is causative but not creative, affective but not effective.

Affection can be positive or negative, beneficial or detrimental, depending on who I am emotionally affecting.

Effection is always creatively positive & beneficial.

I effect a change when I change an effect.

I affect an outcome with my positive or negative actions.

Infection is a negative occurrence that happens to me or by me. When I am negatively infected, I can negatively infect others. Others are negatively affected with my negative infection.

Infection causes illness, which is bad.

Affection can be felt to be either good or bad relative to what I feel that I need. When life happens to me, it affects me and when life happens by me, I affect it.

Effection is always positively good because it is effectively my competence to create change. I always effect change

effectively when I allow change to creatively flow through me.

Amused, A Muse, Bemused

When I am Bemused, I am confused and I am without clarity.

Without clarity I am bemused.

With clarity I am amused.

A Muse is a deity or Divine Being.

In a divine state of being, I am ever amused, and ever a Muse.

This relative world of dual reality is designed for my amusement or my bemusement.

When lost and confused, I am resigned to my bemusement. With clarity and direction my bemusement turns to my amusement.

With amusement, I experience the pleasure and enjoyment of life.

With bemusement, I suffer the trials and tribulations of life. When bemused, I am off track and experiencing the problems of physical life.

I am failing to see the opportunities for my growth that are there to amuse me on my journey of spiritual development through life.

Attributes, Attainments & Abilities

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

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

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

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

A line, Align, A lien

A line is straight & orderly.

I aline things in order.

Align is a natural path.

I align with my natural path.

A line is straight.

Align flows.

A lien is a connection.

I cannot align with an alien path.

My connection with my path requires my alignment.

Other people are there to align me on my path.

They line up to allow my messages of alignment.

Some messages are alien, some have a lien, all are aligned.

My messages line up, one after the other, waiting for me to receive them.

When I am out of alignment they appear alien to me.

When I am connected they line up with my alignment and are a lien with my Soul.

A Wake, Awake & Awaken

I Awake from sleep and become conscious of the physical world.

I Awaken from my consciousness of the physical world to become aware of my spiritual origins and my spiritual nature.

A Wake is a celebration of passing from the consciousness of the physical world to the awareness of the realm of spirit.

Awakening to my spiritual nature and remembering my origins does not have to wait until I die.

It is my Conscious Self that sleeps.

My Soul is eternally awake.

My Self cannot awaken its Self.

My Soul will awaken my Self at the most beneficial time for itself.

Once my Self is awake and awakened to my Real Self, I am alert to my messages that discern my path on my journey through life.

That really is a cause for celebration.

Bewitched, Bemused & Bewildered

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

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

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

When we are lost, we are disconnected from the direction of our soul and following a path that leads us into bewilderment. The only cure for bewilderment is a spell in the wilderness to connect us to our true nature.

Bewilderment is caused by the endless problems we encounter because we missed the messages that uncover our lessons that lead to an effortless life.

Bewitched, bemused and bewildered is the way, the truth and the life of all unawakened Beings who are not yet alert

and aware to the clarity, direction and presence of their Soul.

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

Boredom, Ennui & Frustration

Boredom is my lack of vision and focused intention that deprives me of my self-confidence.

Without confidence and authority, and in the absence of making my own choices, I become bored.

I become bored under other people's authority that is not aligned with my own path.

I will have to tolerate boredom until it becomes intolerable.

Ennui is my lack of purpose and self-worth.

Without my emotional power and a sense of worth, I will suffer the melancholy, listlessness and depression of ennui.

With ennui, I will need motivation and drive.

Ennui will annoy me until it eventually makes me very angry.

Frustration is my lack of ability to do what I want to do and to achieve what I want to achieve.

Without sufficient ability, I will get frustrated.

I will get frustrated having to depend on other people to do things for me.

When my boredom and lack of authority incapacitates me, it will become intolerable.

When my ennui and lack of power angers me, it will show my incompetence.

Together, Boredom and Ennui will disable me, make me very frustrated and deplete my self-esteem.

Centred, Balanced & Grounded

Being Centred, Balanced & Grounded allows the vital personal energy of power, authority & ability, to effortlessly flow.

When I am mentally off-centre, my fears and limiting beliefs are the cause. I am leaning towards a negative attitude, which is leading me to an extremely polarised perspective of reality. My judgment of good or bad, right or wrong, positively beneficial or negatively detrimental, takes me out of alignment with my central vision & purpose in life. My centre of mental gravity is the gravitas of my authentic integrity. When I move out of judgment, into a state of unconditional Acceptance, my perspective of my reality becomes mentally centred and in alignment with my core Truth.

When I am emotionally unbalanced, the magnitude or power of my emotional state of being is divided by a contrast in gender. When I prefer to express either a male or a female gender of emotion, I am emotionally out of balance. My yin is out of balance with my yang and my sins are out of balance with my virtues. I come into emotional balance when my yin is equal to my yang, my sins are in equality with my virtues and my male energy is in equanimity with my female energy. When I choose the purity of a divine, natural or prime emotional attribute, my state of being always has my approval. When I move

out of my inherent prejudice, I attain a balanced attribute of being Approving.

When I am ungrounded, I have my head in the proverbial clouds; where I am lost, confused and I get very frustrated. Being frustrated disallows the clarity & direction to make my own choices. The reason that I am not physically grounded is because I am either not mentally centred, not emotionally balanced, or both.

Physical ability requires both emotional power and mental authority. When my mental authority aligns with my authentic central core beliefs, I am centred. When my emotional power is a pure, genuine emotional expression, I am balanced.

Allowing my mental authority to flow from my centre, in balance with my emotional power, allows my Self to be grounded and enabled in physical time-space-reality. I ground my Self in physicality for a purpose and that purpose is to fulfil my purpose for being alive.

Character, Personality & Intellect

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

Our personality is determined by our emotional needs and how we compete with others for our emotional energy. Extrovert personalities need other people to meet their needs in an active way, whereas introvert personalities meet their own emotional needs in a more passive way.

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

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

Our Identity is our true sense of who we really are spiritually.

We determine a person's character, personality, and intellect from what we see with our visual eyes and hear with our audible ears that are our physical senses.

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

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

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

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

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

Christening, Baptism or Initiation

We are christened into the Christian Religion and follow the beliefs of its pious leaders, which becomes our fate.

We are baptised into the flowing waters of the rivers of sin and our baptism of water makes us aware of the game of sin and virtue, also called the morality of right & wrong.

Or, we are baptised into the flaming fires of hell on earth and our baptism of fire alerts us to the game of light & darkness, also called the battle of good over evil on our journey of life & death.

We are initiated into the Game of Life when we are awakened to our true journey of personal development & spiritual growth to discover our initial identity and to experience our vision, mission and purpose for this lifetime.

Clarity, Direction & Presence

With Clarity & Direction, I have Presence.

I have Clarity when my female energy is positive.

When I am Being Connected, Sensitive & Emotional, I have Clarity.

Clarity requires Awareness.

When I am inclusive, attached & irrational, my energy is negative and I become confused.

I have Direction when my male energy is positive.

When I am Being Exclusive, Detached & Rational, I have Direction.

Direction requires Consciousness.

When I am disconnected, insensitive & unemotional, my energy is negative and I become lost.

When I am Exclusively-Connected, Sensitively-Detached, & Emotionally-Rational, I have Conscious-Awareness and I have Clear Direction.

With Clear Direction, I have Presence.

Without Presence, I will become lost, confused and frustrated.

Cliche, Contradiction, Custom

A Cliche is an untrue truism.

It is an hackneyed phrase, an old wives tale, an old chestnut or a banal platitude.

The mind gets lost in a forest of cliches as it cannot see the wood for the trees.

A Contradiction in terms has two opposing beliefs.

When my beliefs conflict, my brain short circuits and my light is dimmed.

Contradicting cliches are even more frustrating:

Many hands make light work, yet too many cooks spoil the broth.

Too many cliches cause prevarication and too many contradictions cause procrastination.

A Custom is a routine, a habit, a tradition, a policy or a convention based on the authority & choice of other people.

Customs tax the brain and excise personal authority.

We pay our dues to the customary authorities.

Cliches, contradictions and customs are all false beliefs that limit personal creative freedom.

Complimentary, Complementary or Alternative

A Complimentary treatment is one that is favourable or free, or both.

Complementary medicine is a treatment that complements and works with, or without, modern accepted medical practice in an holistic way.

Alternative medicine is a treatment that is employed instead of a modern medically accepted practice.

An alternative treatment is not necessarily either complimentary or complementary, although it may be either, neither, or both.

Whether a treatment is either complimentary, complementary or alternative depends on the perspective of the practitioner, the perspective of the patient, or both.

Complimentary treatments may be prescribed alongside traditional medically prescribed treatments, but this does not necessarily mean that the two treatments complement each other and produce a balanced outcome.

Any treatment that is seen as complimentary and favourable to the patient by a medical practitioner is prescribed as an accepted treatment, not as a complementary additional treatment.

What a medical practitioner sees as an alternative treatment is actually an additional treatment that may be complimentary and favourable but not necessarily complementary and holistic.

A complimentary treatment may be favourable or free without being complementary.

For an alternative treatment to be complimentary it is required to be complementary.

Collections, Attachments & Connections

Collections are things that I collect in life because they have value.

They are similar things that have come into my possession and have become my possessions.

Attachments are things that I collect in life that I value because I need them emotionally.

Things that I am attached to I need emotionally and value emotionally because of what they give to me emotionally. If I did not value something, or I did not need it, why would I collect it?

Connections are things that I collect in life because they fulfil one of my True Values.

I do not need my connections, but I truly value the enjoyment that I experience when connecting to them.

My connections are not physical or material.

My physical and material collections, I discovered to be attachments.

My Connections are my:

- Daily Life Lessons
- E-Books
- Articles
- Revelations

- Fundamental Questions
- Conundrums
- Limiting Beliefs
- True Values

I collect them all on my web-site, yet I am attached to none of them.

Complacent, Complaisant Or Compliant

Being Complacent is allowing life to effortlessly flow through me with serenity & contentment.

However, when I am too complacent, I am adverse to change or growth. My serenity & stillness become inert and my contentment ceases to flow.

Complacency takes inspired action but too much complacency takes no action. When others see me as complacent and positively inactive, they may consider me to be proud, smug or self-satisfied.

Complacency is a pure attribute, which ironically is not a common place for most people to be in.

Complacency is neither assertive nor diffident, neither striving nor slothful, neither diligent nor lazy.

I follow my own authority with complacency. I follow another's authority when I am being either complaisant or compliant.

Being complaisant is pleasing others. It is being cheerfully obedient & dutiful, deferentially obliging & accommodating, without being subservient, submissive or passively compliant.

Pleasing others is being humble to their arrogant direction, being meek to their wrath, being sub-ordinate to their superiority, being modest to their outstanding pride, being timid to their assertiveness and being happy to be so.

Being complaisant is adopting one's female energy in contrast to a male dominant authority, which leads and expects you to agree and follow. Greed is the male energy of superior power, which influences others to follow their direction.

Being compliant to another's mental authority and direction is driven by a belief that one has to because it is compulsory.

Being complaisant to another's need for emotional power is driven by the belief that one needs to because it is the only way to meet one's own emotional energy needs.

Being compliant is doing whatever you are told to do by others. I comply to another's direction and their assertive directives. I believe that I am required to comply with the directions of a superior authority. As a superior authority decrees laws & statutes, I am duty bound, honour bound or morally bound to abide by them with compliance.

Complaisance is driven by an emotional need.

Compliance is driven by a fear or a limiting belief.

Compliance keeps me licit & legal.

Complaisance keeps me friendly & amenable.

Complacency keeps me effortlessly flowing on my own path under my own authority of choice.

With compliance, I am humble to another's arrogant mental directives.

With complaisance, I am pleasing another's greedy emotional needs.

With Complacency, I follow the lead of my Soul in the comfort & safety of happy contentment.

Compulsive, Obsessive, Possessive

Obsessive is the need to do.

Possessive is the need to have.

Compulsive is the need to be.

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

Possessiveness is a demeaning belief that we have to have or have to own as a possession, without which we will become incapacitated.

Compulsion is an in-essential, un-necessary need to be who we think we should be, lest we be seen as incompetent.

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

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

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

Our obsessive acts become our dramas.

Our possessive words become our beliefs.

Our compulsive thoughts become our emotional needs.

Dramas are obsessive acts that disable us.

Beliefs are possessive words that own us and incapacitate us.

Needs are compulsive thoughts that disempower us.

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

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

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

Co-operating, Conspiring, Colluding, Conniving, Contriving, Collaborating

When a group of people work together as a team, in unity for the common good, they are seen to be Collaborating.

Co-operating people collaborate.

When a group of people work together as a team, in unity against the common good, they are seen to conspire, collude, connive or contrive.

I conspire when I plan an illegal action with another.

I collude when I actively participate in an illegal action with another.

I connive when I passively participate in an illegal action with another.

I contrive when I invent an illegal action with another.

Whether others are working together for the common good, or against the common good, is a matter of opinion based on a subjective consensus view of what is good for common people.

It depends on whether one is working for the good of common people or just for the benefit of a minority group.

Contentment, Disappointment & Satisfaction

Satisfaction & disappointment are a duality.

They are opposing perspectives of my level of contentment with what I have chosen.

Satisfaction or disappointment is the result of my choice.

Whether I want what I have chosen or not, determines whether I am satisfied or I am disappointed.

When my choice meets my expectation, I am satisfied.

If my choice falls short of my expectation, I am disappointed.

The more options that are available for me to choose, the greater is my expectation of satisfaction and the greater is the potential for my disappointment.

The more options that I have, the more difficult it is to be happy with what I choose.

The more choice that I have the higher my expectation becomes and the greater becomes the possibility of my disappointment.

Contentment is the 3rd Way between satisfaction and disappointment.

The path to Contentment is without Expectation.

Expectation is a future desire based on a past belief.

Expectation always lies in the future, whereas
Contentment can only be experienced in each present
moment.

I cannot be content in a state of expectation and I will not
be satisfied unless my expectations are met exactly.

Satisfaction is dependent on expectation being achieved.

Contentment is attained once expectation has been
overcome.

Courtesy, Etiquette & Manners

The standards of behaviour of the Upper classes is called Courtesy.

The Aristocracy behave as they wish and they see fit. They conform or humble themselves only to their Sovereign, which they see as being courteous or acting as they would in a Royal Court.

The standards of behaviour of the Middle Classes is called Etiquette.

Etiquette is the standard of behaviour that people who wish to better themselves choose to aspire to.

Etiquette is how the middle classes believe that the upper classes behave and thus aspire to emulate them.

The standards of behaviour of the Lower Classes is called Manners.

Manners are the manner in which the majority of working class people approve of other working class people behaving.

Lower Class people see working class people as having impeccable manners. Upper class people see the manner of working class people as disgusting.

Standards of Behaviour are the standards of behaviour that we find tolerable and wish others to adopt,

irrespective of whether we call them manners, etiquette or courtesy.

All people who tolerate others are standardised by their class.

When I become 'Accepting' of all others, I allow all others to follow their own standards of behaviour, knowing that it is their behaviour and their standard and not mine.

With unconditional 'Acceptance' of all others, boundaries are no longer necessary.

Criticise, Condemn & Complain

I criticise my frustrated ability. When my ability is frustrated and does not come up to standard, it is open to piercing criticism of what I am doing.

I condemn my angry demeanour. When my power is depleted and I am in need of emotional energy, I am open to scathing sarcasm as to who I am Being.

I complain about everything that I find to be intolerable and unacceptable. When my authority or choice is undermined, it is frankly open to cynicism of what I have chosen to have.

My Inner Critic needs to accomplish, achieve and succeed. It suffers greatly when it is incapable of achieving high standards of performance in what it wants me to do.

My Inner Judge condemns because it needs to be just, be right and be good. It suffers greatly when accused of the incompetence of being guilty, wrong and bad, because of who I am Being.

My Inner Complainant needs to be comfortable, safe and free. It suffers greatly with the incapacity of making wrong choices and not being able to have everything that it wants and desires, exactly as it wants and needs me to have.

Criticism, Sarcasm, Cynicism

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

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

Cynicism seeks to destroy the stronghold of social conventions. A cynic is intolerant of the authority of society in general and suffers the intolerance of its own inability to act from its own authority.

Sarcasm, criticism and cynicism are the three weapons of the Interrogator that are designed to cause embarrassment, shame and humiliation and send the Aloof scuttling off to their cave.

We are critical of a person's inability; we are cynical of a person's incapacity; and we are sarcastic about a person's incompetence.

Criticism undermines our ability and destroys our self esteem; cynicism undermines our authority and destroys our self-confidence; and sarcasm undermines our power and destroys our self-worth.

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

Shame experienced through criticism creates frustration; embarrassment experienced through cynicism creates intolerance; and humiliation experienced through sarcasm creates anger.

Sarcasm is fed by the resentment of non-approval; cynicism is fed by the remorse of non-acceptance; and criticism is fed by the regret of non-acknowledgement.

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

Customers, Clients or Consumers?

Customers, Clients or Consumers are not necessarily the same person.

A Customer is the person who buys or purchases the goods or services on offer.

A Consumer is the person who uses or directly receives the benefit of the goods or services.

A Client may be a customer or a consumer, or both or neither.

A client may be an agent acting as the buyer or the purchaser for a consumer or a customer.

When working as a Coach for a large Organisation; the CEO is the customer, the HR department is the client and the employee being coached is the consumer.

Being customer driven may also be a case of being consumer driven and client driven as well.

Fulfilling the needs of the customer or client may not always be aligned with the needs of the consumer.

The role of a Coach is to align the needs of the Coachee, who is the consumer, with the needs of the customer as directed by the client.

Detached, Rational & Exclusive

Being Detached, Being Rational & Being Exclusive are all prime male attributes.

Being Exclusive is:

- Being Self-Confident
- Standing in my own Authority
- Knowing my path in Life
- Expressing my True Identity

Being Detached is being:

- Independent and self-sufficient
- Transparent to life's dramas
- Emotionally unattached to people and personal possessions
- Willing to change, step out, explore, discover & experience new horizons

Being Rational is:

- Approaching life in a logical way
- Creating order out of chaos
- Understanding how to solve problems
- Being able to analyse a situation and respond appropriately

Determination, Dedication & Commitment

Will Power is the power of my will, not the Power of I Am. It is the power of my ego Self when disconnected from who I really Am.

Three aspects of will power are:

1. Determination

Determination is my mental choice that is driven or determined by my personal beliefs, personal standards and personal boundaries. My determination is relative to my conviction.

2. Dedication

Dedication is an emotional feeling that is driven by my emotional needs and the attachments that are dedicated to myself. My dedication is relative to my need for emotional power.

3. Commitment

Commitment is my physical involvement in a life drama that is driven by either my belief or my need to be in that drama, or both. The degree of dedication to my conviction will determine my commitment. My will power is relative to my determination, my dedication and my commitment, although it may appear to be the other way about.

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.

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

My dominance is effectively the consequence of my poignant immanence.

Dreadful, Frightful, Or Fearful

Frightful people and Dreadful people are both Fearful.

Fearful people are limited in life by their fears and false beliefs.

People with breeding see well-bred people as frightful and common people as dreadful.

They judge others as being either frightfully good or dreadfully bad.

Common people judge others to be frightfully bad or dreadfully good.

Middle class people have no distinction and judge others to be both frightfully dreadful and dreadfully frightful.

Being frightful, dreadful or fearful is seen as normal for an unawakened soul.

Unawakened people have been taught that fear is a positive attribute and many have been taught to be god-fearing.

An awakened Soul understands the limitations of fear and the necessity to overcome limiting beliefs and become Fearless.

Becoming fearless requires one to overcome being frightened, in dread and in fear.

We inherit our limiting beliefs and fears from our family & relatives, in accord with our breeding and our ancestral lineage.

The attainment of Fearlessness is not an inherited quality.

Elite, Supreme & Almighty

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

Actual Creative Activity requires:

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

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

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

The quality attributes of a Strong Creator are:

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

An ideally strong Creator has attained both Happiness & Wellbeing.

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

- A supreme financial system promotes the powerful influence of monetary riches, not true emotional wealth
- An elite education system promotes authorised knowledge, not the true authority of mental wisdom
- A religion, based on an almighty external God, promotes a virtuous dogmatic doctrine, not a physically enabled healthy perspective of life

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

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

Empowered, Guided, Authenticated

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

We are ordered by our beliefs until we become guided by our Light.

We are activated by our dramas until we become authenticated by Life.

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

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

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

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

Entropy, Inertia & Flow

“Awareness without Consciousness is Inert”

“Consciousness without Awareness is Entropic”

“Inertia & Entropy are a duality effect of Flow”

“I am free to choose flow, free to choose inertia & free to choose entropy”

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

“Entropy happens to me, inertia happens by me & flow happens through me”

“Entropy is Mental Ignorance, the absence of wise thoughts”

“Inertia is Emotional Poverty, the absence of wealthy feelings”

“Resistance is Physical Discomfort & Dis-Ease, the absence of the flow of healthy experiences”

“Chaotic Flow is the effect of an entropic belief system”

“Entropy is the effect of a confused perspective”

“Inertia is the potential of an unreactive mind”

Ethics, Morals & Principles

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

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

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

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

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

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

Equability, Equanimity & Equality

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

Being In Equanimity is being in gender harmony. It is when my yin & yang are balanced. My anima & animus are united. My male & female energies are combined in holy communion. The battle of the sexes is declared drawn. I am in equal animity. I have overcome the duality of my male & female emotional energy. My sins & virtues have united as divine attributes. I no longer need another to make me feel whole. I am an expression of pure energy that is undivided by gender. My Id & my Entity express my true Identity.

Equality or E-quality is the quality of our Energy. Whereas we all have an equal energy potential, the potential of our

energy is the product of the force of our authority and the magnitude of our power. Our ability to connect to our power and authority varies depending on our own unique, individual and exclusive circumstances, beliefs and emotional needs. Therefore, whereas in theory our potential to connect to our energy is equal, in practice the quality of our energy rarely is equal. "Some are more equal than others" means that the quality of our energy varies dependent on its force and magnitude and can be measured or perceived as being either higher or lower, greater or lesser, than someone else's. The purpose of Life is seldom to seek equality with others but equality with our Soul. Once the quality of our energy emanates and resonates from, and with, the Energy of our Soul, we will have equability between our Self and our Soul, and will then realise our full creative potential. Seeking equality with others will not necessarily direct us on the path of our Soul, whereas choosing equability with others necessarily will.

Equality is a neutral polarity: It allows exclusive personal authority intuitively, not intellectually. We are potentially equally wise, not equally educated. With no reason to learn our lessons, life is full of opportunities.

Equanimity is a balanced gender: It approves individual personal power emotionally, not financially. We are equally wealthy with the potential of equanimity, not money. With no need to work for a living, we get a life.

Equability is a harmonious intensity: It accepts our unique personal ability to be fit & healthy. We have an equal ability to be well, not ill, sick or unwell. With no need to be cured, we become alive.

Providence provides abundantly & beneficially when I approve my equanimity, allow my equality & accept my equability.

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.

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.

- 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.

Faith, Trust & Fidelity

Trust is who I put my confidence in. Whoever I confide in, I trust. When I confide in other people with confidence, I trust them.

Trust is not certain. I can trust other people and be betrayed. I can trust my own judgment and be proved wrong. Even though something, or someone, appears trustworthy, it is never certain.

Faith is certain trust. The only thing that I certainly trust is my faith. My faith is intuitive, my intuition is certain, so my faith is totally worthy of trust. When my intuition is certain, my faith is certainly trustworthy. When my faith is intuitive, it will never let me down but when I trust the faith of another, it certainly will.

Faith is my personal confidence in my own life path as directed by my Soul. I have faith in my Soul's choice of direction for its Self; as it is always beneficial, always wise and always intuitively certain.

When I trust something without intuitively feeling & know it to be right for me, I am not absolutely confident. My confidence is attained through intuitively knowing & feeling it's certainty, right now.

Fidelity is trust without confidence. In marriage, I have a contract without personal faith. Marriage has faith in one's religion and one's partner, not in one's Self. I trust my

partner to be honest, faithful and loyal to our partnership but as I can never be certain, I can never truly trust in their fidelity. I may trust and confide in my partner, yet their fidelity may always be in question.

I have faith in my Soul, I trust other people to do exactly what is right for them and I practice fidelity with a partner who needs me to be faithful to them.

Feeling, Sensing & Emoting

I Feel the Power of my Soul's Love for my Self.

I Sense the emotional state of being of another.

I Emote my own emotional state of being.

I am emotionally aware of my own moods and attitudes.

I am sensitive to whom other people are being emotionally.

I experience the pure feeling of my Soul as inspired revelations of bliss.

My Feelings are my direct communication with my Soul intuitively.

My Sensitivity is my ability to relate to other people's moods, atmospheres and attitudes.

My Emotional Intelligence is a measure of my understanding of my own emotional states of being.

My thinking is expressed through and relative to my emotional state of being.

I am sensitive to other people's beliefs because their thinking is relative to their emotional state of being .

My Soul's Thoughts are conveyed with a pure feeling of Love.

Frequency, Wavelength & Vibration

Frequency and Wavelength determine the vibration of Energy.

Energy is the 92% of the universe that is not Matter.

Frequency and Wavelength are not a duality. They are the triality of energy that includes vibration.

All Energy is the Consciousness of Source.

True Consciousness resides in the Realm of the Absolute – The Reality of the Trinity.

Divided Consciousness exists in the Realm of Relative Dual Reality.

In the duality of Relative Dual Reality existence, frequency is divided by polarity, which is either positive or negative.

This means that frequency travels in two directions simultaneously – backwards and forwards.

From a positive perspective, frequency is seen to flow forward. Backward flowing frequency is experienced as negative energy.

In dual reality, wavelength is divided by gender, which is either male or female.

Gender allows a left or a right perception.

On the right side of an energy wave is perceived female energy, whilst male energy is perceived on the left side of an energy wave.

The up and down intensity of our energy vibration completes the Holy Trinity of our Energy Consciousness.

Polarity, gender and intensity allow us to experience the frequency, wavelength and vibration of energy as a relative dual reality in a three dimensional energetic world.

Fulfilment, Contentment & Joy

When I attain the ability to consciously choose to do what I truly value, I will be eternally fulfilled.

When I am filled full of the experiences in life that express true value for my Self, I am fulfilled.

Doing what I truly value is Self fulfilling.

Attaining fulfilment is consciously choosing to be Happy.

Doing what I truly value and having what I truly value makes me very happy.

When I am happy and empowered, I do what I truly value to do.

Fulfilment is mental happiness.

Happiness is fulfilling when I consciously (mentally) choose to do and have what makes my Soul happy.

Joy is the feeling of doing what I love whilst Being my Soul.

Contentment is the ability to be physically happy with enough of everything.

With Fulfilment, Contentment & Joy, I am Truly Happy.

Genes, Memes & Moods

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.

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 epi-genetic 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.

Giving, Receiving & Sharing

Giving and receiving is the transfer of ownership from one person to another with agreement by both parties. Theft is the transfer of ownership without agreement when ownership becomes in dispute.

Sharing has no ownership. Therefore we cannot share anything to which we have an attachment of ownership. Ownership means it's my own. Sharing means it's not my own.

What we own belongs to us by virtue of our attachment to it. When we become attached to something that we do not own, we are driven to acquire it and make it our own. This requires someone to give it to us and receive something in return, unless we steal it, which is theft.

This transfer of ownership is an act of giving that has a conditional act of receiving attached to it. What is given and received may be material, emotional or intellectual and every act of giving has a conditional act of receiving attached to it, otherwise it is sharing.

Sharing is often mistaken as giving half of what we have to someone else but there is always a condition attached to this giving, which is usually that the recipient gives half of what they have to us.

What we see as fairly sharing everything we have is called give and take, but is still the act of giving and receiving.

Dividing belongings equally or giving and receiving to each other in equal amounts creates the agreement of joint ownership and co-dependency.

When we own belongings together, we become jointly attached and dependent on everything that we jointly own. Whatever our partner has as their own, we will seek to acquire so that equality or equal ownership is restored.

In a co-dependent relationship, couples are jointly attached to everything until they fall out and fight over the ownership of everything they owned together. This is called divorce.

Shared ownership is an oxymoron because true sharing has no ownership and no attachment. When we share our lives with another, we renounce all attachment and ownership materially, emotionally and mentally in the acceptance that everything is ours.

The giving and receiving of joint ownership is about 'you' and 'me', together in the separateness of co-dependency. Sharing is about 'us', in the sensitive detachment of separate togetherness in an inter-developmental partnership.

Good, Better, Best

From my physical perspective, I see myself as good.

Others may judge me to be bad from their perspective, but I see myself as good.

Personal Development is about myself getting better.

Getting better is about acquiring more knowledge via my 5 physical senses.

Getting better is also a requirement when I am sick, ill or ailing and not feeling good.

My goal is to become better and better at living in this physical world, so that I can be the best that I can be.

The paradox is that the best that I can be is not the best that I can be.

From a spiritual perspective, I am already the best that I can be.

To become better, I am required to grow and develop my Self spiritually as well as physically.

Getting better spiritually is about acquiring more experience via my 3 intuitive senses.

There is no limit to my personal spiritual growth and how better that I can become spiritually.

In my physical world, I am good, getting better, with my intention to become the best.

In my spiritual world, I am my best, getting better, with my intention to be Good.

“None is Good but the Lord”

My Soul is Good.

My Self is getting better through my Journey of Personal Spiritual Development & Growth.

It is not my intention to become better than other people or better than my Soul.

Being better than others will never make me the best or Good.

Greatness, Gentleness & Goodness

Greatness is the quality of attaining Goodness & Gentleness.

The attainment of Goodness is the pathway to Wellness.

Wellness is the attainment of Health, Wealth & Wisdom.

The attainment of Gentleness is the pathway to Happiness.

Happiness is the attainment of Contentment, Fulfilment & Joy.

Gentleness is the attainment of Oneness, Equality & Choice.

Goodness is the attainment of Acceptance, Allowance & Approval.

A Great Life is Expansive & Effortless.

When I flow effortlessly through Life with expansiveness, I will attain Greatness.

Greatness is the attainment of my Power, Authority & Ability.

Greed, Rivalry & Superiority

Greed is the need for more power than another.

The need to be powerful results from being disconnected from one's true source of power and needing other people to supply your emotional energy.

It is based on a belief that the more people that I have power over, the more powerful I am.

Superiority is the belief that I am better than or superior to other people.

I believe that I have a higher status and therefore authority over others.

The need to be superior to others is driven by the need to effectively influence other people to your way of thinking.

The ability to affect other people's behaviour with my influence makes my authority superior to theirs and makes me more superior and better than them.

Rivalry is the need to be more able than other people, whether in education, sport, business or any other sphere of competitive life.

I compete to prove that my ability is greater than another's.

My competitors are my rivals.

When I compare my emotional power, I am being greedy.

When I compare my mental authority, I am being superior.

When I compare my ability, I am being a rival.

All three are negative attributes because they disallow a true expression of who I really am.

Holy Trinity

Mother Theresa is a shining example of a true “Mother”.

A Holy “Mother” is symbolic of the Power of Love.

A Holy “Father” is symbolic of the Authority of Light.

A Holy “Son” (Jesus) is symbolic of the Ability of Life.

“Mother-Father-Son” is the Holy Trinity.

The Power of Love is also called the Holy Spirit.

“Power-Authority-Ability” is the Whole Spirit.

“Love-Light-Life” is the Divine Triality.

The Divine Triality is the Whole Spirit or Holy Spirit.

Mother Theresa is recognised for putting the “Mother” back into the Holy Trinity.

Mother Theresa became a powerful and influential figure because of who she was being, the power of her love, not for what she did. The work that she did was just the vehicle through which she expressed who she really is.

Who she was being, her state of Beingness, was recognised to be very powerful and very influential.

Theresa of Calcutta is the embodiment of the ultimate “Mother”.

To canonise her as a saint would in her own words:
“Become her darkest hour”. She chose to be a role model
for Life, not the Roman Catholic Church.

Honest, Credible & Faithful

Being Honest is being lawful.

Being lawful is being true to other people in our society by following their rules and laws.

Being Credible is being believable.

Being believable is conforming to one's own personal standards of behaviour on a consistent basis. It is having consistent beliefs. It is walking one's own talk and having boundaries that do not conflict with one's standards. It is being true to one's Self.

Being Faithful is following one's own path and being in integrity.

Being in integrity is being whole and at One with one's Soul.

Being at one with one's Soul is being True to one's Soul Path and in co-operation with one's Soul.

Being honest, credible and faithful all involve being the Truth.

The question is: "Who's Truth am I Being?" The Truth of my Soul, the truth of my self, or someone else's truth.

Hope, Expectation & Desire

Desire is a future projection of our sub-conscious emotion.

Expectation is a future projection of our sub-conscious will.

Hope is a future projection of our sub-conscious mind.

Our sub-conscious emotion feels without the power of our Heart.

Our sub-conscious will thinks without the authority of our Soul.

Our sub-conscious mind understands without the ability of our super-conscious Mind.

Our Heart realises its power through the feeling of Love.

Our Soul manifests its authority through the knowing of Light.

Our Mind creates its ability through the seeing of Life.

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

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

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

We desire everything that we need physically and emotionally.

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

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

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

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

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

Passion and desire have no magnitude or competence as our power.

Expectation and judgement have no force or capacity as our authority.

Hope and trust have no potential or capability as our ability.

We realise our magnitude and competence of power by feeling Love in a state of Being in Awareness.

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

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

Hope, Expectation, Knowing

Hope is the feeling that something positive will turn up.

Expectation is the positive feeling of being sure that what I want is on its way.

Knowing is the intuitive certainty of what will occur.

When I positively know that something will be, it will be.

When I positively expect something to turn up, I may be disappointed.

When I positively hope something is on its way, the matter is not in my hands and the chances are that it may not turn up.

Knowing has the potential for certainty to be realised.

Expectation has the will power but not necessarily the authority to manifest.

Hope puts the power of manifestation in the hands of the gods.

Knowing has no gender duality and therefore no uncertainty.

I can expect to be disappointed and I can hope that I am not. When I know that I will be disappointed, I certainly will be.

Idle, Lazy, Slothful

Idle is a period of inactivity.

I am idle waiting for my next task.

I am idle when I am not moving, inactive or not doing.

Lazy is the state of applying no effort.

I am lazy when I am applying no effort to a required task.

I am only lazy when confronted with someone else's need to achieve.

I am needing motivation to be busily employed in achieving someone else's objective.

Slothful is the state of being disempowered.

Lazy is a lack of motivation, slothful is a lack of purpose that is disempowering.

Slothful is being off track because I am not following my own inspired path.

When inspired & empowered, I am never slothful.

Idle is waiting for direction, lazy is not applying will power and needing motivation, slothful is being disempowered because I am uninspired by someone else's direction.

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 certainly 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 effortless 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.

In Form, Inform, Information, In Formation

We are in form once we are born into physical form or reality. We are born into form without any information of who we are and why we are here.

At birth, we are new creations in formation. We develop in our formation as we gain more information and knowledge.

We become informed when we are awakened to knowing our spiritual inheritance.

In form, we are a spiritual being experiencing a physical existence, whether we are informed of this or not.

Absolute reality is beyond physical and spiritual form. It just is without form or formation.

Knowing who we are is the only information that we ever need to know

Information is knowledge, whereas knowing is creativity in formation.

Our form is the bench mark of our physical experiences. Form follows function until we become informed of our spiritual origin.

We form our outer world consciously, once we become informed of our inner formation.

Illude, Elude, Allude

I Illude to a false perspective of reality.

A false perspective of reality is an illusion.

My sub-conscious id illudes to a false perspective of reality, which is an illusion of its own creation.

I Elude a perspective of reality that my ego chooses to avoid.

My lack of awareness renders my ideal reality elusive and an elusion.

My awareness of my true Self eludes my conscious sense of Self.

I Allude to my true sense of Self.

My true sense of Self is my Soul.

My Soul alludes my super-conscious messages of inspired revelation.

It continuously alludes the allusion of my true reality.

My Soul alludes, my ego eludes & my id is illuded.

Imagination, Dreams, & Reality

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

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

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

We limit our creative ability when we confuse our imagination with our dreams. Dreams are our mental experiences whilst asleep. Imagination is a 'day-dream' of a future reality, or fantasy, whilst awake. Day-dreams are creative whilst night-dreams are not.

We also limit our creative imagination with false beliefs: "In your dreams" infers that it is not a reality and therefore not true and cannot happen – so it won't. "It's only a dream" means it won't happen in reality – so it won't. "It's

just your imagination” limits the power of your imagination with the power of your belief.

“Life just Is” whatever we think, imagine and dream it to be consciously. Our thoughts, dreams and imaginings will always materialise when given enough time and enough emotional power in the absence of limiting beliefs.

Limiting beliefs are our fate, whereas the absence of limiting beliefs is our Faith. Our true Faith has no limiting beliefs. Unfortunately many religions preach limiting beliefs and few religions encourage innovative imagination, personal dreams or individual reality as the truth.

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 imminently 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.

Initiation, Initiate, Initiator

My Initiation is from unawakened to awake.

It is from spiritually asleep to spiritually awake.

It is a new awareness of a spiritual reality.

It is from half asleep to alive & alert.

I Initiate my own path as I initiate each new step that I take along my path.

I can choose to be either an initiate of my own lessons or an initiate of someone else's teaching.

I initiate my own lessons when I become the Initiator.

My Self is the Initiate, my Soul is the Initiator.

When my Self takes the initiative, I am being both the Initiate & the Initiator.

Each & every revelation & inspired message from my Soul initiates a new step on my path of learning.

Initiation happens to me.

As the Initiate, life happens by me.

As the Initiator, life happens through me.

As the Master, life happens as me.

Instructors, Personal Trainers, & Coaches

An Instructor teaches me how to carry out a task and teaches me the instructions for using objects and equipment.

A Personal Trainer teaches me how to achieve my personal objectives.

The difference between an instructor and a personal trainer is that the personal trainer connects me to the emotional energy required to motivate me to meet my objectives, as well as instructing me how to meet those objectives.

An instructor gives me the ability to complete my chosen task, whereas a personal trainer gives me the power and motivation to complete my chosen goals.

A personal trainer motivates me by allowing me to meet my emotional needs whilst achieving my desired objectives.

A Coach empowers me to fulfil the potential of my own ability and guides and supports me to fulfil my objectives in the most beneficial and acceptable way.

Once I have been taught the ability to fulfil my objectives, my Coach enables me to aspire to the excellence of my innate ability by connecting to me to the true power and authority that inspires and empowers me.

An Instructor works with my ability to achieve.

A Personal Trainer works with my emotional power to achieve.

A Coach works with my authority to achieve.

Intention, Intenttness, In Tension, Intensity

Intention is the choice that guides my action.

It is what I intend to do.

Intenttness is my focus, my concentration or my will power that I use to succeed in my intention.

When In Tension, I experience a mental force.

That force can be perceived to have a positive, a negative or a neutral polarity.

A neutral polarity is in balance, a positive polarity is exciting, a negative polarity is a worry.

Intensity is the measure of a positive or negative mental force & the measure of a male or female emotional magnitude.

Intensity in life is relative to the extremes of gender or polarity that are being dramatically experienced.

A neutral polarity with a harmonious gender is balanced and in tension without intensity.

My physical potential has a harmonious gender in balance or in tension with a neutral polarity without any intensity.

The potential of life is effortless flow without the intensity of any resistance.

My conscious competence requires intenttness.

My unconscious competence has the greatest potential to fulfil my intentions.

It is intention without intentness balanced in tension without intensity.

Intention, Perspective & Vision

My Intention is what my conscious ego chooses for my Self.

My Perspective is formed from the experience of my physical senses and filed as my sub-conscious programming that is called my id and from which I access my memory.

My Vision is the blue-print for my life that is the purpose for my being alive in physical form and my mission on Earth to attain. It is communicated to my Self through my intuitive senses by my Super-conscious entity that I call my Soul.

When my intention and my perspective are out of alignment, I get frustrated with my lack of presence.

When my intention is out of alignment with my vision, I get very lost with my lack of direction.

When my perspective is out of alignment with my vision, I get very confused with my lack of clarity.

Only when my intention, my perspective & my vision are all aligned will my direction appear to be present & clear.

Intellect, Instinct & Intuition

Intellect is my conscious choice.

It is the rational, reasonable choice of the conscious mind. I am conscious of the intellectual reasoning behind my conscious choices. Intellectual reasoning is based on past knowledge of physical experience, by the conscious mental self or mind.

Instinct is my sub-conscious choice.

I instinctively make a choice without consciously thinking about it. An instinctive choice is an autonomous reaction of my sub-conscious thinking. I consciously observe my instinctive choice as a reaction to whatever is occurring. I instinctively react in alignment with my sub-conscious beliefs & programmes.

Intuition is my super-conscious choice.

My inner tutor & my inner guide communicate with my Self, intuitively. Intuition is my inner source of innate wisdom that guides & supports me on my life's journey. It is a certain knowing without prior knowledge, it is a certain feeling without physical touch and a certain seeing with mental insight.

My Gut Feeling is an intuitive feeling passing through the sub-conscious filter of my belief system and is in contrast to the conscious reasoning of my intellect.

An inkling is an intuitive message that I either know, feel or see to be beneficial for my Self because it gives guidance & support.

Goose Bumps that make my hairs stand on end are an instinctive reaction to an empowered intuitive feeling.

Intellect requires rational logic or reasoning.

Instinct requires emotional logic or meaning.

Intuition requires spiritual logic or purpose.

In any relative dual reality experience of life, it is common for my intellect to be in opposition to my intuition, my head to have a perspective different to what my heart feels and for both to be overridden by my instinct.

Inventor, Innovator, Initiator

An Inventor develops new things to Have.

An Innovator develops new ways of Doing things.

An Initiator develops new ways of Being.

All new developments are inventions, innovations or initiations.

Invention requires imagination to allow expansive mental growth.

Innovation requires imagination to allow the expansive growth of physical experience.

Initiation requires imagination to allow the expansive growth of emotional essence.

All inventors innovate & initiate. Being inventive & innovative are attainments of all initiators. Innovators all use their inventive initiative.

We all use imagination to create intuitively, inventively & innovatively with initiative. Imagination, invention, innovation & initiation all require an intuitive spiritual connection.

I initiate with my spiritual power, I invent with my spiritual authority & I innovate with my spiritual ability when I am aligned with the intuitive imagination of my super-conscious Soul.

Jealousy, Envy, Kindness, Choice

Jealousy happens to me.

When the world is unkind, I am jealous of what other people have and I believe that I need.

When what I need happens to others instead of me, I am jealous.

Envy happens by me.

It is my passion & desire to have what other people have.

It is my motivation to get what others already have and I want.

Kindness happens through me

I attract my kind of people who are like me, I like them and I allow them to be my friends.

The law of attraction draws like unto like and kind unto kind.

My kith & kin are my kind of people.

Choice happens as me.

My true Self has unconditional choice.

I choose and provide everything for my Self.

As my true Self there is no jealousy, no envy, no need, no desire, no different kinds of people.

Kismet, Fate, & Destiny

Kismet is a predetermined or unavoidable destiny.

A pre-determined destiny is my fate.

When my destiny is pre-determined, I am not consciously choosing it.

An unavoidable destiny is my fate. When my destiny is unavoidable, I have no choice.

My Destiny is the choice of my Soul.

I am following my Destiny when I am aligned with my Soul's choice.

When I am aligned with my ego's desires, I will encounter my fate.

When I abdicate my choice, I encounter my fate.

When I tolerate my life and what is occurring in my life, I am receiving my fate.

The difference between my destiny and my fate is my perspective of what I am experiencing.

When I accept what is occurring in my life without toleration and see it as a gift, I am receiving what I am destined to receive.

When I am effortlessly flowing with life, I am allowing my destiny to arrive.

My Fate is what I will have to tolerate when my ego Self chooses or fails to choose.

My Destiny is aligned with my Soul's choice.

My Soul's choice is never pre-determined and always avoidable.

Kismet is therefore my fate but not my Destiny.

Me, My Self, & I

The Eternal Triangle is Me, Myself & I.

Me is the conscious aspect of me that exists in the contrast of this dual reality world of physical relativity.

Myself is the sub-conscious aspect of myself that me is not conscious of. Myself operates and manages the automatic and the autonomic functions of the physical, mental and emotional body that is me.

I am or I, is the super-conscious aspect of who I am that resides in my unconscious. My super-conscious I, remains unconscious to me until the I becomes spiritually awakened, and I become aware of the spiritual nature that I am.

My supra-conscious entirety (entity) is an Eternal Triangle, Triality or Triune Reality of my conscious me, my sub-conscious self and the super-conscious Being that I am.

The conscious me (my ego) has a personality and a character that is determined by the emotional needs and the programmed beliefs that are held by my sub-conscious self, (my id).

The Consciously-Aware and spiritually-awakened Being that I am, holds the Truth of who I really am, which is my True Identity (Id-Entity).

One is an Eternal Triangle who originates from the Source of All that Is, which is Oneness.

Mean, Means, Meaning

Mean is the balance of male & female genders of emotional states of being. When I defer to my male energy of being selfish & inconsiderate, I am being miserly; which is considered to be mean & unkind, without generosity. Expressing my female energy, being kind & generous, caring & considerate; I am being neither mean nor in the equanimity of a balanced emotional state of being.

Means is the physical ability to accomplish tasks skilfully and achieve objectives well. I am physically enabled with the means when I am mentally authorised and emotionally empowered. Without the emotional power of my competence and the authority of my mental capacity, I do not have the means to act with any physical capability. With my intuitive guidance, I have the capacity of my own wisdom and with my intuitive emotional feeling, I am being competently empowered. Means are what I have in support of whatever I am doing. Mean is the balanced state of emotional Beingness whilst doing what I have the means to do.

Meaning defines the mean and defines the means. With a mean emotionally balanced state of being and the physical means to carry out my objective, all I need is a definitely subjective mental choice to take action. Definition gives an objective meaning. When I define the way and define the purpose, I have a definite way with a definite purpose that

has meaning for my Self. An objective meaning defines the purpose of my choice of action.

Whereas the mean and the means are subjective to each Individual, meaning is definitely objective. All objects and objectives are defined with a definite purpose, which gives them their meaning. Our destiny however is uniquely personal with an exclusively subjective meaning that allows an individually fulfilling purpose for one's own indefinite life.

Mimic, Impersonate, Imitate

I Mimic someone else when I copy their physical behaviour and actions.

I Impersonate someone else when I copy their emotional reactions.

I Imitate someone else when I copy their thinking and beliefs.

I mimic the intensity of another's actions.

I impersonate the gender of another's emotions.

I imitate the polarity of another's thoughts.

I mimic with similar abilities.

I impersonate with similar power.

I imitate with similar authority.

I mimic an individual's qualities.

I impersonate an individual's attributes.

I imitate an individual's attainments.

I cannot impersonate an aspect of pure love, I am required to be it.

I cannot imitate a moment of pure thought, I am required to have it.

I cannot mimic an experience of life, I am required to do it.

I cannot mimic, impersonate or imitate my Soul; I am required to align with it.

Needs, Beliefs & Dramas

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

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

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

Needs, beliefs and dramas interfere with and resist our happiness.

We cannot feel joy when we have unmet emotional needs.

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

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

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

An emotional need is a state of being without our true power.

A limiting belief is a personal truth that stops us connecting to our true authority.

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

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

Observing, Evaluating, Discerning

Observing, Evaluating, then Discerning is the process of growth and development through conscious personal choice.

We observe what others are doing and who others are being.

We can judge our observations to be good or bad actions by others, or we can be accepting that our observations are just that – observations.

With our observations, we can evaluate the value to our self, of what others are doing or being.

We can value the energy or the emotion of the person that is taking action and evaluate how valuable or worthy that energy is to our self.

We evaluate who others are being (their state of being) so as to discern whether their attributes (the state of being attributable to them) is of value to our self.

Personal Development & Spiritual Growth are a process of appreciating in value and self worth.

Once we have observed and evaluated who someone is being and what someone is doing, we can then discern whether their state of being and their action will add value to our Self, or depreciate who we are Being.

We observe and evaluate in order to discern whether our beliefs and our behaviour are expansive or contracting.

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.

Pick, Opt or Choose

I Pick a random selection.

A random selection has no distinction.

A lucky dip is either a lucky pick or an unlucky pick.

I pick at the options and desperately hope to find one with distinction.

I Opt from a range of options.

Different options allow me to opt for my favourite preference.

I prefer the option that I believe is best for me.

The more options that I have, the harder it is to rate them and the harder it is to opt for just one.

I Choose an inspired choice.

An inspired choice always feels right.

My choice is enlightened & empowered when I am inspired to choose it.

I always have a choice.

I can sub-consciously pick, I can consciously opt or I can super-consciously choose.

Platonic, Human & Divine Love

Platonic means in alignment with the philosophy of Plato.

Plato was an Ancient Greek Lover of Wisdom who was exclusively connected to his Soul.

Plato believed in the Wisdom and Truth of Love.

When our Love has Wisdom & Truth, it is Pure and Divine, and our Power has full Authority.

Divine Love has no division, no separation and no duality.

Human love when divided by gender is expressed as either lust or emotional need, and when divided by polarity is expressed as either love or hate.

Platonic Love is neither male sexual lust or female romantic sensual need.

Platonic Love is neither loving to want and own, which is envy, nor liking whatever is seen as good and kind, or hating whatever is seen as bad and evil, which is unkindness.

Human love is a passion that we want and need, desire and lust after, when we are disconnected from our True Source of Power, which is the Platonic Love of our Soul for our Self.

Platonic Love translates as an unconditional sharing of our own Personal Power with another who is unconditionally connected to their own Personal Power and Authority.

A Truly Platonic Union is an inter-developmental relationship of Being 'Together in Togetherness'.

- Platonic Love is called Philos
- Human Love is called Eros
- Divine Love is called Agape

Powers, Principalities, & Dominions

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

Principalities are the principles, morals, and ethics, which form the foundation of our belief systems. The principalities of darkness are manifested by our false or limiting beliefs. The principalities of light are made manifest by our principles, morals and ethics, which we believe make up our self-confidence. The antidote to the principalities of light and darkness is knowing our Divine Light.

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

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

Pro-active, Reactive, Responsive

Pro-active means taking action to produce an end result.

Reactive means tolerating a result or effect and making the best of it.

We react to a negative outcome. When we can no longer tolerate the outcome, it becomes intolerable and we instinctively react.

Being pro-active requires us to have a clear intention of what we want and a focused action plan for achieving it.

Responsive means accepting whatever turns up with a positive perspective because we know that it is perfect for us.

Being responsive requires us to take responsibility for what ever turns up in our life, because we know that at some level we created it.

Once we accept that we created a situation or occurrence, we are able to respond responsibly.

Being responsive is seeing whatever turns up in our life as a gift.

The best response is always Gratitude & Appreciation.

Reactive is a sub-conscious choice.

I do not plan to react.

I react instinctively when in fear or danger.

I react according to my sub-conscious beliefs & programmes.

I do not train to react.

I train to become proactive.

Proactive is a conscious choice.

Being proactive is consciously planning my intention & my choice.

Being proactive is a skill & an accomplishment.

Being responsive is an attainment & a quality.

Responsive is a super-conscious choice.

The ability to respond is an unconscious competence.

Being able to respond in a responsive way requires emotional power & mental authority.

Being reactive, proactive or responsive is a choice.

- When life happens to me, I am reactive
- When life happens by me, I am pro-active
- When life happens through me, I am responsive

Problems, Challenges & Opportunities

A problem is a negative occurrence that needs to be solved.

A problem is seen to be bad because it is something that we do not want.

A challenge may be either a positive or a negative situation, depending on whether we succeed in the challenge or not.

A challenge may be viewed as good or bad depending on whether the outcome is a success or a failure. It is not the challenge that is good or bad but our perspective of the outcome.

An opportunity is a positive experience that we accept without hesitation.

An opportunity is good because it will give us what we think or know that we want.

A situation, an occurrence and an experience are all the same thing. However how we perceive them is always down to our own unique, individual and exclusive perspective of Life.

Whether Life is a challenge, a problem, or an opportunity is just a matter of personal choice.

Whether we see Life as a challenge, a problem or an opportunity is indicative of our Emotional Energy.

Reason, Meaning & Purpose

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

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

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

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

Seers, Gnostics & Sensitives

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

Seers default naturally to their sense of Seeing with their spiritual eyes. Our spiritual eyes connect us to the genius of our imagination.

False seers have the gift of foresight and prophecy, which sees one probable future but limits all other possible futures that are available to us through choice.

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

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

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

False Gnostics congregate to form a religion called Gnosticism that portends to have the Knowledge of the mysteries of Life. Like all religions that are using ancient texts and the gift of hindsight to pass on ancient

knowledge to modern followers. Those who truly Know, know that this is not Divine Revelation in the present moment of Time.

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

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

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

Self Esteem, Confidence & Worth

When my ego values itself, it does so in vain and my-self worth may be seen by others as vanity.

When my ego confides in itself, it is confident but my self-confidence may be seen by others as arrogance.

When my ego holds itself in high esteem, my self-esteem may be seen by others as pride.

When my ego does not value itself, I will disapprove of myself and need the approval of others and need to be loved by others.

When my ego confides in others instead of itself, I will tolerate the authority and choices of another and I will need acceptance from others and I will need to be included by others.

When my ego lacks faith and esteem in my ability, I will fail to succeed and need acknowledgement and attention from others.

When my Self values the attributes of my Soul and feels worthy of being my Soul, I attain my true worth and the Worth of my True Self.

When my Self confides exclusively in my Soul and is confident of my own unique path, I attain my true confidence and the Confidence of my True Self.

When my Self holds my Soul in its highest esteem, I attain my true esteem.

With the power and authority of my Soul, I attain the Esteem of my True Self.

Selfish, Unselfish or Sincere

Selfish is being the subject of one's fate.

Unselfish is being the object of someone else's fate.

Sincere is being our adjective truth – our destiny.

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

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

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

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

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

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

Selfish or unselfish is a drama of relative duality, which is designed to meet our emotional needs as a result of our limiting beliefs.

Effortless, sincere and expansive is the way, the truth and the life.

Sensitive, Emotional, Connected

Being Sensitive, Being Emotional & Being Connected are all prime female attributes.

Being Connected is:

- Feeling Inspired & Empowered
- Knowing who I am and my purpose in Life
- Seeing the bigger picture of Life
- Understanding my true value & worth

Being Sensitive is:

- Being aware of the emotional feelings of others
- Knowing how energy inter-relates between people
- Understanding the cause of moods and atmospheres
- Being aware of the existence of a non-physical reality

Being Emotional is:

- Being aware of my own emotional state of being
- Consciously managing how I feel emotionally
- Responding to life's dramas in a positive way
- Being heart-centred and emotionally intelligent

Space-Time-Reality

An aeon is a Space-Time-Reality. An aeon has a Space and this one version of space is called a Universe. An aeon has a Time and the period of time that an aeon has existed is its Age.

The age of our planet in this universe is measured at 4.6 billion earth years. This means that during this Aeon of Earth, our planet has at this point in time circled its Sun and Mother Star 4.6 billion times.

An Aeon has a Reality, which is continuously changing and each major change creates an Era of that Existence.

The nature of space-time-reality is continuous change. It is the presence of both time and space that allows reality to change.

There have been many Eras of Reality, during many Ages of Time, in many Aeons of Space-Time-Reality.

My Life is but one existence, at this time, in this place, during this reality.

This experience, that is my life, is only possible within an Aeon of Existence that allows the triality of space, time and reality to co-exist in perfect harmony.

Subjective, Objective, Adjective

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

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

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

Be-Do-Have is my adjective-objective-subjective creative power, authority & ability.

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

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

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

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

Surviving, Striving, Thriving

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

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

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

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

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

A striving perspective believes that life happens by me. I strive to make life happen by me; in the belief that the harder I work, the more merit I will earn & achieve. I provide my own reward, as I make my own luck and determine my own misfortune, striving to work harder & harder to earn more and more of what I want.

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

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

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

Temporal, Secular, & Genuine

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

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

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

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

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

The Presence of Present Presents

Life presents opportunities.

Life opportunities are gifts.

Life gifts are presents.

Life presents are gifts of opportunity.

Life presents gifts of opportunity.

Opportunities represent the gift of life.

Opportunities in life present a gift.

Opportunities in life are given in the present.

The present moment is a gift.

The present moment reveals an opportunity.

The present moment has presence.

Presence is a gift.

Presence allows my opportunity to appear.

Presence is present in each moment.

Life presents presents in the present moment.

Presence allows the presents to be present.

Thought, Word & Deed

A thought is a conscious energy received mentally.

A word is a conscious energy transmitted emotionally.

A deed is a conscious energy expressed physically.

“Transmit all words with the emotion of Love”.

“Receive all thoughts with a mind of Light”.

“Express all deeds with a will for Life”.

Virtue, Value & Worth

Virtue is the quality of my emotional attributes & attainments.

The better the quality of my emotional state of being, the more virtuous I am. The quality of my Beingness is the measure of my value & worth.

I value my attributes that have value to me.

I am worthy of my attainments that have worth to me.

When my attributes connect me to my emotional power, they have Value.

When my attainments are a measure of my mental authority, they have Worth.

My relative value & worth is a measure of my virtue. I have both power & authority by virtue of who I am Being. The ability of my virtue is its connection to my true source of power & authority.

When virtue is a triality of my value & worth, life is divine.

When a virtue is a duality of my sin, life is in conflict and is a trial.

Victims, Villains & Heroes

All Heroes are potential Villains.

All Villains are potential Victims.

Villains become the victim of the heroes heroic action.

Heroes become the villain of the villain's victimhood.

Heroes, villains & victims are all roles played out in the drama of conflict, intimidation and revenge.

In the control drama of the 'intimidator & the poor me', there is always a villain, the intimidator, and a poor me, the victim.

The hero rescues the victim from their assailant by intimidating the villain and making them a victim of the heroes heroic action.

Victims, Villains and Heroes are all potential heroes, villains or victims because they all share the same energy vibration.

Whether I am being the victim, victimising a victim or saving a victim from being victimised, I am participating in the same drama of victimhood.

A True Hero is one who overcomes their own Victimhood.
My True Hero is my Saviour – My Soul.

I am never a victim of my Soul and my Soul is never a victim of anything.

Vision, Vision & Vision

Vision is my ability to see the world through my physical eyes.

My eyes allow my vision of the physical world.

My physical vision is one of my five physical senses.

It is my sight of my outer world.

Vision is also my ability to see and experience my world intuitively.

My intuition allows me to see my spiritual world.

It allows me to perceive my world from a spiritual perspective.

Seeing intuitively is one of my 3 spiritual senses.

When I see intuitively, I have insight.

Experiencing my intuition keeps me on track and aligned with my vision.

My Vision for my life is my life path.

Following my vision for my life requires both my physical and my spiritual vision.

I am required to see my life from a physical conscious perspective with a spiritual awareness of perception.

I live my life with vision, vision, & vision.

Work, Rest & Play

Work, Rest & Play are a Divine Triality of Life.

When this triality is out of balance, it is no longer divine. When I try to balance work and life to achieve a work-life balance, I will fail because work and life are not in conflict or opposition. When work is tension and rest is relaxation, I have created a duality that will unfold as a drama, that excludes play from my life.

Rest is what I do when I am asleep. When asleep I am at rest from physical life. Rest is essential for a healthy life. Rest allows me to recover physically, mentally and emotionally in order to remain healthy.

Play is what I do when I finish work. Play is how I enjoy my life doing what I truly value. Play allows me to express my power and feel my wealth.

Work is the expression of my vision, mission and purpose for my life. It is following my life path and revealing my destiny. It is following my Light and revealing my Wisdom. It is aligning with my True Self.

With my work, rest and play in balance and harmony, I become an expression of my True Self. A Healthy Life needs Rest, a Wealthy Life allows Play and a Life of Wisdom requires Work.

Three Creative Abilities

My Creative Ability is both physical and spiritual.

My Physical Creativity is determined by:

1. My power to materialise objects and possessions, which requires money. With enough money, I can materialise anything physically.
2. My authority to manifest things, which requires knowledge. With enough know-how, I can manifest anything physically.
3. My ability to manufacture goods, which requires status. With enough status, I can manufacture anything physically.

My Spiritual Creativity is determined by:

1. My power to visualise. With enough power, I can see my purpose, which is who I am being.
2. My authority to idealise. With enough authority, I can know my vision, which is why I am here.
3. My ability to realise. With enough ability, I can realise my mission, which is what I have come here to do.

When I know who I am and why I am here, I can realise my own life and make my own life a reality.

I have the ability to create my own Life, not just obtain the props, gadgets, toys and attachments that I believe that I need in my life.

Three Distinctions of Happiness

When our Ego is 'happy' with its power, it is pleased by an emotional need that has been met.

- When the Ego is 'happy' with its choice, it is delighted with the conviction of its belief.
- When the Ego is 'happy' with its ability, it is proud of the character that is acting out a drama.
- Whenever we are proud, pleased or delighted, we are happy with the personality, the character and the drama that our Ego Self is playing.

Joy, Fulfilment & Contentment are the attributes of our Soul that attain True Happiness.

- When we feel our Soul's Power, we explore Joy.
- When we know our Soul's Authority, we discover Fulfilment.
- When we see our Soul's Ability, we experience Contentment.

Only when we attain the attributes of Joy, Fulfilment and Contentment our Self, will we explore, experience and discover the True Happiness of our Soul.

Three Distinctions of the Soul

Connected or Attached

We are attached to physical and material possessions and dramas.

We are connected emotionally to our Spiritual Vision & Purpose.

Emotional or Sensitive

We connect our Self emotionally to our Soul to feel its guidance.

We attach our self sensitively to another to discover their emotional state of Being and their emotional needs, to see if they can meet our emotional needs.

Exclusive or Excluding

We exclude others from our Life in order to find space, to be alone or to be aloof.

We are exclusively on our chosen path when we follow our divine authority and connect to our exclusive power.

Our Soul: Is exclusively, emotionally, connected to our Self.

Our Self: Seeks to be sensitively, rationally, detached to Life.

Three Levels of Authority

My Level of Authority is determined by who makes my choices for me:

Level One Authority is when I allow other people to decide for me. At level one I am highly influenced by what other people think when I am making a decision. I defer to the superior knowledge and authority of others when faced with an important decision. I believe that I am only entitled to what other people agree that I deserve. It is important to me that my choices are in alignment with what others are choosing for them and for me. Level One Authority is driven by my humility and the need to be unselfish. It is the authority instilled in me by my society, my religion, my government, and my upbringing. It is the choice of my Sub-conscious Self. In level one authority, life happens to me.

Level Two Authority is achieved when I decide that the best choice for myself is the choice that I decide myself is best for me. At level two, the opinions and beliefs of other people have very little influence on the decisions that I make for myself. I make choices based on my belief of how beneficial it will be for myself and what is ultimately in my own best interests. Level Two Authority is driven by my selfish pride and arrogance and the need to be self-determined. It is the authority that is given to me by my sense of ego self. It is the choice of my Conscious Self. In level two authority, life happens by me.

Level Three Authority is attained when I know that the choices that I make resonate within the core of my Being. They are an expression of my True Self and reflect the highest aspect of who I am. At level three, I know that what is beneficial for my Self is never detrimental to another. I know that whatever I choose for all others, I also choose for my Self. It is the authority that connects me to my true emotional power. Level Three Authority is the attainment of True Selfishness. It is a gift to my Self from my Soul. It is the choice of my Higher-conscious Self, my Soul. In level three authority, life happens through me.

Three Purposes of Relationship

The Purpose of Relationship is threefold:

1. To meet the emotional needs of both partners in a relationship.

I have a relationship with anyone who meets my needs emotionally. I develop my personality and my character in order to relate better to other people and be more successful in getting my emotional needs met by them. This may be the case whether it is with a marriage partner, a family relative, a friend, a work colleague, or even a family pet.

This is called a Co-dependent Relationship and is 'being together in separateness'.

2. To enable me to grow and to develop personally in a spiritual way.

On a spiritual path of development and growth, other people are essential as a mirror image of who and where I am on my path. As it is impossible to see the aspects of my own identity that I have chosen to develop, other people are attracted to me as my opportunity to see in them what I wish to change in my Self.

This is called an Interdependent Relationship and is 'Being Separate in Togetherness'

3. To allow me to share the attributes and attainments of my true identity with others.

By sharing the highest aspects of who I am with another who has attained those attributes, allows us both to experience and to enjoy the exponential benefits of our mutual development and growth.

This is called an Inter-developmental Relationship and is 'Being Together in Togetherness'.

Three Ways of Competing

There are 3 Ways of Competing:

- Competing for
- Competing against
- Competing with

I compete for myself against another.

I compete for my team against another team.

Competing for and against is a duality.

The duality of competing for and against creates winners and losers.

When I compete with my Self, I improve, I grow, I develop, I become better, and I win.

I always win and I never lose.

When I compete with another, we both improve, we both grow, we both develop, we both get better, we both win and neither of us loses.

I compete for myself against another when I have a need to win.

When I compete against myself, I always lose.

When I compete for my ego against my Soul, I always lose.

I compete with my self when I truly value my own development and growth.

My Soul always competes with my Self, never for or against my Self.

My Soul always competes with others, never for or against others.

When I am not competing, I am just a spectator of life, I am not participating.

I can choose to compete in life, I can choose not to compete in life and I can choose how I compete in life.

There are always 3 choices in life and always 3 ways of competing in life.

Three Types of Justice

Criminal Justice is:

- Man's attempt to create a fair system that victimises villains and compensates victims.
- A system of legalised revenge for the unjust deeds that Man performs against their fellow Man.
- Confines 'bad' people in a place of security so that 'good' people can feel safe.

Social Justice is:

- Man's attempt to create equality for all members of their society.
- Required in a society that believes that "all men are created equal but some never-the-less are more equal than others".
- Required in a society that encourages the need for education to provide knowledge; status to provide authority; and money to provide power; and encourages people to compete for all three.

Universal Justice:

- Just Is.
- Is provided by the 'Law of Attraction' according to the 'Golden Rule'. What we do unto others will be done unto ourself.
- Applies to all people, equally fairly and justly.

Three Types of Truth

There are 3 Types of Truth:

1. The Imagined Truth:

This is a distorted truth based on the images and memories of my past experiences that are stored in my sub-conscious mind. This truth is distorted by the false beliefs and fears that limit my application of the truth. The imagined truth is a reflection of how my self experienced life in the past.

2. The Apparent Truth:

This is the truth or reality that is apparent in each present moment to my conscious Self. It is what I am observing and experiencing right now and appears to be the truth. The apparent truth is the reality that I perceive in the present time.

3. The Actual Truth:

This is the reality that my Soul projects to my Self via my inspired revelations and my innovative thoughts. It is available for my development and growth and presents new opportunities to experience, explore and discover. The actual truth is the reality that my Soul sends for my Self to manifest and actualise as a creation of my future reality experience.

Truth is just a perspective of my conscious, sub-conscious or super-conscious Mind projected into the past, the present or the future.

My reality is created by the perspective of my own Mind, which becomes my belief and my Truth.

In a 3 dimensional relative world, there is no Absolute Truth.

Seven Types Of Duction

Duction translates as Guidance. When water flows through a duct, it is guided in a chosen direction. When guidance flows, our choice of duction determines its path.

Choices of guidance include:

- Induction
- Introduction
- Deduction
- Retroduction
- Abduction
- Reduction
- Conduction.

Induction initiates inner guidance and innovates initiative. It induces, brings about or inspires revelations of guidance with higher truth. Intuitive thoughts are induced through meditation and inducted into the conscious mind.

Induction is the guidance of inner inspired thoughts, intuitively revealed in the present moment of awareness. Induction is inner reflection that attains present guidance.

Introduction is initial guidance. In a spiritual awakening, it is a baptism of water with an awareness of higher guidance. It is the initiation into one's personal, individual, unique & exclusive life path. My personal

vision, mission & purpose for my life introduces me to the destiny of my spiritual path. Introduction is an awakening to a spiritual life and the beginning of spiritual reflection.

Deduction is intellectual reasoning, which is the discernment of rational intelligence. Deduction rates physical data or intelligence, to discern best choice of guidance; for oneself & others. In our disconnection from induced guidance, deduction by rational logic is the best source of external guidance. Navigating a path through physical reality, using only the five physical senses, requires an intellect that is trained with the reasoning of deduction. Deduction is non-spiritual or physical reflection that takes away all unreasonable & unwanted choices.

Retroduction uses information, data or intelligence from past experience to guide present choices for the future. It rates past experiences as either suitable or unsuitable for future experience. My perception of what occurred as my past experience, is my guide to what I choose to be my future experience. Retroduction is often based on external influence, inference, hypothesis, conjecture & presumption. It is backward physical reflection to achieve forward conscious guidance.

Abduction is the loss of guidance. When freedom is hijacked and held to ransom, personal authority is kidnapped and choice is withheld. Abduction is a negative physical or mental force, which is subject to an external

authority. The purpose of abduction is to force our authority onto another and enforce their loss of sovereign choice. It is personal freedom of choice that is hijacked, kidnapped and held to ransom; unless the guidance and demand of a negative external physical force, are followed to the letter. Abduction is the enforced loss of reflection, when we believe that we have no choice.

Reduction is the lessening of personal authority and freedom of opportunity. When I miss an opportunity, I face a challenge to learn a lesson. When my internal intuitively induced guidance is reduced; my external guidance, by other people, is needed. External guidance that is deductive, retroductive or abductive, lessens my opportunity to learn my spiritual lessons. Reduction is the cause of all my problems, fears and pain. As the plot thickens, the dramas become more intense, my perspective becomes darker and my thinking becomes more dense; my freedom of choice becomes abducted, redacted and reduced. Reduction is the gradual loss of reflection. As reflection is reduced, we are guided more and more by our customs, our habits and our addictions.

Conduction is the guidance of a Conductor. A conductor guides all elements of an ensemble that are sympathetically flowing together for one desired purpose. The Conductor of an Orchestra guides all the instruments to play their part in sympathy, symphony & harmony. A conductor of electricity guides a magnitude of electro-

magnetic force, to fulfil an electrical potential. Without a conductor, neither music nor an electric circuit will flow in phase. Lightning, without a conductor, can be a very unsympathetic and destructive force.

Reproduction reproduces the same choice over and over again, so it offers no guidance. Without the introduction of our induced spiritual imagination as our guide, we are fated to reproduce the same thinking, the same fears and the same negative emotions, over and over again. This experience reproduces spiritually disconnected human beings; who believe that their only purpose in life is to reproduce spiritually disconnected human beings, as their children.