

Life Lessons 2022



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Unity Consciousness

Unity Consciousness is synonymous with Christ Consciousness, Sovereign Consciousness, 5th Dimensional Consciousness & Oneness.

Attaining Unity Consciousness, in a three dimensional physical world, is the spiritual equivalent of graduation. When I graduate to the level of Unity Consciousness, I attain the ultimate level of Personal Creativity, within this 3 dimensional physical realm. I attain the highest level of being Spiritual, whilst remaining anchored, earthed & grounded in physical reality. This allows my Self to be separate-in-togetherness with my Soul, whilst personally creating & experiencing my own ideal version of reality.

It is my vision and my life's purpose to create my own unique version of a beneficial, divine & ideal experience of life in physical form. Life on this physical world called Earth is an ideal experience because it allows the evolution of the Soul to attain a level of Divine Consciousness. A Divine Spiritual Consciousness, like all other spiritual attributes, is only attainable through a personal physical, mental & emotional experience. This spiritual experience is called Paradise, Shangrila or Heaven on Earth.

Unity Consciousness is attained with the unification of a divided or segmented consciousness, originally perceived to allow a relative experience of a dual reality world of choice. This requires a personal choice to:

- Bring the conscious, sub-conscious & super-conscious perspectives into the alignment of one Mind, called Oneness
- Overcome every dual reality dilemma with a third choice of a beneficial triune reality, called Sovereignty

- Attain the inner peace of no problematic physical dramas, no emotional trauma and no mental fear, called Christ the Saviour

When I unify my Self with my Soul, I am unifying my Self with all other Souls, as there is no division or separation at the level of the Soul Entity. I can only be at One with All That Is, with the attainment of Unity Consciousness. In Holy Communion with the Soul, each Self is in absolute union with every other Individual who has attained Unity Consciousness.

“Unity Consciousness is the destiny of every Individual’s Life Journey”

By the Law of Attraction, I only ever resonate with others of a like energy vibration. I can only be in mental accord, emotional harmony and physical likeness, with others of the same spiritual qualities, attributes & attainments. I cannot be at one and resonate with any impure divisive energetic states of being, and attribute Unity Consciousness to my Self.

The paradox is that the Oneness of Unity Consciousness is uniquely attained on a personal, individual & exclusive spiritual life journey through physical reality, as One’s Soul-Self.

Taking Back Our Power

When Taking Back our Power, it is important to remember that it is never taken away. We disconnect from our power as a way of exploring, discovering and experiencing what our power is, and the true source of that power. We lose our power when we disconnect from our power.

The source of my power is my emotional wellbeing. The source of my wellbeing is within my Self. It is within my Self that I discover and experience my wellbeing. I cannot experience someone else's wellbeing only share it with my own.

When I am being emotionally well, I am connected to my power source. My connection to my power source is relative to the emotional state of being that I am expressing. The emotional state of being that I am experiencing is relative to the mental thoughts that I am expressing.

Experiencing being emotionally well requires a positive mental attitude as my perspective. When the attitude of my perspective is positively empowered, I am inspired with the authority of my choice.

- Authority is a mental choice
- Power is an emotional experience

My emotional experience is always aligned with my mental authority:

- Negative thinking causes negative, painful, traumatic emotional feelings
- Pure inspired sovereign thoughts allow positive emotional power to freely flow

Pure inspired thoughts are in alignment with my intuitive higher mental guidance. They allow my intuitive feelings of support to freely flow

through me as the powerful emotion of wellbeing. In the presence of wellbeing, I am empowered to manifest my choices effortlessly.

“Taking back my power requires that I first take back my authority”

My power becomes disconnected when I abdicate my sovereign choice of authority.

- Aligning my mental choice with an external authority disconnects my emotional power
- Aligning my mental choice with my internal intuitive authority connects my Self to its own source of emotional power

Unless my mental choice has an intuitive authority, and I intuitively know it to be the right choice for my Self, it is not inspired and it is therefore disempowered.

My inspired authority resonates with the pure core beliefs of my personal vision and is in alignment with my own true values. This means that I own my own core beliefs because they are truly valuable to my personal experience of life.

I take back my power by personally connecting with my own true authority. I am truly empowered when my sub-conscious programmed beliefs all serve to express the real truth of my own existence and purpose for my life. Following other people's perspectives, truths, beliefs, facts, doctrines, ethos, morals and principles is seldom in alignment with my own highest authority.

I align with my own authority when I challenge and change a fear or limiting belief, in my sub-conscious mental programming, which I do not truly own. When I intuitively know, feel & see my truly authorised path in life, I am instantly inspired and empowered to follow it.

“I take back my emotional power with my intuitive connection to my source of mental authority”

My ego sense of Self is motivated with the power of my mental will. In my disconnection from my true source of emotional power, the ego defaults to the motivation of its mental will power. In a dual reality world, the ego is always authorised to make choices, whether they are in alignment with one's truth or not. Many choices of the ego are influenced by fears and limiting beliefs, which render the Self to be powerless.

In the absence of emotional power, we default to the kinetic physical strength of mental will power. It takes enormous courage & bravery to fulfil the passion & desire of a misaligned egotistical perspective.

When the ego sense of Self aligns with the Soul's Entity in its entirety, it reconnects with its true mental authority and takes back its true emotional power.

We take back our power by taking back the authority to choose our own sovereign choices for our Self.

Dissociation

Dissociation is the disassociation, disconnection or fragmentation of my conscious mental thoughts. The paradox is that I dissociate from the purity of my own intuitive thoughts when I associate with dissociated intellectual thinking of other people.

In general, dissociation normally occurs for most children between birth and five years old. At birth, all babies have a spiritual connection or association with their Soul. They are awake, alert and aware of this spiritual association with their Soul. As we learn from birth to associate our Self with a spiritually disconnected reality, we become disconnected from our Soul and disassociate with our spiritual reality. We remain awake to our physical existence, yet unaware of our spiritual origins.

“As we associate our Self with our physical reality, we dissociate from our spiritual reality”

In this three dimensional reality, the Human Mind mentally associates with conscious thought on three levels of communication:

- I associate with the intellectual physical world with my mental frequency of beta brain waves
- I associate with my sub-conscious memory and instinctive autonomous mental activity on a theta frequency of brain waves
- I associate with my higher super-conscious source of intuitive guidance, support & provision, at the Soul level of alpha brain activity

Dissociation is medically diagnosed as a mental disorder when my brain wave activity deviates from what is considered a normal beta frequency, whilst I am awake. Mild dissociation is called day-dreaming and extreme

dissociation is diagnosed as hallucinations or hysteria. Psychiatric evaluation is based on the efficient workings of a healthy rational, intellectual brain, not the mental association of three levels of thoughtful consciousness.

A healthy mind is the association of a balanced mentality with three levels of consciousness being processed effortlessly, efficiently & effectively by a physical brain. When all three levels of consciousness work in association, I am spiritually connected to the Source of a Universal Mind. My brain is processing one version of my true mental reality.

When my physical consciousness disassociates itself from its sub-conscious experiences and its spiritual origins, I subject my Self to a dissociated reality.

My Soul has chosen for its Self to live in a dissociated reality, for the purpose of expansive spiritual growth. It is by dissociating my Self from my Soul's Truth that I am able to discover who I really am by experiencing whom I really am not. Through the personal choices of my dissociated Self, I am able to choose the aspects of my Self with whom I truly associate. In absolute reality, I only ever choose to associate with the absolutely divine, beneficial & ideal aspects of my Self; which is by my definition, my Soul.

My choice is to ever associate with my Soul-like qualities through the dissociation of any aspect of my ego self that does not fulfil my Soul's agenda for its Self.

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.

Health Coaching

"Being Healthy requires a wealth of wisdom"

"A wealth of wisdom requires an exclusive connection to Source"

"An exclusive connection to source is intuitive"

"Intuition requires an awareness of emotional intelligence"

"Emotional Intelligence requires a conscious-awareness of intellectual sensitivity"

"Intellectual sensitivity requires a detachment from other people's dramas & traumas"

"Detachment from other people's dramas & traumas requires being problem free"

"Being problem free requires being fear free & pain free"

"Being fear free allows wisdom to flow"

"Being pain free allows emotional wealth to flow"

"Being healthy is never a problem"

"Healthy people have a health coach"

"Sick people see a doctor"

"Healthy people Self-heal"

"Sick people need a cure"

"Healthy people are exempt from pain & suffering"

"Sick people need immunity"

Really Healthy Beliefs

Really Healthy Beliefs allow the experience of a healthy reality. A healthy experience of reality requires a healthy perspective of reality. A healthy perspective of reality requires really healthy beliefs. Our beliefs determine our experience of our reality. Only really healthy beliefs cause really healthy experiences.

My really healthy beliefs are:

- I grow healthily with age without growing old
- My emotionally sensitive detachment is my immunity from other people's unhealthy dramas
- My exclusive intuitive spiritual connection is my source of mental guidance, emotional support & physical provision of good health
- I am fulfilling my healthy destiny, not following an unhealthy fate
- My body is a self-healing sovereign entity
- I am only ever a victim of a negative unhealthy perspective of life
- My Emotional Intelligence empowers my awareness of being naturally healthy
- My truth is that when I am fear-free, my reality is pain-free and the fact is that I am then problem-free and healthy
- My health is an opportunity of choice when I choose every healthy opportunity in my life
- There is always an opportunity to self-heal and overcome ill health
- My Soul's path is never unhealthy

- Healing requires the wellbeing of a wealth of wisdom
- My healthy body requires a healthy mind expressing healthy emotions
- My life is an experience of healthy thriving, not striving or surviving ill health
- My being physically awake, mentally alert & emotionally aware ensures my healthy vitality
- I am innately healthy when I allow my Self to be
- Unwellness is a negative unhealthy perspective, which I am well able to change with a positively healthy perception of life
- I am here to experience a healthy vital life, not a slow decline into an inevitable unhealthy death

When I take responsibility for owning my beliefs, my body responds with its own healthy ability.

Three Gifts Of The Soul

The Three Gifts of the Soul to its Self, on a spiritual journey through life are:

1. Mental Guidance
2. Emotional Support
3. Physical Provision

The intellect of the ego self will never understand the reason for what is currently turning up in one's life. It can only reason that what is occurring is either beneficial or detrimental, an opportunity or a problem. Only the Soul's intuitive pro-vision can truly see the purpose for what the Soul is providing in the way of guidance, support & provision for its Self, through life.

- The gift of guidance is received through intuitive knowing
- The gift of support is received through intuitive feeling
- The gift of provision is received through intuitive seeing

Our intuition is a gift that allows acceptance and approval of the three gifts of the Soul.

The Soul offers its Self an effortless journey of beneficial spiritual growth, with adequate provision, efficient guidance and effective support. The intellect offers the ego sense of self a provision that is often inefficient, ineffective and inadequate.

With the Soul's intuitive guidance, support & provision, clarity & direction are always present.

With the ego's intellectual guidance, there is no support and provision is often lost, confusing & frustrating.

In the disconnection of the Self from its Soul, a spiritual life journey becomes a matter of physical survival in its inevitable spiral into an alien world of relative dual reality dramas, traumas & negative experiences.

The three gifts of the Soul in the life of Jesus Christ were given at birth by 'Three Wise Men' and recorded metaphorically. Only with the presence of clear intuitive guidance can I see the meaning & purpose of God's Three Gifts to the Baby Jesus:

1. Gold symbolises the presence of physical provision
2. Frankincense symbolises the direction of mental guidance
3. Myrrh symbolises the clarity of emotional support

Those with the eyes to see intuitively will accept their own individual gifts, on their own exclusive path, which allow their own unique opportunities for personal expansive spiritual growth. All the rest will have to listen to the parables about other people's spiritual journeys through life.

Psychoses

Psychoses literally translates as the Soul chooses. The choice of the Soul or Psyche is deemed to be irrational & abnormal by intellectual rational thinkers. Rational thinking intellectual Psychologists have adopted the psyche as the mind, not the soul. A psychosis is defined medically as an acute or a chronic mental state marked by a loss of contact with reality. This defines someone that has a different world view to their standard norm as being abnormal due to a mental illness.

Following a different paradigm or world view from their own medically proven reality, in their mind, is at least neurotic and at its worst psychotic.

Mass Psychosis is the adoption by the masses of a malignant and unhealthy paradigm. This definition means that mass psychosis is an intellectual oxymoron because any world view held as a belief by a global majority is classified by psychiatry as healthy and normal, never malignant and neurotic. The global majority will never admit to suffering from a mass psychosis as they will never seek to comprehend a different world view to their own.

It takes the pioneering efforts of an apparently neurotic minority and decades of time for a global paradigm to change from malignant to benign or benign to malignant. It took decades for the medical establishment to admit that smoking causes cancer, eating fat does not cause heart disease and the drug thalidomide causes deformed babies. It is still in the process of admitting that not all bacteria are pathogens and light years from discovering that not all viruses are infectious diseases. By their definition, benign means not yet malignant. From my personal perspective benign is beneficial and malignant means mal-aligned with a majority world view.

Any Individual without their own world view adopts a global paradigm, which is a consensus world view, by default. In the absence of a personal connection to our own Soul's choice, we all suffer varying degrees of neurosis and psychosis because we do not have, and do not own, our own view of our real world. The majority world view, which endorses current paradigms, is limited by our personal experience of using only the five physical senses. Unless we can physically see it, hear it, taste it, smell it or touch it, science cannot prove that it exists. Even so, all current paradigms are based on scientific theory, not absolute fact; which allows paradigms to shift as our perspective evolves.

Psychoses align with diagnoses of schizophrenia & paranoia. Schizophrenia is a duality disorder of conflicting emotional needs and emotional reactions to those needs. Paranoia is the belief in a continuously dangerous external threat, which endangers life. The current mass psychosis is caused by the belief in a conflicting threat to our personal health & safety due to a pandemic of invading mutating pathogens.

The minority world view is that the majority are all infected with the viral belief that their mortality is threatened by a rampant lethal virus. Our intellectual rational thinkers, endorsed by the mass media, have convinced the global majority that there is a lethal pandemic of an infectious virus causing the potential for unlimited cases of a morbid death from our own malignant immune system. Apparently we are all at risk of dying from our own case of auto immune disease. We are all in conflict, fighting a war against a mutating virus that causes our immune system to self annihilate.

The True Psychosis, or choice of the Soul, is for Human Kind, through physical experience, to see the horror of their own mental choices, which

endorse a neurotic belief system, caused by a depressive-reactive, schizophrenic paranoia.

A healthy belief system and worldview will never see ourselves as victims of a pathogenic virus. We are only ever a victim of our mass psychoses, our schizophrenic paranoia and our viral belief systems, which support malignant paradigms as a majority world view.

Really Problematic Beliefs

Beliefs that cause my experience of reality to be a problem are really problematic.

Really problematic beliefs anchor my perspective of reality as being life happens by me. With a 'by me' perspective, I was driven to solve all my problems in life. My most problematic belief was that I had to solve all the problems that were happening to me or suffer their consequences. Having shifted my perspective from life happens to me, until I make life happen by me, I set out to solve all my problems and no longer be a victim of what I believed was happening to me in my life.

Having spent many years, mostly solving other people's problems for them, I realised that no matter how many solutions there are, problems still keep occurring in my life. When I changed my belief that problems are inevitable to problems are unnecessary, I allowed my Self to no longer have problems. Being problem free allows life to flow effortlessly through me without resistance, which is certainly beneficial. From my new perspective in life, I realised that whatever is occurring in my life is either a beneficial opportunity or a challenging lesson. Learning my life lesson always allows the beneficial opportunity to become apparent. When I stopped believing that my life is really problematic, it stopped being problematic and problems stopped turning up in my reality. What I perceived before to be a problem, in hindsight allowed a beneficial opportunity to unfold. This is one of my most challenging life lessons, to allow problems to be a challenging opportunity to learn a valuable life lesson.

The most problematic beliefs that caused me to be a victim of my perspective of reality are:

- The belief that there is only one reality
- The belief that what can go wrong, will go wrong
- The belief that other people's authority is superior to my own
- The belief that I have no choice
- The belief that life happens to me
- The belief that problems are solvable
- The belief in fate & karma
- The belief that sin is bad and virtue is good
- The belief in any doctrine that ends in 'ism'
- The belief that truth is enshrined in law
- The belief that an elected government is democratic
- The belief that scarcity exists
- The belief that inequality exists
- The belief that love is something that I need
- The belief that light is limited to the seven colours of the rainbow
- The belief that my experience of life is limited to my 5 physical senses

Approval

Approval is a Prime Attainment. I attain Approval when I can consciously attribute the emotional state of being approving to my Self.

With Approval, I accept whatever turns up in my life and I allow it to be beneficial. I intuitively know what is beneficial in my life because it intuitively feels good, so it has my approval. When something turns up that doesn't feel good, I know that there is a beneficial life lesson for me to learn. I always approve of new lessons to learn.

Approval is my emotional power to physically accept my mental allowance. My personal mental allowance is whatever I believe that I am allowed to have. It is the authority of my choice. My choice of authority either approves or disapproves my spiritual allowance. I only allow that which has my approval. I disallow whatever I disapprove of.

My mental intellect determines what either has my approval or my disapproval. Intellectually, I disallow with my disapproval whatever I deem to be unacceptable. The purpose of the intellect is to choose what is good or bad, right or wrong, positive or negative, acceptable or unacceptable and to allow or disallow with either approval or disapproval. The approval of the intellect is relative to and dependent on there being no intellectual disapproval.

Being Intuitively Approving is empowered because it is a direct connection to my emotional source of power. When my Self resonates with approval, so does my Soul. I never disapprove of my personal connection to Source because it always feels good and it is always certainly beneficial.

Approval is a Prime Attainment because it allows my 4th dimensional awareness of emotional power to effortlessly flow through me.

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.

Unbridled Joy

Unbridled means free from restraint or resistance.

Unbridled Joy allows boundless creativity to freely flow.

Joy is the creative emotional power of Love. When I am loving what I am creating, I feel the joy of my powerful creative potential.

Joy is boundless and unbridled when it is unrestricted. Fears and limiting beliefs create boundaries to my creative ability. Creative potential is realised when joy is unrestricted and allowed to flow without resistance. I allow my joy to freely flow when I am experiencing a life of true value.

My true values are the gateway to a joyful life of unbridled emotional power. My fears and limiting beliefs restrict my flow of joy in favour of the pain & pleasure of my passions & desires.

I overcome the duality of my pain & pleasure when the true value of my joy is unbridled.

When I try to harness the power of my joy it becomes bridled. When I just allow my joy to flow, it is naturally unbridled.

Witness

Witness is the attainment of the Soul's Wits. My wits are my intuitive senses, which connect my Self intuitively with my Soul. My Soul intuitively sees everything that happens to, by, through & as its Self.

Wit is synonymous with humour. The Soul always humours the choice of the Self, no matter how ironic. When I know that nothing ever goes wrong in my life, I can laugh when it appears to be so.

When I have my 'wits about me', I am in sole connection with my Soul's guidance & support.

I attain witness through my wise connection with my Soul. I am witness to the Soul's opportunities for its Self.

In my disconnection from my Soul's intuitive wisdom, I witness being at my 'wit's end'.

Attaining Witness, I am mentally & emotionally enabled with both power & authority. I am witness to the creative ability of my emotional power and my my mental authority.

In my apparent disconnection from source energy, I become a witness to the apparent role that I am playing. I play the role of a witness, when I am observing what is happening to myself and to other people in any of our mutual life dramas.

My role of being a witness is what I am doing, not an attainment of who I am being in relationship to my Self and other people. I witness what is happening to other people, until I attain the Witness of real life opportunities being intuitively created as my own choice.

I am Witness to the creative ability of the Creator of my own experience of creation.

Solipsism

Solipsism is the belief in a doctrine that I am a spiritual mind having a mental experience called life. It is a spiritual theory that only my mind can be proved to exist because only my mind is creating the experience.

This spiritual belief denies the physical experience of emotion. Pain and fear are the inevitable suffering of a negative perspective of life. The pursuit of happiness and wellbeing, with expansive spiritual growth, is replaced with the pursuit of bliss, euphoria & ecstasy to relieve the fearful pain of a negative mental existence.

Solipsism perceives bliss, euphoria & ecstasy to be states of mind, apparently experienced with the attainment of oneness with the universal mind of All That Is. They are in essence, mental states of being emotionally ungrounded in physical reality.

Solipsism is a duality of mentality & physicality that is without emotionality. The belief in a blissful body, a euphoric mind & an ecstatic spirit; is without any emotionally intelligent awareness and disallows the Soul being earthed, grounded & balanced in physical reality.

The belief that 'I think, therefore I am' disallows the exploration & experience of discovering who the Soul really is and who I am in relationship to my Soul.

Influenza

Influenza, or flu, is the name given by modern medicine to what is diagnosed as an infectious disease. It is believed to be caused by a so called 'influenza virus'. There is no distinction between the disease and the virus as they are both called influenza.

Medical germ theory dictates that all disease is caused by an external invading pathogen; which for an unknown reason, the body's immune system is unable to defend itself from.

In the case of flu, the external invading pathogen is diagnosed as a corona virus that allegedly causes the physical symptoms of a common cold with the added dis-ease of muscle pain and fatigue.

From a spiritual perspective, influenza is a loss of the conscious influence of 5 physical senses, 4 instinctive senses and 3 intuitive senses. It is a senseless physical condition, where all 12 senses are individually affected, diminished, diluted or disconnected on a spectrum ranging between mild & severe.

- Mild influenza is diagnosed as a common cold
- Acute influenza is diagnosed as flu
- Severe influenza is diagnosed as pneumonia

The degree of disconnection experienced from all 12 senses, determines the degree of severity of the dis-ease, debilitation, disability & discomfort.

The five conscious physical senses affected are:

- Visible focus
- Hearing acuity

- Physical touch
- Smell
- Taste

The four sub-conscious instinctive senses affected are:

- Thermal body temperature
- Vestibular balance
- Kinetic muscle strength
- Emotional power

The sub-conscious survival instinct of fight or flight is suspended and is personally inoperable. Fighting 'bouts of flu' is ill advised.

The three super-conscious senses that are affected are:

- Intuitive knowing
- Intuitive feeling
- Intuitive seeing

When I have no clearly wise strategy for allowing, approving & accepting the effects of influenza, before becoming allegedly infected, I have no way of dealing with the affects when they happen to me.

The disconnection of all 12 senses is the natural way that a spiritual Entity shuts down its physical, mental & emotional levels of experience; for the purpose of repair, renovation & renewal. It is spiritually detrimental to carry out major reconstruction work at a molecular, a cellular or an organic level whilst the physical body is fully operational.

We wouldn't consciously choose to remain living in an old house that we were currently stripping out for major renovation and reconstruction.

Overriding the conscious will of the ego self, the sub-conscious programming of the id and the higher purpose of our Spiritual Entity are all essential to allow our innate ability of rejuvenation through self-healing.

With a wealth of wisdom regarding our own personal health, we realise that we are never the victim of any invading pathogen and only ever the victim of our own fears and false viral beliefs.

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Seeing The Bigger Picture

Seeing the Bigger Picture requires a higher attitude of perspective, which requires a higher level of consciousness.

Intuitive Awareness is a higher level of consciousness than just a physical perspective. I cannot see a bigger picture of reality with my physical eyesight, only with my intuitive insight. I learn to see the bigger picture intuitively and know that higher perspective with insight, when I feel the awareness of my own inner vision.

My bigger picture is a vision of my own chosen destiny. The path of my destiny of choice unfolds with my higher perspective of life. Awakening to the realisation that we each have our own higher destiny, allows it to consciously unfold.

Feeling what is good for me and knowing what is right for my Self, irrespective of what is happening in the outside world, is key to remaining true to my inner chosen path. Being true to my Self aligns me with my chosen path. Seeing the bigger picture allows it to unfold as my personal experience of life.

In a small picture of life, there is always a dilemma caused by two contrasting perspectives in opposition to each other. In the big picture of life, there is always a third way out of every dilemma, which overcomes the dramas & the traumas of a small minded reality. The innate wisdom of my intuitive insight allows a beneficial and ideal reality to effortlessly unfold in alignment with my own personal destiny. My intellect alone will only bring me the fate of a dual reality existence.

The big picture of life comes into view with the emotional intelligence to be aware of our own source of inner guidance, support & provision.

Following my own intuitive guidance allows my experience of reality to be certainly beneficial, ideal & divine.

Seeing my bigger picture allows me to know with certainty that my path is true and that my personal truth realises my chosen path. When my chosen path feels good, I am experiencing living the life that I have chosen. I become a 'chosen one', one who has chosen their own destiny.

With my bigger picture of life: I realise that to choose my chosen path, I am required to do only what feels good & right for me. I realise that I would only ever choose a beneficial path for my Self because this is the Way of my Soul. From the perspective of my Soul, I only ever choose what feels good for my Self because it is fulfilling my destiny.

Seeing the big picture enlightens my path. It inspires and empowers me to fulfil my destiny. Nobody is ever inspired or empowered to follow a wrong path. Whenever I feel inspired & empowered I am seeing the bigger picture of my life and fulfilling my destiny.

I intuitively see that the big picture of my vision for my life is individually, exclusively and uniquely my own; once I realise that from my own experience, other people's small picture of life is clearly not a beneficial direction for my Self.

We all have choice and we each have chosen and are choosing our own personal path through life, whether we are consciously aware of it or not.

- A small picture of my fate, cannot see the wood for the trees
- A big picture of my destiny sees the wood and all the trees in the wood

A Five Dimensional Awareness

A 5 Dimensional Awareness intuitively sees a bigger picture of Reality.

With a higher dimensional intuitive conscious-awareness, I no longer need:

1. Teachers to give me knowledge. All a posteriori knowledge is intellectually available on the internet and all a priori knowing is intuitively available from the Akashic records.
2. Governments to rule by law. When my personal standards of behaviour never cross another's boundaries, I am in self control not under government control.
3. Religions to show me a spiritual way. I have my own spiritual guidance, support & provision on my exclusive path in life.
4. Financial Institutions to assure my wealth. My emotional wealth is ensured, as I have enough of everything that I require provided by providence.
5. Health Services to cure my sickness. I have faith in my own internal self healing ability and require no external illness service to medicate my dis-ease or discomfort.
6. Amusement Parks or Fun Fairs. With my own intuitive sense of Joy, I have no need of the pleasures of a material world as I am connected to my own innate sense of wellbeing.
7. Insurance Companies to underwrite my risks. With wisdom assured and wealth ensured, insurance is no longer required. With my safety assured, I am free of the need for security.

8. Solicitors to defend me. With my own inner peace, there is nothing to attack and nothing to defend. My freedom is secure and it is never compromised.
9. Advisors, Counsellors & Consultants. When I intuitively consult my own inner counsel for advice, I have no need of any external influence.
10. Professional Services. Those who profess a level of intellectual excellence are devoid of the emotional intelligence of either a sensitive detachment from my path or an exclusive connection with their own path.

The Evolution Of Consciousness

Consciousness is the realised potential of the Aether.

Unrealised potential is a state of unconsciousness, called Inertia.

Mind is the realisation of a conscious thought. Without consciousness, there is no mind and without thought, there is no consciousness. A conscious mind allows thought to be created and to be creative.

All conscious thoughts are recorded and stored in the sub-conscious mind.

An unconscious mind evolves to become a sub-conscious mind through the experience of conscious thought.

The ability to record and store a conscious thought in a sub-conscious mind, created choice. Two dimensions of an unconscious/sub-conscious mind allowed a new choice or an old choice to be realised.

The realisation of a dual reality of unconscious & sub-conscious potential, allows the pure potential of the Mind to become conscious in a physical sense. Evolving physical senses creates a three dimensional physical reality as a conscious choice. The Mind evolves three levels of consciousness, through its choice of creative thought.

- Consciousness creates a physical perspective of reality experienced with 5 physical senses
- Sub-consciousness experiences the same perception of reality with its 4 instinctive senses
- Unconsciousness continues to be the potential source of all creative thought

These three levels of an evolving consciousness are known as

- Delta Unconscious Deep sleep
- Theta Sub-conscious Dream sleep
- Beta Conscious Awakeness

With the realisation of the potential of a dual reality of consciousness, the mind evolves a wavelength of emotion to accompany every frequency of thought. This allows an emotionally aware perception to accompany every mentally conscious perspective of reality.

The Mind discovers the power of awareness in a consciously creative evolutionary process and the supreme joy in the experience of doing so. Being conscious of its emotional awareness and aware of its mental consciousness, a Super-conscious Mind evolves the spiritual attainment of conscious-awareness.

Five dimensional spiritual supra-conscious awareness becomes the destiny of a fulfilled potential, in a three dimensional physical, mental and emotional reality.

The purpose of the ability of consciousness to evolve is not the development of a physical reality. The actual purpose of an evolving reality of consciousness is for the Mind to know its Self experientially.

Physical reality has one sole purpose, to allow the Soul to know its Self through its own experience.

An Awareness Of Consciousness

- An Awareness of Emotion is a 4th Dimensional Perspective
- An Awareness of Consciousness is a 5th Dimensional Perspective

An awareness of consciousness perceives 5 dimensions, perspectives or levels of the Mind:

1. Unconscious Aether
2. Sub-conscious Mental
3. Conscious Physical
4. Super-conscious Emotional
5. Supra-conscious Spiritual

A supra-conscious spiritual awareness of one's creative potential is a 5th dimensional attainment. This level of perceptive awareness of one's creative potential, realises that we are each individually the creator of our own experience of reality.

What every Individual Creator is creating is the expansive evolution of their own conscious-awareness. I am creating my own spiritual awareness through the evolution of my own expansive consciousness.

The purpose of each & every individually created reality is the realised creative experience, being created on purpose. By being both the creative creator and the created creation, I am able to explore mentally, discover emotionally and experience physically, all aspects of my creative imagination.

With an awareness of consciousness:

- I know that I am the creative genie realising the potential of my own imagination
- Life happens 'as me' in my most ideal & beneficial way
- I discover that a creator is only as good as the creations they create
- I explore the extremes of what is creative and what is destructive
- I experience the most divine creations of my own creation

With an awareness of consciousness, there is no such thing as a bad creator; only a bad experience from the perspective of the created Self. Everything that has ever been created is ideal, beneficial, in divine order and fit for its intended purpose. Understanding the purpose of every creation requires the conscious-awareness of its creator.

A 5 dimensional awareness of consciousness has overcome the 3 dimensional relative dual reality of good & bad and is aware of the benefits of evolving through each successive level of consciousness, with or without awareness.

A Binary System

From a three dimensional perspective, the universe is one version of a Binary System.

A binary system is symbolised with ones & zeros.

The paradox of a binary system is that zeros represent the 'oneness' and ones symbolise the 'duality'.

Without a 'one', zeros symbolise nothing. With a 'one', zeros symbolise the oneness of everything:

- One symbolises the unfolding of nothing into the reality of a version of something, called a uni-verse.
- Zero represents the potential of the Aether, the source of everything, from which the universe evolves

A binary system allows the existence of a dual reality experience, which allows individual choice and Individuals to have their own choice. I can choose something (1) or nothing (0).

- Zero is the unrealised potential
- One is the actual reality

In a relative dual reality existence, reality is a binary system of time & space:

- One space has zero time
- One time has zero space

Yet every space exists in time and every time has its own space. They exist together as a binary system of reality.

- One space has the potential of infinite love
- One time has the potential for eternal light

Together they form a binary system of continuous life.

- The Realm of the Absolute is symbolised as a zero
- The Realm of the Relative is symbolised with a one

In a Universal Binary System everything is absolutely true or relatively true. There is one truth or zero truth.

A zero point always bi-sects a linear one. A one dimensional point lies at the centre of a two dimensional line.

A binary system of zero & ones allows an eternal range of infinite choices the potential to continuously exist, in a space-time-reality.

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

Three Planes Of Consciousness

The Three Planes Of Consciousness are:

- The Astral Plane
- The Material Plane
- The Etheric Plane

Physical Consciousness is a mental perspective perceived with five physical senses. From the perspective of the material plane, there is evidently a higher plane and a lower plane. The dual reality perspective of a physical & mental perception, allows a sub-conscious and a super-conscious experience of reality.

Sub-consciousness is an experience of reality perceived with four instinctive senses. As sub-conscious senses can only be experienced instinctively, they can only be known intuitively.

A Super-conscious perspective overcomes the dual nature of a physical & mental reality, with an emotional perception. The emotional reality of perceptual awareness is intuitive, not instinctive. Our super-conscious experience of reality is perceived with our three intuitive senses.

- The astral plane is instinctive & sub-conscious
- The material plane is physical & conscious
- The etheric plane is intuitive & super-conscious

From the perspective of a two dimensional mind & body, the sub-conscious mind can project a conscious body through time & space as an astral projection. It is only from a three dimensional physical experience on the material plane that these astral projections can be anchored mentally & physically as a conscious experience.

It is only with a fourth dimensional emotional experience that my consciousness can enter the realm of the etheric plane. Although emotion can be felt on the material plane, it can only be attributed and attained as a quality experience on the etheric plane of awareness.

On the Etheric Plane of Awareness, body, mind & emotion form a triune reality as the Spirit of the Soul. Spirit means energy. Awareness of the etheric plane approves the unification of astral, material & etheric energies, which allows entry into the Realm of the Soul; on the Spiritual Plane of supra-consciousness.

The etheric plane is often confused with the Aether, which is one dimensional consciousness, called Unconsciousness on the Plane of Inertia.

- The plane of inertia is one dimensional & no density
- The plane of the astral mind is two dimensional, with one density
- The plane of the material body is three dimensional, with two densities
- The plane of the etheric heart is four dimensional, with three densities
- The plane of the spiritual soul is five dimensional, with four densities

On the Soul Plane of the 5th dimension, I have four densities of mental, physical, emotional and spiritual energy. These are referred to in Christian theology as heart, soul, mind & strength.

Each dimension of consciousness, from unconscious to supra-conscious, has its own level of energetic density. This allows the evolution of the sub-conscious id, to the conscious ego, to the super-conscious entity, to the supra-conscious Soul through three distinct planes of consciousness.

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 is 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.

An Idiot

An Idiot is a person whose rational intellect is compromised or overridden by their emotional needs.

I.D.I.O.T. is an acronym for ID Is Out There or ID Is On Top.

The ID is our sub-conscious sense of ego self. Responsible for instinctively getting our emotional needs met. I am driven sub-consciously to get my emotional needs met until I become consciously aware of what I need emotionally.

Being unaware of my emotional needs is normal but not idiotic. It is when I am driven to meet my emotional needs in an irrational way that I am being an idiot and behaving like an idiot.

Every addiction is a substitute for emotional power. When I am obsessively driven to meet my need for emotional energy, with an addictive substance or in an addictive way, I am an idiot.

Idiotic behaviour overrides my sane, logical, rational, intellect when:

- I know that drinking alcohol is damaging my liver
- I know that binge eating fat & sugar makes me fat & lethargic
- I know that prescription drugs are not curing my illness
- I know that smoking tobacco is a health risk
- I know that working 14 hours a day is slowly killing me
- I know that illegal drugs are banned for a reason

These are just a few examples of our sub-conscious need for emotional power taking precedence over our intellectual reasoning. In a battle between instinct & intellect, instinct instinctively wins.

Intellectual Idiots prove that acting like an idiot is not due to a lack of rational intelligence. Idiotic behaviour is not relative to the lack of rational intelligence but it is relative to the awareness of our emotional intelligence.

An emotionally intelligent idiot is an oxymoron. An emotionally intelligent person is aware of their own emotional needs and consciously meets them efficiently, effectively & effortlessly without the need for any addictive substance.

We live in an idiotic world of emotionally disconnected & insensitive people until we become aware of the joy of our own content fulfilment, expressed with a wealth of personal healthy wisdom.

Providence Provides Provision

Providence is the Soul's Provider of Provision for its Self.

As well as mental guidance & emotional support, the Soul provides physical provision for its Self, through life.

Providence provides, through the Soul Entity, as long as the Self approves, allows and accepts it. Provision is provided through me or as me, never by me or to me.

It is not possible for the sub-conscious id to manifest what the conscious ego believes that it wants needs or desires. Visualisations of the intellectual rational self alone are not empowered with creative providence.

Providence only provides provision for what is authorised at the Soul level of Consciousness. Without the Soul's mental authority (authorised choice), there is insufficient emotional power for Providence to provide the required provision.

The will power of a disconnected ego self is motivated, by the sub-conscious id, to get what it believes that it needs. Will power anchors the ego in a perspective of life happens by me, which is never providential. When the ego chooses to provide for itself, by itself, it requires plenty of time, motivation and effort.

When the Ego chooses to provide as its Self through the Providence of the Soul, it is instantly empowered to effortlessly receive its provision. When the Self provides approval & acceptance, without disapproval or judgment, it allows providence to provide provision in alignment with the Soul's choice for its Self. Without judgment, acceptance becomes unconditional.

“Providence always provides an Abundant Provision”

In Absolute Reality, the Soul sees the ideal path that it has chosen for its Self, through this relative dual reality existence. This beneficial foresight is the Soul's Divine Sense of Insight, called Pro-Vision. This allows the Soul to provide, in advance, everything that it requires for its Self, for each lifetime.

“The Soul provides, even before the Self asks”

In my disconnection from my Soul, I am required to ask for my provision with my own intuitive insight, through meditation & prayer. It is not that it has not been provided but the fact that in my disconnection, I cannot intuitively see what has already been provided. In absolute reality, there is no need to ask for provision because it has already been provided.

Asking for a provision can be a statement of not having a provision, which always means that I am not in alignment with my Soul and off track. Unless I intuitively know that I am on track, providence is unable to provide because I am choosing an option that is not aligned with my Soul's chosen path for its Self.

I have no need to choose my provision when I know that Providence is waiting for me to unconditionally allow my allowance to manifest and be realised.

When I unconditionally accept and approve my allowance, I allow Providence to Provide my Provision, even before it is needed.

When I choose my Soul's Chosen Choice, I am allowing my questions to be answered with Intuitive Pro-Vision.

An Avatar

An Avatar is a physical embodiment of a spiritually divine state of Being,

Being an Avatar is an ideal and absolutely beneficial way to experience physical reality. It is a state of 5 dimensional mental awareness, which embodies the oneness or unity of Sovereign Christ Consciousness.

Krishna, Christ & Buddha are three historical examples of Avatars who, having attained 5th Dimensional Spiritual Conscious-Awareness, were able to ground it in a 3 dimension physical reality.

Avatars know from their own experience that they are the Creator of their own ideal reality, whilst in physical form. They have overcome the two dimensional reality of the mental sickness of the Zombie and the 3 dimensional emotional disconnection of the Automaton. They have journeyed through their 4th dimensional awareness, as an Initiate of their own intuitive emotions to become a 5th dimensional, Sovereign Entity; who has mastered the Astral, Corporeal & Etheric Realms to become a unique Spiritual Individual, with an exclusive Identity.

FEBRUARY, 2022

The Shadow

The Shadow is the effect caused when the Sub-conscious Id is blocking or filtering the light of the Soul Entity from the Ego Self. A limiting belief, stored in the sub-conscious Id, throws a shadow over the conscious ego, which blocks the guidance of the super-conscious Soul Entity and disallows its powerful emotional support.

The reduction in emotional power, caused by the shadow, has the affect of causing a need for emotional power. This either drives the ego to act in a disconnected, unemotional & insensitive way; or causes an inclusive, irrational, attachment to an external substitute for one's own emotional power.

Limiting beliefs, which cause fear, dread, worry or anxiety are the primary cause of our emotional needs; which define our shadow self.

The shadow is both the cause and the affect of all the distortions, entropy, chaos & resistance that is experienced on one's individual, unique and exclusive path through life.

When I walk in my own shadow, I am experiencing my own disconnection from my beneficial source of divine power, authority & ability.

The disconnection of my ego from my entity, due to the imperfections of my id, disallow the provision of my higher guidance & support.

Eliminating the shadow self requires the reprogramming of the false sub-conscious belief system of the Id, to come into alignment with the super-conscious authentic truth of the entity; which allows the enlightened illumination of the True Id-Entity.

Reprogramming the sub-conscious id requires the conscious intellectual ego to get its own emotional needs met in an effective and efficient way. By the ego intellectually understanding its own need for emotional power, it consciously takes control of meeting its own emotional needs. This is essential for effectively & efficiently overcoming the affects caused by the shadow self.

I overcome my shadow self by shining light on its absence of true clarity & direction. When my light comes from without, it casts a shadow but when my light emanates from within, I cast no shadow.

- In the absence of clear mental direction and emotional support, my ego remains in the darkness of its own shadow
- In the presence of clear mental direction and direct emotional support, I enlighten my shadow and illuminate my true path

“In the presence of my shadow, I experience my fate and in the absence of my shadow, I experience my destiny.”

Co-operative Choice

A committee is democratically elected to make co-operative choices. All the members of a co-operative elect a management committee to make their collective choices. When I vote for a democratically elected committee, I elect to defer my personal authority to that select committee. When I give a committee the authority to make my choices for me, it is then an hypocrisy for me to criticise, condemn or complain about their choices.

- The authority of a committee to make choices on their behalf is invested in them by all the Individuals in the Co-Operative
- The power of a committee is relative to the personal power of each member of the committee

When each member of the committee is personally empowered to make choices representative of all in the co-operative, then the committee is able to act effectively & efficiently. When authority is exercised efficiently, power is experienced effectively. When a member of a committee is individually motivated for personal gain, their invested authority becomes disempowered by their personal fears and prejudices. Personal worries, anxieties and biases distort personal beliefs, opinions and convictions; which causes a lack of personal direction and clarity. Procrastination, prevarication & dilemma are all symptoms of a committee that is not personally empowered with the authority of their co-operative members.

“Non-co-operative leaders are an anathema to every co-operative”

When members of the co-operative do not feel good about the choices of its committee, it is a sure sign that the committee's agenda is not solely aligned for the benefit of its individual members.

Three Essentials For Choice

The Three Essentials for Choice are:

1. Personal Authority
2. Personal Power
3. Personal Ability

The personal ability to choose requires both personal emotional power and personal mental authority. We each have the ability of personal choice, unless we default our power to another's authority.

Exercising our own authority of choice is empowering. When a choice feels good, it is empowered with our own authority. We own our authority to make a choice. When a choice is not empowered, its authority is questionable.

The paradox is: To question an authority requires power and to feel the power requires authority. When I question the power, I expose the authority. I question the power when I ask: How do I feel about this choice.

- When I have ability without power, my authority is externally authorised; so I will need external motivation to enable this choice
- When I have power without authority, it is because I have deferred my authority to an external source and I believe it is wrong to make this choice
- When I have authority without power, I fear the burden of authority that other people are externally placing upon me
- when I have ability without authority, I will prevaricate and procrastinate because I have abdicated my power to choose

Fear is the false authority that disables power.

Pain is the negative power that accompanies a false external authority.

Problems are the inability of a disempowered authority or the unauthorised ability of an empowered choice.

Three Aspects Of An Exclusive Path

An Exclusive Path through life is:

1. Personally Authorised
2. Personally Empowered
3. Personally Enabled

An authorised path is the choice of an intuitive higher Mind, with a super-conscious perspective. An empowered path is the experience of an intuitive feeling Heart, with a super-aware perception. An enabled path is guided, supported & provisioned by an intuitively seeing Soul, with a clear identity.

- Goodness authorises my exclusive path
- Grace empowers my exclusive path
- Gentleness enables my exclusive path

Allowing the good authority of my Mind is my guidance, approving the graceful power of my Heart is my support and accepting the gentle ability of my Soul provides my provision.

“My exclusive path is authorised, empowered and enabled with goodness, grace & gentleness”

Three Mental Perspectives Of The Self

Three Mental Perspectives of the Self are:

1. Physical Consciousness
2. Emotional Awareness
3. Spiritual Conscious-Awareness

Leonardo DaVinci defined these as:

1. Those who do not see intuitively
2. Those who see intuitively when shown
3. Those who see intuitively

The Gnostics called these:

- The Hylics
- The Pneumatics
- The Psychics

The Mystery School named them as:

- The Exoteric
- The Mesoteric
- The Esoteric

The Hermetica referred to them as:

1. The Animal
2. The Semi-wise

3. The Mind

Other Sources wrote about:

1. The Mechanical
2. The Individuated
3. The Cosmic Character

When awakening to spirit is seen to be a three stage process it is:

1. Being Unawakened
2. Being Awakened
3. Being Awake

Born into a three dimensional level of only a physical conscious perspective, I am unawakened to my Soul's Path for its Self.

Born with a four dimensional perspective, with my level of emotional awareness, I am awakened by the presence of my intuitive guidance & support.

Born with a five dimensional level of conscious-awareness, I am fully awake as my spiritual Soul in physical reality.

Whichever perspective the Soul chooses for its Self, there is an individual benefit, for the purpose of unique spiritual growth, on an exclusive path through life.

Three Types Of Thinking

1. Linear Thinking projects my past into my future. I use the experience of my past, stored sub-consciously in my memory, to project my choice of future into the presence of my conscious mind.
2. Lateral Thinking adds a dimension of 'space' to the 'reality' of my journey through 'time'. The lateral space, either side of my linear path, offers a choice of duality of male perspective or female perception; polarised as either a positive or a negative choice.
3. Expansive Thought is the visceral experience of an inspired super-conscious revelation; transmitted on a pure wavelength of empowered emotion.

Empowered with a unified gender and a neutral polarity, an expansive thought is effortlessly free of any dilemma, procrastination or prevarication.

Two dimensional linear thinking expands with three dimensional lateral thinking, which evolves with four dimensional expansive thought.

- Linear thinking is often a sub-conscious, reactive, instinctive choice
- Lateral thinking is mostly a conscious, pro-active, intellectual choice
- Expansive Thought is always a super-conscious, responsive, intuitive choice

The Intellect & The 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

The Id & The 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.

Being Vulnerable

Being Vulnerable is being openly receptive to the guidance, support and provision that is available on one's own exclusive path of spiritual growth.

- Discerning Vulnerability is the ability to discern, receive & accept every opportunity as it occurs to me in my life
- Judgmental vulnerability determines what dangers, risks and misfortune can happen to me when I fear that I am susceptible

Being negatively, fearfully, vulnerable is the affect of my being disconnected from my open receptivity in favour of my attached susceptibility to the malignant forces that appear to be in play in my life. When I believe that I am vulnerable to the negativity that happens to me, I am in danger of being at risk of experiencing my own fears and false beliefs.

When I intuitively know and feel the vulnerability of a beneficial life flowing effortlessly through me, then that becomes my experience.

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

The Empath & The Sensitive

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.

The Four Levels Of Vedic Consciousness

The Four Levels of Vedic Consciousness are:

1. Ahamkara
2. Buddhi
3. Manas
4. Citta

Ahamkara translates as the cause of anything that I do. My sub-conscious programmed Id is the cause of my instinctive reaction.

Buddhi is my intellectual capacity to form & retain concepts, reasons, judgments, comprehension & understanding. It is my conscious intellect thinking pro-actively.

Manas is my intuitive connection to my super-conscious cosmic intelligence, with instant access to my responsive a priori knowledge.

Citta is my pure universal imagination, with supra-conscious access to the source of infinite creative power of an eternal mind.

- Ahamkara is sublime ignorance
- Buddhi is rational intelligence
- Manas is emotional intelligence
- Citta is spiritual intelligence

Four Levels Of Manifestation

Manifestation is the emergence of a new experience into physical existence.

There are four levels of manifestation:

1. Realisation: I realise that I am reactively tolerating what is happening to me in my two dimensional mental reality. I realise that I have sub-consciously manifested a problem.
2. Visualisation: I visualise what is happening by me as a pro-actively intended plan. With my conscious intellectual thinking, I visualise succeeding in manifesting my challenging three dimensional physical reality.
3. Idealisation: I idealise a four dimensional emotional reality manifesting through me. With my super-conscious intuitive feelings of support, I am responsibly enabled to accept whatever is occurring as beneficially ideal.
4. Conceptualisation: I conceptualise a five dimensional reality, conceived in my imagination as a new creation of my creative Self. My supra-conscious original thought manifests my imagination as a real experience of my Spiritual Self.

I manifest on 4 levels of Consciousness:

- Level One is a sub-conscious manifestation, which is mentally realised
- Level Two is a conscious manifestation, which is physically visualised
- Level Three is a super-conscious manifestation, which is emotionally idealised

- Level four is a supra-conscious manifestation, which is spiritually conceptualised

My current level of manifestation is relative to my present level of consciousness, which is the level at which my mind is processing my thoughts.

My authority to manifest physical experience from mental thought is relative to the potential of the purity of the power of my emotional feelings.

My ability to consciously manifest my reality is relative to the level of my emotional power that accompanies each level of my mental authority.

Four Levels Of Life Experience

I experience life on one of four levels of conscious-awareness:

- I instinctively survive life happening to me
- I intellectually strive for life to happen by me
- I intuitively thrive with life happening through me
- I imaginatively create life happening as me

Life experience is the effect of the level of conscious-awareness of my choice of action:

- I am sub-consciously instinctively reactive
- I am consciously intellectually pro-active
- I am super-consciously intuitively responsible
- I am supra-consciously imaginatively creative

There are four active aspects of my Self:

- My reactive instinctive self is my Id
- My pro-active intellectual self is my Ego
- My response enabled intuitive Self is my Entity
- My creative imaginative Self is my Soul

“The true Id-Entity of the Ego is the Soul”

- An Initiation of Water alerts the sub-conscious Id
- An Initiation of Earth awakens the conscious Ego
- An Initiation of Air allows awareness of the Entity

- An Initiation of Fire enlivens the Soul

Each initiative allows a higher perception of perspective:

- My instinctive survival is often intolerable
- My intellectual striving is only just tolerable
- My intuitive thriving is most acceptable
- My imaginative destiny is divinely ideal

Each perspective allows the adoption of a perceived role:

- I intolerably survive my role as a zombie
- I tolerate the striving of my role as an automaton
- I accept the thriving of my role as an avatar
- I create the creativity of my role as a creator

Life is an existence on four levels of experience:

1. Mentally-Physical
2. Physically-Mental
3. Emotionally-Mentally-Physical
4. Spiritually-Mentally-Emotionally-Physical

Three Choices Of The Self

My Self can choose to be:

- Selfish
- Unselfish
- Truly Selfish

When mentally orientated to the male gender of my emotional energy, I express my selfishness through the controlling wrath, arrogance, bigotry, hubris, lust and avarice of my patriarchal ego sense of self.

When mentally orientated to the female gender of my emotional energy, I express my unselfishness through the nurturing, humble, meek humility of the caring pleasantry of a matriarchal ego sense of self.

When mentally orientated to a balanced wavelength of combined male & female emotional energy, I express my integrity with a unity awareness of being truly selfishly approving, allowing & accepting of all fellow human beings, regardless of their sex, colour, race or creed.

With a truly selfish perspective in alignment with the unity consciousness of my Soul, I have overcome the contrast & opposition to the divided attitudes of my sex, character & personality.

By the Law of Attraction:

- Arrogance attracts humbleness
- Wrath attracts meekness
- Anger attracts patience
- Hubris attracts humility

- Lust attracts caring
- Avarice attracts poverty
- Bigotry attracts inferiority
- Selfishness attracts unselfishness

This is because they are all contrasting dual aspects of like wavelengths of emotional energy.

The pure emotional wavelengths of being unconditionally allowing, approving & accepting; overcome every opposing duality of opposing genders. This allows a third choice of being approving & accepting of one's own truly selfish nature, which never puts one in opposition to any other selfish or unselfish people.

My being Truly Selfish is never detrimental to other people because I never attract selfish or unselfish people, whom energetically & emotionally oppose me. Free of the dramas of gender attraction, I am able to observe the contrast without any opposition. As like attracts like energetically, I only attract truly selfish people because our perspectives are polarised in the same direction.

Three Perspectives Of Happiness

There are Three Perspectives of how Happiness happens:

1. Unhappiness happens to me
2. Unhappiness & Happiness happen by what other people do
3. Happiness happens through me, when I allow it

When unhappiness happens to me, I see it as a problem; when happiness or unhappiness are due to other people, it is a challenge that I either win or lose; and when happiness happens through me, it is an opportunity to enjoy.

- Every enjoyable opportunity in life offers an experience of happiness.
- Every challenge in life appears to succeed or fail relative to other people's happiness
- Every problem in life is the cause of my unhappiness

The failure of other people to meet my challenge is always seen as my problem. My own failure to meet my own challenges is the cause of my own unhappiness. When my happiness is challenged, I am being presented with an opportunity to change my perspective. When my problem is unhappiness, I have already failed to accept the challenge of changing my perspective.

The opportunity to change my perspective is a challenge, unless I see it as a problem. There is no solution to the problem of unhappiness. Focusing my attention on a solution to my unhappiness, fixes it as my continuing unhappy reality.

Challenging my perspectives that unhappiness happens to me and happiness only happens by me, allows my happiness to flow enjoyably through me.

Whenever I am challenged by an apparent problem, I am aware that I am missing an opportunity to renew my perspective that happiness is a potential, ever ready to flow through me as a joyful experience.

Three Standards Of Choice

My Three Standards for Choice are:

- It is free
- It is responsible
- It is individual

Freedom is a personal choice for all Individuals. It is not a choice within the security of a group or collective. I can choose freedom as a standard for myself but not as a collective standard for others. Freedom by definition has no boundaries. I can choose freedom as my own standard but not as a personal boundary imposed on other people. As we all personally make individual choices, we are each individually free or collectively bound by the boundaries that we all choose.

- A personal standard is an individual choice
- A collective choice is a group boundary

Making an individual choice to accept a collective boundary may retain individual choice but it abdicates personal freedom for group security. An individual cannot be free within the standards of a collective boundary.

“We abdicate personal freedom for a collective security”

A free, responsible individual choice has both the power and the authority to enable that choice to be individually realised, freely and responsibly.

“A free choice is the chosen standard for all responsible Individuals”

A responsible choice is neither irresponsible nor reactive. An irresponsible choice has no authority and a reactive choice has no beneficial power. A

responsible choice is reasonable, which means that I am able to freely respond, to all others, with the reason for my personal choice.

An Individual choice is a truly selfish choice; freely, responsibly & individually chosen in the best interests of one's Self. It is never detrimental to another. An individual choice based on a collective response is neither empowered nor inspired. I am never inspired to follow the choice of a group or a collective.

- My choice of boundaries always deprives others of their freedom
- My choice of standard is always chosen freely, individually & responsibly

MARCH 2022

The Paradox Of Perception & Perspective

Perception & Perspective are the same and they are different.

When I perceive a perspective of three dimensional life with my physical senses, whatever I perceive becomes my perspective. My perspective of reality is what I perceive it to be. My perception of reality is relative to my perspective of what is real.

When I add another dimension of awareness to my level of consciousness, my perception of awareness becomes different to my perspective of consciousness.

- My rational intellect rates perspective & perception as the same thing
- My emotional intelligence is aware that perception & perspective are different

Emotional Intelligence perceives a range of emotional feelings, intuitively. Rational Intellect is a personal mental belief system, which formulates a personal perspective.

My emotional perceptive awareness is distinct from my mental conscious perspective; yet I can only know this intuitively, you see!

Emotion is a perceived feeling with an intuitive perspective. When I see a perspective without using my eyesight, it is an intuitive perception.

Intuitive Awareness is a perception that has no prior physical perspective. Plato called it a priori knowledge.

- An intuitive perspective can only be envisioned in the mind's eye
- A rational perception can only be perceived through an open heart

For every perspective of the Mind, there is a perception of the Heart.

Vitality

Vitality is the quality of a quintessential five dimensional experience of reality. My vital reality is five dimensional. A five dimensional real experience essentially requires five dimensions of Consciousness:

1. Being Alive
2. Being Alert
3. Being Awake
4. Being Aware
5. Being Vital

A five dimensional Consciousness is vital and essential to the realisation of the Soul by its Self.

- My human cells are alive, yet unconscious to the higher purpose of my body
- My sub-conscious mind is instinctively alert, to survive the discomfort & insecurity of being alive
- My conscious mind is awake to the physical tasks required to ensure my comfort, safety & security
- My super-conscious awareness connects my Self to the intuitive guidance, support & provision of my Soul
- The vitality of my supra-conscious Soul Entity is vitally essential to the ascension of my Self on its evolutionary path through Life

The attainment of five dimensional conscious-awareness is quintessentially a vital reality, for my Self to align with my Soul and for my Soul to realise its True Self.

Vitality is a quintessential quality attainment, being essentially the essence of the Soul in a fifth dimensional reality. Discovering my essential nature is a really vital aspect of a purposefully fulfilling evolutionary journey through life.

The Need To Win

The Need to Win is an emotional need caused by a mental fear of losing. Whomever fears losing is sub-consciously driven by their emotional need to win.

An emotional need is the absence of emotional power. Trying to win, in the absence of emotional power, will require enormous will power, tremendous effort and will cause extreme frustration, intolerance & anger.

Anger is the intense reaction to a loss of emotional power. It is the sub-conscious realisation of the failure of will power, which is both intolerable and frustrating.

Only losers need to win. Winners choose to win and when they no longer need to win, they always win.

A Student who is learning is always winning and a Master of the Art of Winning never loses.

Competition

A Competition is a game to determine who is a Master and who is a Student.

A contest is a game played by two people to decide who is the master and whom is the student. The purpose of every contest is to determine who is the master of most points. The point of the contest is to score points. The one who scores most points is the Master and the one who scores least points is their student. Every student requires a master, in order to learn how to master the art of scoring points.

In a true competition there are no losers. Nobody ever fails to compete for points.

- The Master wins the title of winner of most points in the contest
- The Student wins an opportunity to learn more about the art of scoring points

The point of every point is to become a Master of the Game, not a master of their opponent. The point of every game is for a master to allow their student an opportunity for learning, not an opportunity for losing. Losing is a problem, not an opportunity.

Every competitor is a student of every game until they become a master of every game. One who is the master of every game becomes a champion of their competition. A champion has the opportunity to express their mastery of the game to every other student of the game.

A competitor who tries to fight or beat his opponent gets lost in the duality of winning and losing. A competitor who is competing against their self cannot learn, so they cannot win. Mastery is only attained by

those who overcome the duality of winning and losing. Those with a win-win mentality have overcome the duality of the Master & the Student.

A Student on the path of Mastery is always learning, so they are always winning the opportunity to show mastery of their art during every point. This is the point of every competition.

Mastery is an art that can be attained by everyone, although few ever do. This ensures that Mastery is a unique attainment. Every competition is an opportunity to attain mastery of the game, not mastery over their opponent. A Master competes with their student, not against their opponent.

Every student faces the challenge of learning the mastery of their art. Any student who sees competing as a problem is a potential loser. Problems are a toleration, which drains emotional energy. When our energy is drained, our challenge is lost.

- Losers are students who have a problem winning, a problem losing and a problem learning
- Winners are students who are learning the art of mastering the game

Always remember that the competition is the game, not the opponent. Without the opponent there is no opportunity to learn. The better the opponent, the better the teacher.

The result of every competition between two students is two winners on their own unique path of Competitive Mastery.

Competing requires skill. Mastery is the art of winning the opportunity to display that skill.

A true Champion is a Competitor who has mastered the Art of Winning.

Three Indicative Choices

An Indicative Choice indicates my personal experience. I personally experience:

- What I have as a provision
- How I do a procedure
- Who I am being in my application

Being, Doing & Having are three indicative choices:

- My provision indicates what I have
- My procedure indicates what I do
- My application indicates who I am being

My ability to physically do is relative to the mental authority that I have to empower who I am being emotionally. This can lead to the false belief that I have to do what I have to do, to become who I want to be.

Do-Have-Be is a disconnected ego desire that believes I have to do something, to have something to be something. Proceeding to apply the provision of a contented Soul requires a more attractive choice.

My Beingness is the application of my emotional power, which is present when I proceed with my Soul's authority to allow my provision to appear. When I am being content, I am fulfilled by doing what I love to do, having a joyful experience of life.

Be-Do-Have is my Soul's present, clear, direction, to its Self.

In grammatical terms:

- I apply who I am being as an adjective

- I proceed with what I do as a verb
- I provide what I have as a noun

My thoughts, words and actions are all indicative of my creative choices. When I am being grammatically correct, I am applying a procedure to allow my provision. Providence can only proceed to apply my provision, when I accept the provision by allowing the procedure that approves my application.

My being is empowered and my having is authorised, when my doing is inspired. Be-Have-Do is indicative of my creative choice to always take inspired action.

Incommensurability

Incommensurability is the quality of Uniqueness.

Uniqueness is incomparable and immeasurable. I cannot compare my uniqueness with yours, therefore I cannot measure it relative to your uniqueness.

Uniqueness is a special quality, which makes it unique. I cannot be more or less unique than you but I can be more or less different. Being different doesn't make me unique, as there are many different people compared to myself and many similar people like myself. I can compare and measure my similarities and my differences but not my uniqueness.

Incommensurability has the ability to commence from within. The source of uniqueness exclusively originates from within each and every unique Individual.

I can only know my own Incommensurability intuitively. I can only know intuitively how individually unique I am because I cannot empirically measure it or physically compare it.

Incommensurability is a quality of the Soul. Each Individual Self has a unique quality, which is incommensurable with any other person. Each Individual Being has a chosen vision, mission & purpose for their lifetime. Although each individual Self may choose a similar or a different path in life, we each have our own uniquely chosen Soul Path.

Every Individual's life path is unique & incommensurable with every other uniquely experiential personal path through life. It is my personal vision for my life, and the choices that I make in alignment with my path, that is singularly unique to my Self.

Every Soul has the unique quality of Incommensurability.

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

Truths Of 5D Ascension

1. We each individually have our own, personal & unique path of Ascension
2. Ascension only happens as me, here, right now
3. It is my ego sense of self that is ascending to a level of 4th density Consciousness
4. I am here in service to my Soul as its Self
5. Being Ascended is a spiritual attainment
6. Spiritual Reality has multi-dimensional levels of Consciousness
7. A rational intellect is essential to a mental understanding of Ascension
8. Spiritual Reality, spirituality, is applied not practiced
9. We each have our own answers to our own questions
10. At Onement is having boundaries so extensive that other people cannot cross them
11. I am redeeming my power to be pain free, with minimal suffering
12. Every path of the Soul is safe, certain and free of risk
13. Heaven & Hell are metaphors for the duality of a positive & negative polarity of a perceptive existential experience
14. Providence provides abundantly for all whom allow it with approval & acceptance
15. The Law of Attraction is magical but not mysterious. It is clear & direct, constant & continuous, certain & unambiguous

16. I am only ever at risk of the negative perspective of my own malignant thoughts and feelings
17. Only the Self can heal itself
18. Physical Life essentially requires both Emotional Love & Mental Light
19. There is a potential within me that has chosen my destiny
20. Creativity is a scient art. It is the art of intuitively knowing how to be creative
21. A three dimensional physical Earth will always be a perfect place to experience three dimensional relative duality

Myths Of 5D Ascension

1. Following someone else's direction will lead me on my path of ascension
2. Ascension will happen to me, if I am in the right place at the right time
3. My ego is blocking my path, so I need to overcome it
4. My purpose is to be here in service to other people
5. Ascension is something I have to do, need to achieve or must accomplish
6. Reality has more than three physical dimensions
7. My rational choices are blocking my ascension
8. Spiritual practice will make me a spiritual person
9. Other people have the answers that I am seeking
10. Atonement is forgiving my trespasses and forgiving others for crossing my boundaries
11. There is much pain & suffering on the road to redemption
12. I have a Guardian Angel who will protect me
13. Heaven & Hell are not on the physical plane of the corporeal realm
14. Providence only provides for the righteous good-doer
15. The Law of Attraction works in a mysterious way
16. I need to protect myself from other people's malignant energy
17. Gems & crystals have an energy vibration that can heal me

18. All we need is love

19. There is a force outside of me that determines my fate

20. Creativity is an art not a science

21. The Planet Earth is ascending to a higher dimension

Four Dimensions Of Reality

The Planet Earth is designed to allow Four Dimensions of Reality to be simultaneously, individually experienced:

1. Two Dimensional Singularity. This is the Realm of Instinctive Survival. It is physical existence without a conscious intellect, where life happens to you.
2. Three Dimensional Duality. This is the Realm of Intellectual Striving. It is a physical & mental existence with a conscious intellect driven by sub-conscious instinct; where life happens by you.
3. Four Dimensional Triality. This is the Realm of Intuitive Thriving. It is a physical, mental & emotional existence with a choice of conscious intellect, intuitive awareness or both; where life happens through you.
4. Five Dimensional Quality. This is the Realm of Creative Unity. It is a physical, mental, emotional & spiritual existence with the conscious-awareness of a Creator; where life happens as you.

Every Incarnating Soul has a choice of four levels of Consciousness, which are creating these four dimensions of reality.

- Level 1: Unconsciousness. There is no purpose to incarnating on this level
- Level 2: Sub-consciousness. The purpose is to experience an instinctive life without choice.
- Level 3: Consciousness. The purpose is to develop the choices of an intellect, without intuition.

- Level 4: Super-consciousness. The purpose is to develop intuitive choices with a limited intellect.
- Level 5: Unity Consciousness. The purpose is to develop creativity with an instinctive, intuitive, intellect.

Four Dimensions of Reality allow the evolution of Consciousness to elevate to a vibrational level that realises, visualises, idealises & conceptualises Creativity as a Creation of a Creative Creator.

Realigning The Distortions Of The 7 Rays

Realigning my seven distortions requires challenging my belief system with seven primary core beliefs. This allows my intuitive intellect to freely access the conscious-awareness of the perceptive perspective of my Authentic Self.

Until I intellectually & intuitively own my own seven core beliefs, my Ego sense of conscious self, through my sub-conscious Id, will remain in misalignment with my super-conscious Soul Entity; due to the polarity distortions & gender imbalances in my mental operating system.

My 7 Core Beliefs are:

1. **Life Just Is** whatever I am causing it to be with the outstanding humility of my Modesty, which is always the best way.
 2. **We All Have Choice** and I overcome the duality of my choice with the Kindliness of a Third Way.
 3. **There Is Enough** when I am Allowing of Providence to provide its Abundance in each and every present moment.
 4. **Love Is The Way** when it is the pure Love of Agape, which unites my emotional Eros with my mental Philos.
 5. **We Are All Equal** with the equability of the e-quality of our Equanimity.
 6. **Allow Others To Follow Their Path** with unconditional Approval & Acceptance.
 7. **Follow Your Own Path** with the Gentleness of Goodness & Grace.
- My intuitive feelings warn me when my perspective is distorted because my perception is unbalanced

- My intuitive knowing advises me when my intellectual knowledge is truly certain

Until my intellectual knowing aligns with my instinctive feeling, I cannot intuitively see my polarity distortions or my gender imbalances.

I realign my mental distortions intellectually and my emotional imbalances intuitively.

The Distortions Of The Seven Rays

The Seven Rays of Aspect, which are divided by male & female gender, become distorted when further divided by positive & negative polarity. The rays are distorted by personal judgment to become either a negative male sin or a positive female virtue.

Overcoming judgment allows the perspective that sins are just male energy and virtues are just female energy; neither of which is a pure expression of our spiritual energy. Whether a ray of aspect is divided by gender or distorted by polarity, it remains out of alignment with our true identity. Suspending judgment allows the perspective of a unified gender with a true polarity.

The Seven Distortions are:

1. Irrational mental fear causes the misinterpretation of a false reality. The sin is arrogant pride and the virtue is humble humility.
2. Insensitive will power causes unreasonable emotional confusion. The sin is male envy and the virtue is female kindness.
3. Wrong reasoning due to needy attachment causes chaotic painful traumas. The sin is male gluttony and the virtue is female poverty.
4. Surrendered to conditional love, a loss of direction is caused by the disconnection from source authority. The sin is the desire of male lust and the virtue is the passion of female caring.
5. Unrealised unconscious incompetence causes a frustration with other people's inclusive dogma & doctrine. The sin is male selfish greed and the virtue is female unselfish pleasing.

6. Loss of authentic expression causes a problem of depressed, unemotional, self denial. The male sin is angry wrath and the female virtue is patient meekness.
7. Shaping disastrous, ignorant, boredom causes an absence of higher provision. The male sin is idle sloth and the female virtue is dutiful diligence.

All 7 distortions are the affect of misaligned mental opinions, beliefs or convictions and their resulting intensity of emotional needs. All of which are sub-consciously driven by our individual instinctive mental programming.

The purity of an Individual's mental authority & emotional power, being ably expressed in physical reality, is relative to:

- The presence of direction & clarity of a higher perspective relative to the absence of direction & the confusion of a lower perception.
- A fear-free, pain-free & problem-free opportunity in contrast to a painful, fearful and problematic experience of life.
- A beneficial, male, exclusive, rational, intellectual, detachment with other people as opposed to a detrimental, female, inclusive, irrational, intuitive, attachment to other people
- A beneficial, female, sensitive, emotional, intuitive connection with source as opposed to a detrimental, male, insensitive, unemotional, intellectual, disconnection from source

The distortions of the Seven Rays are all an affect of personal choices that are made at either a conscious or a sub-conscious level, due to a false belief that they are personally beneficial for the ego sense of self.

The purity of a perceptive perspective is attained by purifying the distortions of our personal experiences. This is attained through an Individual's uniquely intuitive higher intellect that can consciously change its own belief system and take responsibility for its own need for emotional power.

The Seven Rays Of Aspect

The Seven Rays of Aspect are the seven aspects of our true identity, refracted through the prism of the human Id-Entity. They are the alignment of the three primary male aspects of human Beingness with the three primary female aspects; to attain the true expression of four dimensional Human Essence.

- Ray One: Interpreting Authentic Reality, through the rational intellect of the Crown chakra
- Ray Two: Seeing Purposeful Creativity, through the intuitive emotion of the Third Eye
- Ray Three: Harmonising Right Resolution, through the intellectual detachment of the Throat chakra
- Ray Four: Surrendering to Unconditional Love, through the intuitive sensitivity of the Heart
- Ray Five: Realising Higher Wisdom, through the exclusive intellect of the Solar Plexus
- Ray Six: Yearning Self Expression, through the intuitive Connection of the Sacral chakra
- Ray Seven: Shaping Synchronistic Magic, through the intellectually intuitive Root chakra

Rays one, three & five require a male intellectual perspective to realise a harmonious interpretation of authentic, right, wisdom; which is rational, detached & exclusive.

Rays two, four & six require a female intuitive perception that purposefully creates a self expressed yearning of unconditional love; which is emotionally, sensitively, connected.

Ray seven requires a male, conscious, intellectual perspective to align with a female, intuitive, perceptual awareness; spiritually grounded in a physical earthly reality that is spiritually expansive.

The unification of the female perception of intuitive rays with the male perspective of intellectual rays, primarily requires the distortions of all seven aspects of the Shadow Self to be personally addressed.

Fatalism

Fatalism is a doctrine based on the belief that life is pre-determined and cannot be changed. It is the belief that death follows life, which is fatal. It is our fate to die in any number of unknown ways, which a fatalist accepts without question.

Fatalism fosters the belief that when I die, I am dead and it is the end of my life. If I cannot change my life, I therefore cannot change my death.

Fatalism has no distinction between fate & destiny. It is the belief that it is my destiny to live my fate. This makes an eventual death the destiny of all fatalists.

Fatalists experience the perspective that life happens to them and they are a victim of their fate until their eventual demise.

Fatalism requires the abdication of a personal choice between fate & destiny, fortune & misfortune, luck & chance.

I choose a chance to experience the fortunes of my destiny rather than be unlucky and experience the misfortune of my fate.

APRIL 2022

Cognitive Bias

Bias is what puts a perspective in contrast or opposition to another perspective. It is a normal & common choice in the dual reality nature of time & space. Bias is caused by the duality of the gender or polarity of a programmable belief system. When programmed beliefs are sub-conscious, so is cognitive bias. I am unaware of my personal bias, yet relatively aware of other people's preferences. Every level of bias is relative to personal levels of cognition.

The gender of my emotional expression is in contrast to, or resonance with, other people and the polarity of my thinking is either in alignment or dissonance (opposition) with another. As we each have different levels of cognition; different convictions, beliefs & opinions; different genders of emotional perception and different polarities of mental perspective; we are all cognitively biased in a multitude of different ways.

Cognitive Bias is an inherent attribute of every intelligent, rational, logical, intellectual way of thinking. We are all either sub-consciously or consciously affected by our own individual & collective cognitive biases. Any form of discrimination, whether based on race, religion, sex, age or education; is attributed to our individual or collective cognitive dissonance.

Cognitive dissonance is believed to be the inability to think the same way as everybody else; or the way it is believed that everyone should think. Paradoxically, we do all think the same way with cognitive bias and cognitive dissonance.

When I perceive bias to be a favour, and when favour has the powerful grace of the Soul, I intuitively see my cognitive preference to be in favour

of the emotional intelligence to follow my own wise choices with cognitive resonance.

When my preference is unbiased, my cognition resonates in harmony & accord with my Soul.

My preference is to never perceive my perspective to be in contrast or opposition to another.

Cognitive Resonance

Cognition is the mental process of knowing. It is how we recognise what is occurring in our life.

Resonance is the balance & harmony of an emotional experience, relative to our own energy vibration. It is how I feel about something relative to what I know or believe to be true.

Emotional Intelligence is defined as: 'Knowing what feels good and therefore right for my Self'.

Rational cognition, called empirical knowledge, can be intellectually deemed to be right or wrong. A bad emotional feeling is an affect of cognitive dissonance, caused by a wrong intellectual belief.

Any personal belief that is limiting, resistant or fearful can be defined as intellectually wrong. When I intuitively see that I intuitively know what is right for me, as it intuitively feels good, I attain cognitive resonance with whatever I am both expressing & experiencing. When my three intuitive senses are in alignment, I am resonating cognitively and congruently with my own best choice.

I experience cognitive dissonance when my mental, intellectual choices are misaligned with my spiritually intuitive wisdom. My cognitive dissonance is experienced as either a physical problem to be solved or a spiritual lesson to be learned.

My cognitive resonance always allows a certain opportunity to be embraced. It allows me to be an expression of the truth of my Authentic Self. My cognitive reality, what I know to be real, determines the resonance or the dissonance of my actual experience of life.

- My cognitive resonance allows the harmony, balance & accord of my authentic Self enjoying a beneficial experience of life
- My cognitive dissonance is the affect of my chaotic & resistant entropy, being the result of my limiting beliefs & fears, which is causing my inability to make my own wise choices for my Self.

With cognitive resonance, I know just what is best for me and with cognitive dissonance, I just don't.

- Cognitive resonance is the perspective of the conscious ego Self in alignment with the super-conscious choices of the Soul.
- Cognitive dissonance is the procrastination, prevarication and incompetent choices of an ego sense of self disconnected from its omniscient, all knowing & cogniscent Soul entity.

As a Golden Rule, I choose to resonate at the same level of cognition with others, which I choose for other people to cognitively resonate at: In compassion & empathy with each other and without the dissonance of either apathy or sympathy towards each other.

The Paradox Of Individual Entities

The Paradox of Individual Entities is that they can exist in both separateness or togetherness and in separateness & togetherness.

A Human Entity has Individual choice. I can be separate in togetherness with another human being or together in separateness from them.

- Being separate from another in togetherness with them, is an emotional state of being exclusively detached
- Being together with another in separateness from them, is an emotional state of being inclusively attached

In an exclusively detached inter-developmental partnership, we are emotionally together sharing the compassionate experiences of our separate choices.

In an inclusively attached co-dependent partnership, we are together meeting each other's emotional needs.

An emotional partnership becomes even more paradoxical when one partner is emotionally inclusively attached and the other partner is emotionally exclusively detached.

When Individuals come into partnership, they both have a choice of retaining the individuality of their own entity or sharing the personality & character of one individual married entity.

The paradox deepens when an Individual Entity has a clear distinction between their Self and their Soul. They can see their Individual Self as a part of their Soul Entity or they can see their-self as individually apart from their Soul.

- When the individual ego sense of self aligns with its Soul Entity, it is spiritually together in its physical separation
- When the ego is misaligned with its Soul entity, it is physically together with other non-spiritual separate entities

From a spiritual perspective, there is only One Soul. From a physical human perspective, we are either a part of our own Soul or apart from our own Soul.

Quintessentiality

Quintessentiality is the reality of the quality of five dimensional human nature.

The nature of consciousness is that it has five dimensions of reality. Attaining five real levels of consciousness is the quintessential potential of all human beings.

Attaining the quality of quintessence requires the attainment of the four preceding levels of Consciousness:

1. Unconsciousness is the inert potential of unrealised consciousness
2. Sub-consciousness is the instinctive nature of unconscious entropy
3. Consciousness is the intellectual nature of the realised awareness of the flux of sub-conscious instinct
4. Super-consciousness is the awareness of the reality of a flow of personal intuitive intellect

Quintessentiality allows the supra-conscious awareness of a fifth dimension of conscious-awareness:

- Singularity is a one dimensional level of unconsciousness
- Duality is a two dimensional level of sub-conscious incompetence
- Triality is a three dimensional level of conscious incompetence
- Quality is a four dimensional level of conscious competence
- Quintessentiality is a five dimensional level of unconscious competence

Unconscious competence is the experience of being in the spiritual zone of the now of time, the gap of space and a personal flow of reality.

The experience of the reality of the zone of five dimensional conscious-awareness is quintessentially the highest attainment of a spiritual being enjoying the reality of a fulfilling physical experience.

The quintessential nature of all incarnate human beings is to ascend to a 5th dimension of Consciousness, as a really true expression of the nature of Human Existence.

Mortality

Mortality is the reality of a Mortal Being. The reality of being mortal includes both life & death. The paradox of mortal reality is that I can be relatively dead whilst alive and equally alive whilst dead. I can also be dead to the world whilst asleep and only half alive whilst awake. Being fully alive whilst consciously awake, unconsciously asleep or dead, is the optimum potential of mortality.

I can choose mortal life as a beneficial experience of continuous, eternal & infinite opportunities or I can choose death as a detrimental default of ever increasing chaotic & disastrous problems. I can choose to thrive, strive or survive my mortal existence.

Being fully alive whilst apparently dead is the super-conscious capability of the Soul. My Soul is neither physically alive nor physically dead. It is both absolutely alive from a spiritual perspective and non-existent from the doctrine of the spiritually dead. Being alive in spiritual philosophy and dead to scientific theology defines the choice of a human mortal, not the perspective of the Spiritual Soul.

Mortal Beings have a choice of seeing death as the end of life or seeing life as the end of death. Alternatively, we can see life & death as a continuous cycle of an expansively evolving Soul, on a journey of discovery, exploration & experience of the physical & spiritual realms of existence.

Mortality is the realisation by mortal Beings that their reality is a continuing experience of the discovery of life and the exploration of death.

Alpha Brain Wave Activity

Alpha Brain Wave Activity is Intuitive.

My brain does not cause or create alpha brain wave activity, it processes it. The brain is a mental processor of mind energy, not its creator.

Thought is a creation of the mind, which is processed by a human brain. Human brains process energy in the form of conscious mental thoughts. The creator of all mental conscious thinking is the Mind. Different aspects of the mind are defined by different levels of consciousness, which are measured as different frequencies of brain waves.

The brain is capable of processing five states of mind, representing five levels of consciousness. The brain processes each level at a different range of frequencies.

Alpha brain wave activity appears between the beta frequencies of being fully awake and the theta frequencies of being sub-consciously half asleep. Theta brain wave activity is prevalent during both day-dreaming and night-time dreaming, whereas beta wave activity is relevant whilst consciously awake. Delta brain activity is valent in deep sleep, whilst gamma brain waves are received during deep meditation.

Alpha brain wave activity occurs naturally between being asleep and waking up and between being awake and falling asleep. Becoming conscious of my alpha brain activity requires a deep awareness of my super-conscious mind. My super-conscious awareness of my intuitive source of inspired creative thought, allows it to be openly received & transmitted.

The ability to consciously tune in to my intuitive alpha brain activity, allows me to openly receive its wisdom. Becoming aware of my alpha

wavelength of brain activity, allows my receipt of the provision, guidance & support that is super consciously available to everyone. An abundant provision of guidance & support is unlimited to those who consciously choose to tune into their alpha brain wave activity.

Drowned out by the constant theta activity of my sub-conscious doubts, anxieties & fears, my beneficial alpha communication channel is lost in the chaos & confusion of a frustrated instinct for survival and an indulgent egotistical intellect, trying to strive for individualistic achievement.

Alpha brain activity is the frequency on which I channel my acceptance of my earthly provision for my Self. Unaware of my intuitive alpha brain wave channel, I am unaware of the presence of a clear direction for my Self in my life. When my intuitive direction is clearly present, the joy of my content fulfilment, with a healthy wealth of wise guidance & support, is presently forthcoming.

My alpha brain wave connection allows my Self to thrive in a certainly beneficial, ideal & divine experience of being anchored in a grounded earthly existence.

A Depth Of Awareness

A Depth of Awareness is a 4th dimensional attainment.

In a 3 dimensional physical reality, physicality has three dimensions of length, breadth & height. The fourth dimension is depth. A three dimensional perspective sees depth & height, like width & breadth, as the same thing. A four dimensional perception has a deeper perspective. It intuitively sees its depth of awareness as a perception beyond its physical perspective.

A three dimensional perspective sees its height or level of conscious perspective, as the depth of its awareness. It sees it as the same thing when limited to its:

- Unconscious delta brain waves
- Sub-conscious theta brain waves
- Conscious beta brain waves

It has no distinct depth to its awareness when physical consciousness is the height of its mental capacity. Three dimensional physical consciousness has no depth of awareness of a fourth dimensional higher mental state of super-consciousness. With higher super-conscious alpha brain waves, I connect to my intuitive sense of deep awareness.

With no depth of awareness, my consciousness is limited to my three dimensional shallow thinking. I am embodied in a three dimensional thought form, which does not allow me to think outside of the box. Thinking outside of my three dimensional box requires a four dimensional depth of intuitive awareness, using the super-conscious alpha brain wave capacity of my brain.

Attaining a depth of awareness allows my three dimensional intellectual thinking, which is two dimensionally instinctively driven, to be intuitively guided by four dimensional inspired thoughts.

My deep awareness of an alpha level of four dimensional consciousness is super-intuitive.

The Paradox Of Self Help

The Paradox of Self Help is that we are expected to Help Our Self, yet we are taught not to. We are taught to ask others for their help by saying please & thank you.

Helping our Self is not allowed when it crosses someone else's boundaries. Please & thank you allows our safe access across other people's boundaries. It is their standard for giving help to others.

We are taught from an early age to respect other people's standards, which they call laws, rules, ethics, morals or principles. These common standards become societal boundaries, which are helpful to a society when they stop Individuals helping themselves.

Other people's standards are not necessarily mine and other people's boundaries restrict my freedom and rarely help my Self. The best way to help my Self is to own my own standards and enforce my own boundaries. My own standard is to never cross another's boundaries and to have extensive personal boundaries that others can never cross.

We all need other people's help to understand their standards of behaviour expected of us. We need their help to understand their boundaries that they mean to enforce on us. I need help to understand what I must do, I ought to do, I have to do or I should do; so as not to make other people cross, when I cross one of their boundaries.

- We are told that we are most helpful when we do what other people tell us to do, to their imposed standard.
- We are told that we cannot just help ourself and in doing so, we are not helping our Self.

A Society that is controlled by a Government with Laws, a Religion with Morals, Professions with Ethics and Families with Principles can never teach the Gospel of Self Help.

We are not educated to believe that our Soul is ever present to Help its Self. A Soul who provides consistent help for its Self in the form of intuitive guidance, support & provision.

The Good News of the Self Help Gospel is that when I Help my Self, I Help my Soul and my Soul helps its Self in every moment to enjoy the best experience of Life.

The paradox is that when I cannot help myself, my Soul cannot help it's Self either.

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.

Abundant Opportunities

Opportunities for expansive spiritual growth are abundant. I expansively grow, when I meet the challenge to learn a life lesson. When I learn my lesson, I receive an opportunity for expansive growth. Learning to grow expansively is my greatest opportunity. It realises my vision, it accomplishes my mission and it fulfils my purpose for choosing this unique lifetime.

There are equally opportunities that do not align with my mission because they fulfil a different purpose, which is not aligned with what my Soul has envisioned for its Self in this lifetime.

When I am out of alignment with my Soul's vision for its Self, I am emotionally disempowered and discontent, which is a problem. When I am challenged with a problem, there is no opportunity for growth. Finding a solution to my problem fails to realise any opportunity for growth.

Meeting my opportunities for expansive growth allows an abundance of new opportunities to flow into my life. Failing to see the opportunity to learn a lesson and expansively grow is a problem because it disempowers my confident authority. When I confide in my Soul's direction, I have the sovereign authority of wise choice that allows my lesson to be learned and my opportunity to be realised.

Spiritual Development is an abundance of opportunities to expansively grow my Self for the benefit of my Soul and an abundance of opportunities to evolve the Soul for the benefit of my Self.

Abundant Contentment

Abundant Contentment allows enough of everything. Enough of everything is contentment, which flows in abundance when allowed to. I can only ever be content in each and every present moment of time. Being presently content allows the opportunity of flowing abundance to be presented in every future moment of time.

Abundant Contentment is a present that is presented in the present moment, when I am being present. When I have presence, my abundant contentment is present within me and realised. When I realise my abundance is within me, my contentment is presented to me. When I am present with a problem, I disconnect in that moment from my abundant contentment. I cannot be content with a problem. It is the contents of a present opportunity that realises my abundant contentment. In my being content, I realise my faith in an abundant provider that ensures that my provision is enough. The realisation of having enough in that moment, allows my feeling of contentment to be experienced.

The contentment of my emotional power, with the abundance of my Soul's provision, allows my experience of having enough in my present reality. When I realise that I always have enough in each present moment, I project that reality into every future moment of contentment.

I am always presented with an abundance of opportunities to realise that I am presently experiencing enough contentment. Contentment is an expression of having enough, not too little nor too much. Enough is a measure of abundance. I always have enough once I know with certainty that the Universe is abundant.

Intuitively knowing that I will always have enough in every moment is an opportunity to express my appreciation of my abundant contentment.

AIDS

AIDS is an acronym for Auto Immune Deficiency Syndrome.

A Syndrome is a group of symptoms that collectively indicate or characterise a disease, disorder or other condition, considered to be abnormal.

The Homosexual Community of the late 20th century were considered to have an abnormal condition or disorder called being gay. When this community collectively started to exhibit an abnormal disease with no orderly characteristics, it was diagnosed as a 'gay plague'. When this acute condition became chronic & endemic, it was diagnosed as AIDS.

A community that was already addicted to illegal substances and drugs, was prescribed a plethora of legal drugs to try and fight the symptoms of this unknown disorder.

The medical profession had a syndrome that they called a disease and named it AIDS; but they didn't have a cause. They proved it was not bacterial in nature when it failed to respond to antibiotics. This was a society that regularly took antibiotics because of the prevalence of Socially Transmitted Diseases. They assumed then that the cause of AIDS was a virus when the symptoms went viral through the gay community. It was also assumed, like STDs, it was being spread through sexual contact, as it was not prevalent in the heterosexual community.

They called the virus, which causes AIDS: HIV. It is an acronym for Human Immunodeficiency Virus. HIV was believed to cause AIDS but not everyone who tested positive for HIV exhibited the syndrome. Those who did, died and those who didn't remained alive with the threat of an incurable disease ever present in their mind.

What is beyond doubt is that those who died from AIDS had a syndrome that their own auto-immune system failed to heal. The Human Immune System, when not deficient, works automatically to keep the physical body in a state of stasis & balance. Out of balance, the body's immune system ceases to operate efficiently, effectively & automatically.

The existence of a virus, which causes the auto-immune system to become deficient, has never been scientifically validated. The existence of cellular debris does not prove the existence of a pathogenic virus. It could well be the evidence of pathogenic drug taking. AIDS, like cancer, is uniquely specific to each Individual. The only common characteristic being the deficiency of their body's auto-immune system.

AIDS is without doubt a set of symptoms caused by the body's deficient auto-immune system. The presence of a Human Virus causing the Immune deficiency is still unproven. A positive test for HIV reveals the presence of an antibody not the presence of a pathogen or a viral antigen called immune deficiency. An antibody is efficient not deficient. In the presence of an efficient antibody, no viral antigen can exist.

The question that the Medical Profession is not asking, let alone answering is: If the cause of the gay plague is not a virus, what is the real cause of AIDS, this mass deficiency in the immune system of people in the gay community. What has really rendered their innate personal self healing system to become deficient?

Blissful Incompetence

Bliss is an ungrounded intensity of emotion. It has no inherent competence. The majority of people, in our society today, are blissfully unaware of their own level of incompetence. Unless I understand my level of competence, I am blissfully unaware of my level of incompetence. My incompetence is inversely relative to my emotional competence. Being unaware that my competence is a measure of my emotional power, I am blissfully unaware of either my competence or my incompetence.

Being aware of my emotional power is my competence. When I feel good about what I am doing, I am empowered and I am competent.

Competence is the emotional feeling of being empowered. I am empowered with competence and I am inspired with confidence. I am competent when I am confident that my actions are worthwhile and beneficial. When what I am doing has true value for me and is worthy of my true Self, I am grounding my competence and competently expressing my Self.

My self worth is my own indication of my level of competence. The capacity to complete a task well is relative to my confidence; without which I am challenged by the task because my competence is a problem.

Incompetence is the affect that is caused by a disempowered action. When an apparent problem or toleration causes a lack of, or need for, emotional power; it causes an incompetent solution.

Nobody ever has confidence in other people's blissful incompetence. By making someone aware of their unconscious incompetence, I allow them to become conscious of their incompetence. This creates an opportunity for them to become consciously competent in their task, which is a joy.

With the joy of enjoying what I competently achieve, I am grounded in a reality that is working for me. Being ungrounded in my blissful incompetence, is never a joy. It doesn't work for me and doesn't fill others with confidence in my ability.

Competence

Competence is a measure of high personal emotional power. The higher my personal emotional power, the better I feel and the more competent I am.

Incompetence is the affect of low emotional power. We each individually have sovereign authority to discern our own choices. When I defer my sovereign authority, I give away my emotional power and my competence is compromised.

When the sovereignty of the people is compromised within a society, everyone's competence is depleted, irrespective of their level of mental capacity or physical capability. In such an emotionally incompetent society, people compete for emotional energy and compete for competence.

Once I realise that competence is complicit with the capacity of sovereign choice, there is no necessity to compete for emotional competence with other people. I am only ever in competition with myself to be competent. When I express any level of incompetence, I lose the competition because I have lost my competence.

Choosing the discernment of one's own sovereign authority is both mentally inspired and emotionally empowered. A society which teaches mental capacity, without emotional competence, promotes competition for emotional power. In the absence of competent emotional power, money and status become a poor substitute.

People rise, or are elected, to positions of authority, without either the mental capacity or the emotional competence to make wise choices for other people. Indeed, making choices for other people is never wise. Those who are invested with the authority to make choices for other

people, already know this. Solomon, as a King, had Sovereign Authority over his Subjects; yet although he appeared to be wise, he was equally fallible. The wisdom of King Solomon is an oxymoron without the personal competence to intuitively choose it.

There are four levels of competence:

The first level is unconscious incompetence, which is the default level in our current society. As unconscious incompetence is by definition unconscious, most people are unaware of being at this level of incompetence. Without the awareness of emotional intelligence, their emotional competence is confused with their mental capacity. The more intellectually capable we are, the more intuitively incompetent we become. It requires a level of rational intellect, as well as the emotional intelligence of intuitive awareness, to consciously identify our own level of incompetence; even when we are intuitively aware of other people's incompetence.

Level two competence is attained when one becomes aware of our own incompetence. It is only when I become conscious of my own incompetence that I am able to move to the third level of conscious competence. This is the ability to develop the personal emotional power to consciously make my own wise sovereign choices.

Only once I have attained level three conscious competence, do I become aware of the highest level of competence, which is the unconscious competence of being able to make wise choices without even thinking about it. When my competence flows unconsciously, I have attained the highest capability of my mental capacity to intuitively make wise sovereign choices for my Self, with certainty.

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: **S**ingular **O**bjective, **L**imited **E**volution.

When I see my Source as the Oneness of Soulness, my Self is distinctly at one with my Soul. SOUL is an acronym for: **S**ource **O**f **U**nlimited **L**earning/**L**ove/**L**ight/**L**ife.

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.

Four Strategic Levels Of A Ten Dimensional Mind

1. Four Levels of Realisation. My Mind realises reality through the:

- Id
- Ego
- Entity
- Soul

2. Four Levels of Intention. My Mind intends to attain levels of:

- Survival
- Comfort & Security
- Awareness
- Creativity

3. Four Levels of Perspective. My Mind perceives life as happening:

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

4. Four Levels of Belief. My Mind believes life is enabled with:

- Charity
- Hope
- Faith
- Providence

5. Four Levels of Consciousness. My Mind is aware of a thought being:

- Sub-conscious
- Physically conscious
- Super-conscious
- Supra-conscious

6. Four Levels of Thought. Thoughts appear in my Mind:

- Instinctively
- Intellectually
- Intuitively
- Imaginatively

7. Four Levels of Reality. My Mind senses reality as:

- Mentality
- Physicality
- Emotionality
- Spirituality

8. Four Levels of Truth. My Mind aligns with truth as being:

- Absolute
- Relative
- Personal
- Divine

9. Four Levels of Activation. My Mind activates:

- Reactively
- Pro-actively
- Responsively
- Creatively

10. Four Levels of Manifestation. My Mind manifests reality as a:

- Realisation
- Visualisation
- Idealisation
- Conceptualisation

My Mind is a Strategist with many strategic levels within many dimensional strata.

When my Mind, Imaginatively Creates a Concept of the Divine, Spiritual, Providence of a Super-conscious, Creative, Soul: I am, my Self, as Me.

Me, my Self & I are of One Mind, One Belief, One Perspective, One Realisation, of One Reality, of One Thought, of One Consciousness, with One Truth of One Intention to Activate one Manifestation of Soul; the Sole Creator of 10 levels of 4 dimensional existence.

The Secret To Winning

The Secret to Winning is not Losing. Winning & losing are a duality of the same experience. This means that they are a perspective of polar opposites. In every dual reality, I have a choice of choosing one or the other but not both. In every competition between two people, where there is one winner; there is also one loser.

For & against is also a duality. When I perceive that I am playing against an opponent and for myself, I can either win or lose. When I choose to play for myself and for my partner, we both gain and neither of us loses. When I compete with an opponent to gain knowledge, skill & experience, as well as enjoyment & fulfilment, I am content whether I win or not. Winning & losing and gaining & losing are two different dualities of my own choice of perspective. When I gain with or without winning, I cannot lose. When I am gaining experience, skill & knowledge, I am learning and whenever I am learning, I am winning the competition that I am having with myself. In every competition, my partner is there to facilitate my learning and I am there to facilitate theirs. It is not about teaching them a lesson but about a mutual opportunity for learning, in which we both gain and neither of us lose; irrespective of who is declared the winner.

In a world of duality, I always have a choice: I have a choice of winning or losing and a choice of gaining or losing. When I choose gaining over winning, I often gain a win and I never experience any loss. I always win the experience of gaining my own personal growth by experiencing how good I really am and how much better I can become, until I am good enough.

There is nothing to gain from either competing with or against an opponent who is not good enough to compete or good enough to learn.

The Paradox Of Oneness

The Paradox of Oneness can be the same as the paradox of singularity and it can be different. Oneness & singularity can be the same or they can be different, relative to the perspective of Individual choice.

Oneness can be defined as the singularity of all that is realised and all that is not yet realised. It can be defined as both the emptiness of nothing and the fullness of everything.

The paradox is that without the duality of choice, oneness cannot be defined as either nothing or everything; only something undefinable. Something that is the all of everything that has no name and is undefinable is often called God. For this reason Oneness is believed to be a connection with that which is divine.

My perspective is that Oneness with God first requires a separation from God for it to be explored, discovered & experienced. There can be no definitive experience of the Soul without a definite experiencer called the Self.

The paradox of Oneness with the Soul is that there is only one Soul but there is more than one Self exploring, discovering & experiencing itself as being divine or not. The oneness of the Soul with its Self is divine but the separation of its self from the Soul is not. It is only in the twoness or duality of the Soul-Self that the experience of Oneness of the Self with the Soul can be attained.

The Soul is Singularly experiencing its many aspects of Self, including every duality and every distortion of every Singular Self. The Soul is always at One with its Self, even when it's Self is divided in duality with its Soul.

The Paradox Of Singularity

A Paradox is two opposing perspectives of the same thing, both appearing to be real.

Singularity is the perspective of there being only one singular reality.

In a relative dual reality of choice, everyone has a singular reality of their own choice. So one singularity is an oxymoron, as it is a contradiction in terms. There appears to be many perspectives of singularity, which are combined under a heading of non-duality. A singular reality is clearly not a dual reality, so it is classified as a non-duality.

The experience of singularity in a relative dual reality world is an interesting concept, which can only exist in the singular imagination of an Individual. As imagination is the source of all creative perspective, it is also the source of a singular perspective of reality. I imagine singularity to be the perspective of the Soul, before any exploration, discovery & experience of its Self. The non-duality of the Soul-Self can be imagined as the non-identification of the Self, or as the identification of the Self as its Soul. This is the paradox of a singularity having two choices of perspective, which means it is a duality.

From a physical perspective, the Soul can be seen as something that is both nothing & everything. It is everything that is nothing, which is something that is as yet unexplored, undiscovered and not experienced.

Duality is the realm of choice, which renders the realm of singularity to be without choice. This equates to the paradox of a choice that is not choosable.

Paradoxically, it is only in the realm of duality that the non-duality of singularity can be a choice of perspective.

Three Spiritual Planes Of Existence

Human Beings simultaneously exist on three distinct planes:

1. The Astral Plane is where I develop the mental capacity of my intellect, with conscious thoughts of my mind.
 2. The Corporeal Plane is where I develop the physical capability of my instinct, with the active experience of my body.
 3. The Etheric Plane is where I develop the emotional competence of my intuition, with the awareness of my feeling heart.
- A physical human being having a physical experience only has knowledge of the corporeal plane of existence
 - A spiritual human being having a spiritual experience, intuitively feels only the etheric plane of existence
 - A physical human being having a spiritual experience, intuitively knows only the astral plane of existence
 - A spiritual human being having a physical experience can intuitively see all three spiritual planes of existence

Seeing all three spiritual planes of existence, allows the experience of:

1. The thoughtful feeling experiences of a unified heart, mind & body
 2. The capacity for competent capability through active conscious-awareness
 3. The physically, mental emotion of an instinctive, intuitive intellect
- My astral mental mind has the intellectual capacity of conscious thought

- My etheric emotional heart has an intuitively competent awareness of feeling
- My corporeal physical body has the instinctive capability of active experience

Uniting all three planes of existence allows a truly beneficial, ideal & divine, physical experience for every spiritual Human Being.

Seven Aspects Of Flow

1. In the 'gap' between 'nows' and the space between moments of time, my presence is present
2. With powerful feelings of inspired thoughts, my focus of intention is enabled
3. With a forceful magnitude, my potential is gently realised
4. With enlightened love and a love of wisdom, my vitality comes to life
5. With the unconscious competence of my super-conscious awareness, I approve my provision with my appreciation
6. With my allowance of guidance & support, I overcome any inertia, entropy or resistance
7. With intuitive discernment, my abundant life is certainly acceptable

Approving, allowing & accepting the present focus of gentle vitality is how all seven aspects just flow.

Non-Duality

Non-Duality is something, which is the experience of everything as nothingness.

When everything & nothing is a duality, something is required to overcome the dual reality experience. The question is: What is the something that overcomes duality?

A non-duality is a negative definition of something, which defines nothing and denies everything.

The practice of non-duality as a spiritual concept is the celebration of a Divine Feminine perception of reality; in contrast to and in the exclusion of a Divine Masculine perspective. When masculine & feminine are a duality of male rational thinking & female emotional feeling, neither is divine in separation from the other. The identification with pure feelings without any identification with pure thought is an absolute extreme concept, which is non-dual and attains nothing.

A pure attainment of something is a divine balance between male thought energy & female feeling energy, as this allows a beneficial experience of expansive growth in an emotionally intelligent way.

A singularly non-dual perception of a Divine Feminine personality has:

- A powerfully loving connection
- An inspired compassionate sensitivity
- An emotionally intuitive awareness
- A wealth of joyful happy feelings

It is distorted by: An attachment to inclusive, irrational, painful, sympathetic, emotional reactions.

A singular non-dual perspective of the Divine Masculine character has:

- An exclusively truthful authority
- An enlightened empathic detachment
- A rational conscious intellect
- A fulfilling wisdom of thoughtful wellbeing

It is distorted by: Disconnected, insensitive, unemotional, fearful, apathetic, rational, logical thinking.

The something and the only thing that ever overcomes a duality is the unification of the male frequency with the female wavelength of a pure energy vibration.

Duality is:

1. A choice of female inclusive connection or male exclusive disconnection from source
2. A choice of male insensitive detachment or female sensitive attachment to other people
3. A choice of male unemotional rationale or female emotional irrationality with one's Self

Feminist Non-Duality is:

1. An inclusive connection to everything – the Universe
2. A sensitive attachment to something – other people & things
3. An irrational emotional awareness of nothing – no self identity

When non-duality or duality is our only option, we will remain stuck in the distortions of our own particular duality. With no distinction between the

ego & the intellect or the id & the entity, we are unable to overcome the opposing contrast of our own version of relative dual reality.

Relative Redemption

Relative Redemption is an oxymoron.

I attain redemption when I redeem the purity of my spiritual, mental, emotional & physical energy. To re-deem is to realise & re-align the purity of my spiritual energy in physical harmony, mental accord & emotional balance.

- I cannot redeem my purity through the absolution of sin in favour of virtue because I remain stuck in the duality of my sins & virtues
- I cannot redeem my purity through the experience of an absolute surreality of bliss, euphoria & ecstasy; as when I reground my senses into physicality, my relative sins & virtues remain

Redemption is neither relative nor absolute, which are both a duality of an unredeemed divine purity. It is the purity of my spiritual energy that is divine, beneficial & ideal.

Redemption allows the expansive growth of the Soul through the personal development of its Self.

Relative Absolution

Relative Absolution is an oxymoron. An absolute solution to a relative problem is a contradiction in terms.

Duality is a relative problem. It is the problem of a singular choice being in contrast or opposition to its self. The extent of the problem is relative to the extreme of the contrast that is causing the opposition to itself. When two opposing perspectives of the same energy vibration appear to exist, duality is the problem that is experienced.

Christian Sins & Virtues are opposing genders of the same energy vibrations. Absolving a sin in favour of its virtue is a relative solution, which is never absolute. Becoming virtuous does not absolve my sin, it just attracts it as my experience in other people. Like energy unto itself is drawn, so male sins attract female virtues and vice versa. This is absolutely neither a solution nor absolution.

Relative & absolute are a duality and only redemption redeems a third way to overcome it. It is a third way that is neither absolute nor relative that is always divine.

Absolute Divinity

Absolute Divinity is an oxymoron. Divinity is expansive, being neither contractual nor absolute.

An Absolute Experience has only one density, seen through a two dimensional consciousness. It is the absolute mental experience of euphoria, the absolute emotional experience of bliss and the absolute physical experience of ecstasy. An absolutely spiritual experience of bliss, euphoria & ecstasy is not divine because it is not grounded in physical reality. It is an ethereal experience of the potential of power, authority & ability being unrealised. It has one density of pure potential, called aether.

A Divine Experience is a spiritual experience, with 3 densities, from the perspective of 4 dimensional conscious-awareness. It is the mental experience of wise fulfilment, the emotional experience of abundant joy and the physical experience of healthy contentment. It is the divine experience of optimum physical ability, with certain mental authority and pure emotional power; as a fourth dimensional attainment.

Absolute Divinity is a contradiction in terms because a fourth dimensional perspective of divine conscious-awareness is not limited to a physical experience of absolutely only one density of something called nothing, with a potential for everything.

A Triality Of Dualities

A Singularity or Singular Reality is an Absolute reality that offers only one option, which is no choice. Duality allows choice, which singularity does not.

A Duality or a Dual Reality is a Relative reality that offers a choice of two perspectives, which are related and relative to each other. This causes the affect of procrastination or prevarication, which is the experience of a dilemma.

A Triality or a Triune Reality is a Divine reality that offers three distinct choices. With three distinct choices, there is no dilemma and one clear preference of personal discernment, which is divine.

1. In a Singularity, I have only choice, which is absolutely no choice
2. In a Duality, I have two choices, which is a relative dilemma
3. In a Triality, I have three choices and the third choice allows my divine provision of guidance & support

A Third Way is attained when I overcome the dilemma or paradox of every duality. In reality this is a trial with discernment and without judgment. Discernment is the third choice that overcomes the duality of judgment & non-judgment.

With a dual reality perspective, I can choose:

- Duality or Singularity
- Duality or Non-duality
- Duality or Triality

When singularity & triality are both called Oneness, they have no distinction, they are both seen as non-duality, which is still a relative dilemma because it's a duality. The paradox is that duality & non-duality are a duality, unless I have a distinct and clear third choice.

Choosing singularity as the oneness that overcomes duality, just creates a duality of oneness & duality.

Choosing a Triality, which is a third choice that unites & balances the duality, is one singular choice of discernment with one positive choice for one's Self, without any negative outcomes.

When I pass the trial by learning my lessons, instead of absolving the problems of every relative duality, I allow the divine experience of a certainly beneficial realisation of my own discerning authentic choice.

The Paradox Of Service

The Paradox of Service is that we are not here to serve others, yet being here serves others. We are as much in service to others when we do not serve them as when we do serve them. It is possible to be of better service to another by not serving them.

We are all here in the service of our Soul, unless that is, we choose not to be. As a sovereign entity, I can choose to be here in service or be here under vice.

With a two dimensional perspective of being selfish or unselfish, service to others meets my emotional need to be needed and their emotional need to be cared for. It is a tax I pay in duty to another, who meets my sub-conscious emotional need, when I am either serving another or being served by another.

With a three dimensional perspective of being truly selfish, we are all here to serve our Self. We are here to consciously develop our ego sense of self to intellectually explore, discover & experience whatever we individually judge to be best for our self.

With a four dimensional perspective, I am solely here to serve my Soul. Each individual self is here to intuitively serve their higher self, real self, authentic self or super-conscious self in a way that they know, feel or see to be best for their Soul.

Each individual human self is a sovereign entity with personal choice and the authority to serve its Self. In this three dimensional existence, there are always three choices available to everyone at all times because there are always three dimensions of perspective:

- I can unselfishly, instinctively serve other people

- I can selfishly, intellectually serve my ego self
- I can truly selfishly, intuitively serve my Soul

Whatever I choose is always relative to the perspective that I perceive, which is relative to the level of my conscious-awareness.

A sovereign entity, with personal choice, is not here to serve others, yet being an entity with sovereign choice serves all others extremely well. It is the epitome of being Human. Being in service to our Soul is the essential nature of all sovereign entities in human existence.

Explorers, Discoverers & Experiencers

We are all here to experience life as a human Being. Many are looking for the answers as to why they are here to experience human life: They are the explorers, the seekers & the followers. A few find their answers to why they are here to experience human life: They are the discoverers, the finders & the leaders in their particular field of experience.

A particular field of experience allows a two dimensional choice of 3 particular dualities:

1. Explorers & Discoverers
2. Finders & Seekers
3. Leaders & Followers
 - The leaders in a particular field, who have discovered the answers they were seeking, become teachers
 - The followers of a particular leader in their field are still exploring the answers, as seekers & students

Teachers are leaders who impart their discovered knowledge to students who seek to follow their guidance. Students are seeking to explore further by following the discoveries of their leaders who teach them.

Exploration, Discovery & Experience are all true values, which have value because they orient the Self on its true life path.

- Finding & Leading have a value when they meet a need to be in control, a need to know, a need to be better than, a need to be accomplished, held in high esteem, respected or heard

- Seeking & Following have a value when they meet a need to be safe & secure, a need for approval, for reward, for belonging or a need to be cared for and to be needed

When our emotional needs are met, they have value and when unmet that are a need that sub-consciously drives our actions and our choices.

Being the Experienter of my own Exploration & Discovery, of my own true path of value in life, is why I am here.

- Experience is the meaning
- Exploration is the reason
- Discovery is the purpose

With meaning, reason & purpose, I am truly worthy of fulfilling my destiny.

Three Perspectives of Wellbeing Occurring

Spiritual Wellbeing is a triune reality of physical health, emotional wealth & mental wisdom. How well-being occurs in one's life is a choice of three perspectives:

1. When life happens to me:

- I experience the duality of physical wellness or illness
- I experience the duality of being rich or poor in wealth
- I experience the judgment of my good or bad choice

2. When life happens by me:

- I suffer the problems & challenges of physical comfort or dis-ease
- I tolerate the pain or pleasure of emotional success or failure
- I endure the prudence of being careful in what I choose

3. When life happens through me:

- I accept the healthy experience of a problem free life
- I approve the wealthy experience of a pain free life
- I allow the wise experience of a fear free life

When life happens as me, there is no duality of wellness or illness, good or bad feelings and right or wrong choices. That is the nature of how Wellbeing occurs, with a healthy wealth of wisdom.

Three Perspectives Of Happiness Happening

Spiritual Happiness is a triune experience of physical contentment, mental fulfilment & emotional joy. How these aspects of happiness individually occur in one's life is a matter of perspective:

1. When life happens to me:

- I am sated by the reparation & compensation that I obtain
- I am filled with the gratification that I receive
- I am gladdened by whatever pleases me

2. When life happens by me:

- I am satisfied with what I achieve
- I am complete with what I fulfil
- I enjoy the pleasure of what I accomplish

3. When life happens through me:

- I am content with what is acceptable
- I am fulfilled with what I allow
- I am joyful with everything I approve

When life happens as me: I am an expression of my own content, fulfilled & joyful happiness.

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.

Three Perspectives Of Integrity

Integrity is the state of oneness or being whole and in our true nature. There are three conceptual perspectives of how holiness, oneness or divine integrity is attained:

Perspective 1: Integral Reductionism follows the premise that everything comes from something. Quantum exploration reduces everything down to a measurable quanta of something, which is believed to be the foundation of everything. Science believes it to be physical particles called atoms or strings and religion believes it to be spiritual waves called divinity or love.

Perspective 2: Integral Expansionism follows the concept that everything is conceived from nothing. The paradox is that the oneness of everything expands from the singularity of nothingness. The entropy of the world comes forth from the inertia of the void. We expand physically from the spiritual oneness of nothingness to become fully at one with everything, through the process of atonement or at Onement.

Perspective 3: Integral Individuality is the reality of one individual Source for every Individual. On my own individual journey of experiential exploration & discovery, I am my own exclusively, unique and personal expression of Being in or out of Integrity. My Self is either in alignment with my Soul, or not. I am either expressing the integrity of my Soul or I am not. It is my cognition of my own individual perspective of Integrity.

JUNE 2022

Solitude

Solitude is a quality of a studious Soul. It allows the Soul space & time to study the reality of its Self.

Solitude allows the communion of the Self with its Soul, to allow the Soul to learn about its Self. It allows a study of the Soul by its Self.

Solitude is the mental state of inner peace that overcomes the noisy chatter of an overactive ego.

Solitude is distinct from loneliness, which is the feeling of being isolated from whomever meets one's emotional needs.

Solitude of the Soul is an aloneness of an individual Self, which allows the feeling of all-oneness of the Self with its Soul. In the solitude of the communion with my Soul, I know that I am never alone and I am never lonely.

I can choose to be disconnected and lonely in a crowd, isolated and alone by myself or I can choose to share the solitude of my empowered Soul.

Absolute Consciousness

Absolute Consciousness is an oxymoron.

As consciousness is relative to mind & thought, it cannot be absolute. As consciousness is also relative to the awareness of feeling & emotion, it is definitely not absolute.

Conscious-awareness is relative to the mental & emotional experiences of an individual spiritual entity in a physical body. With no body, there is no experience. With no experience, there is no awareness, no consciousness, no thought, no feeling, no mind, no emotion. There is no absolute subjective objective because all objects are the subject of a subjective perception of a relative personal perspective.

When consciousness is deemed to be relative to knowledge, there is no awareness of intuitive knowing by a rational intellect. With intuitive awareness, I know that all knowledge is relative to one's level of consciousness. As our awareness is continuously expanding our consciousness, there is no absolute state of mind, thought or consciousness. Neither is there an absolute state of heart, feeling or emotional awareness.

Absolute awareness is an oxymoron. Awareness is relative to levels of Consciousness. It is awareness that raises the level of conscious thoughts of the mind, relative to our current state of spiritual evolution.

The Dawning Of Awareness

December 2012 heralded the Dawning of the Age of Awareness.

In astrological terms, the Light of Aquarius dawns as the Age of Pisces moves into the darkness of the past 2000 years. The further we move into awareness, the darker becomes the Piscean Age of comfort & security. It is dawning on our perspective that after two millennia of learning to live in comfort & security, there is still an abundance of discomfort, dis-ease & insecurity amongst the majority of people on this planet.

In the ignorance of the darkness of the unaware, there is a belief that we are moving back into the preceding Arian Age of Survival. To the spiritually awakened, there is an intuitive knowing that our destiny is to embrace a new age, in which we are gradually becoming aware.

In the previous Age of Scientific Endeavour, consciousness remained the Hard Problem of Physical Sciences. Without Awareness and a distinction between consciousness & awareness, Consciousness remains a barrier to a new perspective of Awareness and a new awareness of Perspective.

The paradox of Awareness is that I need awareness to become aware of my awareness. Without awareness, I have no definite awareness of what awareness is.

It is intellectually obvious that awareness is intuitive. Without intuition, I am conscious when I am aware, yet unconscious to my awareness. My rationally intellectual mind alone, is unaware of intuition being subjectively emotive. Without an intuitive mind, with subjective thought, there is no awareness of consciousness because awareness remains unconscious. With an intuitive mind that is thinking objectively, there is still no awareness of what consciousness is.

It is my level of Consciousness that either allows or disallows my awareness of levels of consciousness. It is only with my intuitive awareness that I am able to see a definite meaning, reason & purpose for being both conscious & unconscious. Without awareness, there is no perception of different levels of consciousness. I am either conscious or unconscious. I have no distinction between my sub-conscious instinct and my super-conscious intuition. There remains only a distant inkling of a supra-conscious creative entity, which is mis-defined as 'Consciousness' by an agnostic spiritual realism that has renounced all other versions of a religious belief in 'God'.

In the absence of awareness, a new age of spirituality is moving into the non-dual ideology of a singular consciousness called Oneness. It is renouncing the spiritual entity of a divine sense of Self for a perspective of a non-ego of non-reality, with no specific identity, called non-duality.

With the presence of intuitive Awareness, I am moving into a new age of perceiving a potential destiny, in which all possibilities & opportunities exist as a beneficial, divine & ideal experience of life.

The Age of Aquarius will dawn on each of us individually with the awakening of an intuitive perception that Awareness is actually a distinct & essential level of Consciousness.

Just Semantics

Semantics defines the meaning of words, signs & symbols.

Semantics is Just when a meaning has a definite balance. When semantics is just a matter of definition, it has no balance and no true meaning. When there is no true balance to the meaning, it is just a matter of how a word is defined.

When a word is defined with a balanced meaning, it just is semantically correct. Its meaning is in balance with its definition. When meaning is defined in an unbalanced way, it is semantically incorrect.

When semantics gives meaning both balance & definition, its meaning is definitely balanced & just.

Semantics is just when the intuitive emotional meaning is balanced with its rational intellectual definition. This means that I intellectually know it is right because it intuitively feels good.

The Meaning Of Ability

The Meaning of Ability is empowered authority with inspired power. Ability is the mean balance of a definite power with a defined authority. Meaning means both balance & definition. With mental definition and emotional balance, I am physically enabled. Attaining the mean balance between male instinct and female intuition clearly defines my intellectual ability. Clearly defining my sub-conscious male programming and my super-conscious female purpose, allows my conscious intellect a wealth of wise balanced choices.

I am enabled when my female power is in balance with my male authority. Ability with a balanced instinctive meaning allows my life to intuitively love my emotional purpose, in the light of my intellectual mental reasoning.

When emotional purpose has mental reasoning, my life has meaning and balance is definitely enabled. The meaning of life is to attain a definite balance with a reasonable purpose.

- With only a female intuitive purpose, there is no male intellectual reason for my life
- With only a male intellectual reason for my life, there is no female intuitive purpose
- With no definite balance of a male perspective with a female perception, there is no reasonable meaning or purpose for life

With a clear perception of the female power of emotional support and a direct perspective of the male authority of mental guidance, I am physically enabled to live a meaningfully inspired, purposefully empowered and reasonably enlightened experience of life.

The Reason For Authority

The Reason for Authority is to empower Ability. Ability is empowered when it is reasonable. When ability is unreasonable, it is disempowered. The reason for authority is to make wise choices. Wisdom is the reasonable choice of authority. Without wisdom, authority is unreasonable and unfathomable. A fathom is a measure of depth. There is no depth to unwise shallow thinking.

The reason for authority is the ability of wise guidance. With a reason that is supported with a purpose, I have wise guidance. There is no mental reason to enable my ability without any particular purpose. Without a clear purpose, any guidance or direction is unreasonable. Every reasonable direction of choice has the support of a clear purpose.

The ability or inability to be empowered is due to the polarity of my direction. Forward directions are direct and empowered, whereas backward directions are indirect and disempowered. There is always a bipolar choice of direct or indirect guidance.

- Direct guidance is intuitive & subjective
- Indirect guidance is instinctive & objective

My choice is always the subject of my objectives.

1. Instinct is the indirect guidance of my personal survival
2. Intuition is the direct guidance of my thriving beneficial growth
3. Intellect is the conscious mean balance of my sub-conscious instinct with my super-conscious intuition

When I instinctively choose my intuitive intellect, the authority of my choice is most reasonable.

The Purpose Of Power

The Purpose of Power is to enable Authority. Ability is divided by gender into male authority & female power.

- The reason for authority is guidance
- The purpose of power is support

With the authority of guidance and the support of power, my provision is enabled. When my choices are supported, they have power and I feel empowered . I feel disempowered when I make choices that are not supported. We are never supported to make unauthorised choices. I can choose to act without support but this is unwise.

The purpose of power is to enable wise choices. I am free to choose whatever I love but not whatever I like. It causes a problem when I choose what I like, when it is not what I love. When I both emotionally love it and mentally like it, I make a wise physical choice.

- When I choose with my intellect, I am fallible because my choice is not always supported with emotional power
- When I choose intuitively, my choice is certainly empowered and fully supported

My intuitive power of inspired emotional feeling is always on purpose. My mental intellectual will power has a mental reason without an emotional purpose. It is mental motivation without the power of emotional support. The purpose of will power is to enable false authority, which is not wise because it is pushing against the flow.

The purpose of emotional power is to enable my true choice of authority to flow on purpose with the inspiration of being fully empowered.

Sovereignty

Sovereignty is the independent state, of an empowered personal authority, which enables the wisdom of beneficial choice.

Sovereignty is a choice that allows absolute dominion over one's own personal experience of life.

Sovereignty is the Oneness of a supra-conscious essence, aligned with super-conscious awareness of the quality, that is consciously attained and sub-consciously attributable to one's Self.

With Sovereignty:

1. I intuitively feel good, know my right choices and see my opportunities in life
2. I am empowered, inspired & blessed with guidance, support & provision
3. My boundaries align with my standards, as I am being unto others as I choose others to be unto me
4. My thoughts, words, actions, beliefs & feelings are all congruous
5. My essential nature is physically, mentally, emotionally & spiritually harmonious
6. My destiny has a vision, mission & purpose for my life
7. I have a unique, individual & exclusive; clarity, direction & presence; in my pursuit of personal exploration, discovery & experience

My Sovereignty is:

1. Just embracing the opportunity of being gently accepting of life

2. A personal choice of wise fulfilling discernment
3. The gratitude of a healthy contentment of enough abundant provision
4. The way of love, with a joyful wealth of empathic compassion
5. The equable grace of approving a mutually soulful sharing experience
6. The resilient goodness of allowing others their authority to enlighten & enliven their own life
7. The grateful appreciation of my participation in the evolution of leading my own life by following my own path of expansive spiritual growth

Your Sovereignty is: Your dominion over whatever thou has chosen for thy Self.

Anon-dualism

Anon-dualism is a doctrine that supports the belief in being present, at once, in the here & now. It has faith in an experience of reality that is being presented at once, forthwith, right here & right now.

In a relative dual reality world of choice, in which we are all living, non-duality is a non-dual reality that is, by definition a non-reality. As there is no such thing as an unreal reality, non-duality is an oxymoron in a dual reality world.

Anon-duality is a present reality that overcomes the duality of only two choices. It is a surreality or surreal experience of reality that overcomes or transcends the experience of relative duality.

A relative dual reality experience allows choice. When choice is limited to two choices, it is a duality; which is not divine. When choice is limited to one choice, it is a singularity or singular reality; which is often called a non-duality of oneness. When choice is expanded to a third choice being present: Anon-duality becomes the opportunity to transcend the duality of dual reality & non-dual reality.

- Non-duality is a singular reality of oneness
- Duality is a dual reality of twoness
- Anon-duality is a triune reality of threeness

The triune reality of human existence is a space-time-reality of love, light & life, as a frequency, wavelength & vibration of mental thought, emotional feeling & physical experience.

The duality of every frequency of thought, backwards or forwards through time, has either a positive or a negative polarity of every perceptive perspective.

- When I look forward in time, my thoughts are positive
- When I look back in time, my thoughts are negative
- When I am present in the now of time, I am at once mentally neutral
- With real presence in the here of space, I am forthwith emotionally balanced & mentally neutral

The duality of every wavelength of emotion is its male or female gender:

- Non-duality denies the choice of male or female gender
- Duality limits the choice to male or female gender
- Anon-duality explores the beneficial divinity & the divine benefits of a unified and undivided gender of emotional experience

Whereas non-duality recognises the unreality of ungrounded spiritual experiences of mental euphoria, emotional bliss & physical ecstasy appearing to be real; anon-duality embraces a triune reality in the presence of:

- Health, wealth & wisdom as the attainment of Wellbeing
- Contentment, fulfilment & joy as the attributes of Happiness
- Awakeness, awareness & alertness as the essence of Vitality
- Goodness, grace & gentleness as the quality of Glory

Anon-dualism has a clear & present faith in the glorious vitality of being alive with happiness & wellbeing.

Modesty

Modesty is the emotional state of being that I am expressing when I allow my achievements, accomplishments & attainments to speak for my Self.

Modesty is the way, or mode, that is best. The mode-est way is the third choice, which is the balance between pride & humility.

- Pride is the state of being outstanding or standing out from the crowd
- Humility is the state of being like the crowd, without standing out

Modesty is outstanding humility. It is being proud of not being proud. It is outstanding confidence without outstanding arrogance. It is outstanding humility without outstanding humbleness.

- Humility is being like others, being neither superior nor inferior
- Pride is seeing myself as being better than others
- Modesty is my Self being Good Enough

Exploitation

Exploitation can be advantageous or disadvantageous relative to the positive or the negative polarity of personal perspective.

- When exploitation happens to me, I am a victim of whomever or whatever is exploiting me, which is a problem.
- When exploitation happens by me, I gain an advantage over whomever or whatever I am exploiting, which is a challenge.
- When exploitation happens through me, I gain a certain beneficial advantage for myself, with no disadvantage to other people or other things, which is an opportunity.

Allowing myself to be used willingly is being unselfishly exploited, willingly exploiting other people is seen by them as being selfish and allowing my exploits to be advantageous is truly selfish when it is never detrimental to another.

Being truly selfish is using or exploiting others to our own advantage without it being detrimental to them. Sharing an exploit is never detrimental to either party. Resisting an exploit can be detrimental to either one or both parties.

To exploit a person or a situation is to use that person or situation for one's own advantage. When a person sees their self as disadvantaged by an exploit, they are a victim of exploitation because they believe that they are being used and exploited, which is a problem.

- Seeing an exploit as a disadvantage is always a problem
- Seeing an exploit as a mutual lesson to be learned is always a challenge

- Seeing an exploit as a mutual opportunity is always beneficial

I can only be used and exploited disadvantageously when my perspective of what is occurring allows myself to be so.

Mercy

Mercy is a quality attainment in life. It is the attainment of gratitude for the quality of one's life. This enables life to be continuously lived in a beneficial way.

- When I am with mercy for my life, I am in gratitude for the quality of my life that is flowing through me
- When I am at the mercy of life, I hope that whatever is happening to me is beneficial

It is my destiny to attain the quality of mercy in my life. It is my fate to hope for mercy from others. Other people are not the source of mercy in my life. It is my destiny to accept the gratitude of others, for the quality of mercy that I am expressing in my life.

The quality of mercy is not strained when it is twice blessed. This means that my gratitude for what others do for me allows their gratitude for whatever I do for them. This is the Law of Attraction working as a Golden Rule.

Pleading for my life at the mercy of another, strains the quality of gratitude and is not blessed. I will curse others who do not show me their mercy.

To receive the gratitude of mercy, I am first required to give gratitude for my life to my Self. Feeling merciful towards my Self is expressing gratitude for the wonder of my own beneficial experience of my ideal life.

Life is merciful when I express my gratitude for its wonderful opportunities. When I take every opportunity that is mercifully presented, I require no mercy from others and I am able to share their mercy for their

life with compassion. I am sincerely grateful for the opportunity to express a quality of mercy for which others are extremely grateful.

Mercy is a quality of life that I can give to others, receive from others and indeed share with others in a merciful way.

JULY 2022

Three Types Of Senses

1. Intellectual Senses (aka: physical senses) consciously measure the existence of a personal environment.

2. Instinctive Senses sub-consciously measure a change in personal environment

3. Intuitive Senses super-consciously create a beneficial environment.

- The 5 Intellectual Senses are: Visual sight, auditory hearing, taste, smell & physical touch
- The 4 Instinctive Senses are: Vestibular balance, thermal temperature, kinetic movement & emotional power
- The 3 Intuitive Senses are: Seeing with insight, knowing without prior knowledge & feeling without physical touch

All 12 senses allow Human Beings to be consciously, sub-consciously & super-consciously aware of the existence of the environment that they are both creating and experiencing.

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.

Three Ways To Relate

1. I choose to relate to Other People in the way that my Soul relates to my Self:

This is with Sensitive Detachment

My sensitivity is neither over sensitive nor insensitive and my detachment is neither attached nor disconnected.

2. I choose to relate to my Soul in the way that my Soul relates to my Self:

This is with Exclusive Connection

My exclusivity is neither inclusive nor excluding and my connection is neither disconnected nor attached

3. I choose to relate to my Self in the way that my Soul relates to my Self:

This is with Emotional Rationale & Rational Emotionality

My rationale is neither irrational nor unemotional and my emotionality is neither unemotional nor irrational, having an emotionally intelligent logic and a logical emotional intelligence.

The Paradox Of Snakes & Ladders

The Paradox of Snakes & Ladders is that every snake is a potential ladder and every ladder is a potential snake.

Every apparent problem in life is an actual opportunity and every opportunity in life can be deemed to be a problem. The only difference between a snake and a ladder is the conscious-awareness of the perception of personal perspective.

An awakened child, when first playing the game, will ask: Why can't I climb up the snakes? They are told to follow the rules that the adults have decided is fair for everyone. It is called an even playing field. Ironically, the rules ensure that only one person wins and everyone else loses. Their rule of equality determines who is a superior winner and who is an inferior loser.

An awakened adult realises that Snakes & Ladders is a Game of Life; played in a three dimensional globe of awareness, instead of on a two dimensional field of consciousness. A two dimensional field allows two choices of two choices of direction. I can choose to move forward or backward or right or left. As I reach the end of every path at the boundary of the field, I move either left or right. From a three dimensional perspective, I appear to go up one level but this is a two dimensional illusion as I am still on a flat playing surface. I mistake forwards for upwards and backwards for downwards. On a two dimensional board, there is no third dimension of up & down. When moving up or down the board, I am actually moving from right to left, backwards or forwards, which ever way I perceive it from my own perspective. When the 'counter' is two dimensional, so is their perspective.

With three dimensional awareness, I can play three dimensional snakes & ladders. I can now move horizontally forward & backward, laterally right or left, and vertically up or down. To do this, I first have to challenge and change all the rules that others made up in the two dimensional game, where snakes were in opposition and contrast to ladders.

In three dimensional snakes & ladders there are also Park Benches. These are for the unenlightened, who are lost, confused & frustrated without the presence of a clear direction. They park themselves on a bench waiting patiently or impatiently for a ladder of opportunity to pass by. Benches are there to allow rest, recuperation and idle reflection on a vital lesson in patience & impatience. With enough awareness of reflection, it is recognised that the provision of guidance & support is available to every participant.

When the paradox of the game is realised, every space in time is a real opportunity to choose to ascend in consciousness, as a ladder miraculously appears from nowhere. When I choose to go nowhere, I remain parked on the bench. When I choose to be now here, I am present and I have the presence to ascend the ladder. Without the presence of my emotional energy, I fear the ascent and my ladder turns instantly into a snake. When I face my fear, the snake turns instantly back into a ladder and I have the opportunity to ascend to my next level of awareness.

Whether I perceive the presence of a ladder or a snake is relative to the level of my emotional energy. I cannot climb a ladder of awareness without the emotional power to do so. Falling down the snakes needs no emotional power. Without awareness, I gravitate to my lowest level of consciousness, which are my sub-conscious fears & limiting beliefs. The more fears I have, the less emotional power I have and the more potential snakes that I encounter.

Parking my Self on a bench is where I learn to raise my emotional power by challenging and changing my beliefs about the rules of the game. It is always my false beliefs, fears & convictions that cause the problematic affects of my downfall.

With a new perception of my emotional power and a new perspective of my mental authority, as a golden rule, I ascend on my pathway through life with the certain feeling and the undoubtable knowing that my life is an ideal, divine and beneficial experience; in which I always gain and never lose.

Snakes & Ladders

Snakes & Ladders is a children's game of luck & fate. When I land on a ladder, I am lucky and I progress but when I land on a snake, I am unlucky and regress.

The Real Game of snakes & ladders is a chance to fulfil a personal destiny in Life. It is a game of untold levels, which descend downwards into a depression of despair or upwards into the joy of happiness. Every snake represents a problem and every ladder is an opportunity. The challenge is to be problem free and to see every opportunity.

A snake is potentially present on every uneven space at odd times and a ladder presents itself on every even and balanced space in time. A choice of moving in any direction, backwards or forwards, can result in my ascending a ladder or descending a snake. When I move into a positive space in time, I rise & succeed and every time I move into a negative space, I fall & fail.

The analogy of this Game of Life is either an odd descent into a living hell of chaotic problems or an even ascent into a heaven or haven of beneficial opportunities. The game is played on a two dimensional board or field of relative duality. It is the duality of every experience that allows a personal choice for every move. Within this two dimensional field, I can choose to move backwards or forwards or side to side, in order to rise or fall up or down. My ladder to heaven is in contrast & opposition to my snake pit of hell on Earth. Every ladder is an Angel to guide & support me and every snake is a Demon that disempowers & defeats me.

The Real Game of snakes & ladders is a game of chance, called opportunity; not a gamble of chance, called luck. Fulfilling every

opportunity by making wise choices is my destiny. Failing every challenge is a problem called my fate.

- Making even, balanced choices is always beneficial
- Making odd, biased choices is always detrimental

I can see every move as an even opportunity or an odd problem. Every even space is an opportunity for a real experience in true time.

- On every even space, my emotional gender is balanced and my power is harmonious, approving my support to the next higher level
- On every odd space, my mental polarity is misaligned & untrue; causing my downfall, relative to the depth of my fear of the demon snake

It is my fate to descend into the depths of my pit of despair. The only way out is a ladder to the next level of the anger of my intolerable frustration. It is a dark night of the Soul when I realise that from the depths of my depression, balancing patience with my angry impatience is the only way out of the duality of my experience.

The only way up is an even choice of balanced emotional gender with a beneficial mental polarity called opportunity. Every opportunity is a chance to make a better choice of every real space in time, which always contains a ladder provided, guided & supported by the Soul, who created the Game.

The Sole Creator of the Game always sees the big picture, from a higher level of consciousness.

My Self is just a Counter of the spaces in the game, with a choice of clarity & direction always present.

Text

Text is the written word. It is how thought is stored in a physical way. It is a written record of spoken & unspoken thoughts.

When a thought is rational and it has an explicit meaning, with a clear definition, it has Context.

- Context gives text a meaning

When a thought is substantial and it is substantiated with proof as a justified reason, it has Pretext.

- Pretext gives text a reason

When a thought is implied on purpose, as an implied purpose, it has a Subtext.

- Subtext gives text a purpose

When a Text has a meaning, reason & purpose, it has a higher alignment of a Super-conscious Thought, which is intuitive.

Intuitive Thought is rational, substantial & implied with meaning reason & purpose. It is how my Soul texts my Self.

Conscience

Conscience is a sense of what is right & true for one's Self. It is a guidance system that aligns the Self with its true & chosen path. My true conscience aligns my Self with my Soul. Every guidance system has a direction, called a polarity. Polarity is a choice of positive or negative direction, which is either right or wrong, true or false, for every Individual.

Conscience can be guided by:

- Collective sub-conscious instinct
- Individual super-conscious intuition

When my conscience is sub-conscious instinctive guidance, it tells me what I believe that I shouldn't, mustn't & ought not to do because I haven't got permission from other people. It is a moral compass that guides me to stay within the boundaries of what my society believes to be ethical & right for me. We are all sub-consciously programmed from birth with the principle beliefs of our family, the moral standards of our religion and the ethical boundaries of our society. My conscience reminds me of the boundaries of other people's standards that they have collectively determined to be right for me. This is a negatively polarised conscience that limits my choices to what other people determine is acceptable for me. I have a crisis of conscience when what I know to be true for my Self is in contrast or conflict with what others believe is right for them.

My true conscience is intuitive, not instinctive. It is my super-conscious Soul that is my true guidance and my wise support, which aligns my Self on my chosen path through life. True conscience is omniscient and intuitively all knowing of what is right & true for my Self. It contradicts the principle science of ethical morality.

Non-Dualism

Non-Dualism is a belief system that reprograms the intellect to believe that it has no identity and doesn't really exist.

Non-Dualism is a belief in the Gospel of Oneness, which dictates that the connection to Source is the same for everyone & everything. It believes that a separation from Source is just an illusion and the oneness of no separation is the one reality.

Non-Dualism believes that duality is a creation of the ego and that denying the intellect will transcend the ego sense of Self. The physical focus of non-dualism is on a non-physical experience of oneness with everything.

Non-Dualism is divine direction filtered through a distorted belief system. The distortions of a dual reality existential experience cannot be transcended by ignoring or denying the reality of a relative experience of space & time.

Non-Dualism believes in an absolute experience of non-dual reality, in contrast to a relative experience of dual reality. It ignores the fact that non-dual & dual, absolute & relative, are a dual choice of reality; even though they are not a choice of a non-dualistic perspective.

When integrity is defined as the oneness of the Self with its own exclusive Soul Entity, then the inclusive non-dogma of oneness with everything is out of integrity with one's true Self.

Non-Dualism preaches an inclusive connection to the source of everything, which is realistically something called nothing. It is actually expressing:

- An inclusive attachment to something called other people

- An irrational unemotional awareness of nothing called no self identity
- A disconnected insensitivity to one's Self
- A sympathetic apathy with everything

The Paradox Of The Oxymoron

It is a dual perspective of real life that sees a surreal paradox in contrast to an unreal oxymoron.

- A Paradox is a contradiction in choices from a true & wise perspective
- An Oxymoron is a contradiction in choices from a false & unwise perspective

In all the choices of perspective available in a relative dual reality experience of life, there is one choice that is both a paradox and an oxymoron. It is both true and untrue relative to personal perspective. That choice is called Non-Duality.

Non-duality is a paradox because it defines a contrast in choice, of two ways out of a duality. That choice is between a singularity and a triality. Choosing a triality overcomes the duality of singularity & duality, which is also a duality of duality & non-duality. Choosing the singularity of the oneness of everything & nothing is denying something called the duality of everything & nothing. Singularity is a oneness with the unity of nothing and the unity of everything, which is a paradox. Whereas the singularity of everything and the oneness of nothing are both oxymorons.

Non-duality is an oxymoron because there are not two ways to overcome duality. In a relative dual reality existence, an absolute experience is a duality of a relative experience; so it cannot be a non-dual experience. A non-dual experience of absolute oneness called singularity cannot exist in a duality.

The paradox is: "A black hole can exist in reality but reality cannot exist in a black hole"

The Oxymoron is: "An empty black hole cannot be full of blackness"

A non-dual personal experience of divine oneness is unity with one's divine Self. This is a triality of me, myself & I, which is a third choice of Threeness that overcomes the duality of Oneness & Twoness. It is not something that is the oneness of everything & nothing but something that is the unity of the dual reality Self with its Divine Soul. A triune reality experience overcomes the duality, or dual reality, of the soul/self.

- The Divine Self is a Paradox
- The one self is an Oxymoron

Economic Growth

Economy is synonymous with thrift, frugality, parsimony, prudence and scarcity.

When Economic Growth is part of a financial operating system, it ensures that the populous remains in poverty and the elite overseers of the system remain in luxury & extravagance. The elite ruling class, who oversee our global financial system, know that economic growth for the masses equals financial growth for them.

The Law of Attraction states that whatever is the focus of our attention is unto ourself drawn. Focusing on economic growth for the people draws financial growth for the Elite and financial depletion for the people, through inflation.

Inflation of the financial system causes depreciation of asset value.

Economic growth in a debt based financial system encourages a controlled inflation, which appreciates only the assets of an elite ruling class. The more the elite financial overlords focus on economic growth, the richer they become and the poorer the people become.

Overcoming the current system of financial growth for the few at the expense of economic growth for the many requires a new paradigm of expansive growth for everyone. Expansive equality can be attained through a new system of Abundant Wealth for both our Leaders and their Followers.

Abundant Wealth through expansive growth allows the contentment of everyone to have enough. When everyone is discontent because they envy the assets of the rich, the assets of the rich appreciate and the assets of the poor depreciate. It is the scarcity mentality of the poor that causes

an inflated depreciation of their asset value. It is the gluttony mentality of the rich that causes an inflated appreciation of their asset value.

As long as the rich have more than enough, the poor will be discontent with less than they need. When everyone is content with having enough, abundance is the new paradigm and expansive growth is the new system that works for everyone.

When everyone is content with what they have, there is no gluttony and there is no poverty. Appreciating what we have, by being content with the abundance of enough, is the key to expansive growth. In a System of Expansive Growth it is true happiness that is abundant instead of the false pleasure that is obtained through the currency of money.

When we give people credit for being content with enough abundant wealth, the focus is on enough abundant wealth and those in emotional debt who are unhappy, need only change their perspective.

Expansive Growth is attained when we each individually recognise the wealth of abundance that already exists in our life and value our own contentment above the gluttony that is causing our emotional poverty.

When everyone has the feeling of being content with enough, life is abundant and growth expands with the appreciation of what we all already have. We realise our own emotional wealth once we realise that economic growth is not who we really are.

The Paradox Of Philosophy

The Paradox of Modern Philosophy is that it is the study of love & wisdom, with a rational intellect that is devoid of either wisdom or love. It chooses Philos over Eros and Ethos over Pathos in its ignorance of Logos & Agape.

The Paradox of Ancient Philosophy is that Philos is female love and Sophia is male wisdom. Uniting the love of Philos with the wisdom of Sophia is the yin & yang of philosophy, which unites the Logos of Agape

Whereas love & wisdom, or emotional wealth & mental light, are a duality; they are a pure duality when love is undivided by gender and wisdom is undivided by polarity.

- Choosing a polarity of either male intellect or female intuition is not wise
- Choosing a gender of either male rational consciousness or female emotional awareness has no worth
- Choosing the true value of pure conscious-awareness with the wisdom of an emotionally intelligent intuitive intellect, is the best philosophy

The Paradox Of Duality

The Paradox of Duality is that duality has a duality of non-duality. Non-duality is in contrast & opposition, relative to duality.

In a relative dual reality world, everything has an opposing or contrasting choice of perspective. I can perceive a world of duality and I can perceive a world of non-duality. Both perspectives exist simultaneously as an individual choice of each Individual or person.

When perceiving non-duality as an absolute perspective rather than a relative perspective, it becomes an oxymoron. This is because non-duality is a relative perspective not an absolute perspective. There is no absolute perspective in a relative world of duality.

An absolute perspective of non-dual reality cannot exist in the duality of space-time reality. A non-dual perspective of absolute reality can be conceived in a relative world as the contrast to a relative choice but it cannot be experienced. This statement can be perceived as either absolutely true or relatively true. It can also be deemed relatively true or relatively false and absolutely true & absolutely false. In the dual reality world of choice, many possible perspectives exist once they are personally conceived.

Reality is just a matter of personal perspective, based on personal choice, based on personal beliefs. In a relative dual reality world of choice, I am free to choose my personal beliefs, my personal perspective, my personal experience of reality or someone else's.

It is duality that allows choice. It allows a choice of a non-real non-dual perspective and it allows a choice of a dual reality perception of perspective, which can be real, unreal or surreal.

Enhancement

Enhancement is Spiritual Growth. It is becoming more physically efficient, more emotionally effective and more mentally expansive. Improving physically, emotionally & mentally is the personal development of spiritual growth.

I enhance my spiritual growth through my expansive mental enlightenment and my effective emotional enrichment.

My physical enhancement is efficient when I am mentally enlightened & emotionally enriched. Spiritual Enhancement is the development of my Self in a physical, mental & emotional way.

Being enlightened and enloved allows the enhancement of my enlivenment. I become more effective, efficient & expansive in the most agreeable way.

When my enlightenment & my enrichment become enhanced, I am mentally authorised, emotionally empowered & physically enabled. My physical ability is enhanced with my mental enlightenment and my emotional enrichment. With the authority of enlightenment and the power of enrichment, my ability is enhanced.

The ability to enhance my experience of life is ever present. With the presence of enlightenment and the present of enrichment, I am presented with the ability to enhance my spiritual development & growth.

Enhancement expands my opportunities for growth through physical experience. I act more efficiently & more effectively once I am aware of my spiritual enhancement.

Enrichment

Enrichment is the wealth of being rich and the richness of being wealthy. With no distinction between being rich & being wealthy, I am unaware of what being truly enriched means to me.

The enrichment of my life with an attachment to physical assets will deny & disallow my emotional wealth. Emotional wealth can never be attained through physical riches. A physical attachment to being asset rich may provide the experience of pleasure without pain but it will be at the expense of the feeling of personal joy. It may provide the achievement of objectives but at the expense of subjective fulfilment. Plenty of physical satisfaction is without the quality of enough abundant emotional contentment.

Being enriched by physical experiences may meet my emotional needs but this is a poor substitute for the truly enriching qualities of being Happy & Well.

When wealth is an emotional attainment, it allows the experience of joyful happiness. Joy is a measure of emotional happiness and wealth is a measure of emotional joy. I attain my emotional wealth through my experience of joy. I cannot buy, sell or trade my wealth of joy, I can only share it with other happy people. It may please me to share my riches with poorer people but this is divisive sharing, which is contracting and not expansive.

- Contractual physical riches can be spent, saved or wasted
- Expansive emotional wealth can only be shared as a mutual experience of joy

There is always a choice of being enriched with a wealth of physical assets or enriched with a wealth of emotional joy. There is no joy in the pursuit of owning assets, only equal quantities of pain & pleasure.

The attainment of emotional joy is a truly enriching experience. It is attaining the emotional state of being enloved called Enlovement.

Enlightenment

Enlightenment means I am meant to be in the Light. Fully enlightened, I have no shadow self. It is my Self that becomes enlightened, when I overcome my shadow with wise choices. Being enlightened allows wise choices and being wise allows the Self to illuminate and overcome its shadow.

- Spiritual religions believe that enlightenment is a process of gaining religious knowledge
- Physical sciences believe that wisdom comes by proceeding to make knowledgeable choices

Enlightenment is the personal ability to 'see the light', to be 'in the light' and not in the 'darkness'. We are not enlightened with physical light. The Light of enlightenment is the spiritual light of personal mental authority, which is both empowering & enabling.

An enlightened person is empowered with certain ability to achieve their vision for their life. The purpose of enlightenment is to personally see the vision that we each have chosen for our individual life.

Enlightenment allows a personal journey to unfold consciously, with a unique and exclusive vision for each individual life. This is neither a religious nor a scientific process.

- A wise person proceeds on their own enlightened path through life
- An unwise person allows their self to be processed in life by other people's religious dogma and scientific doctrines.

Seeing the Light requires the inner sight of intuitive vision. With insight, I intuitively know my mission for my life, I intuitively feel my purpose for my life and I intuitively see my vision for my life.

My enlightened vision is my calling in life. It is my Soul intuitively calling my Self to follow a wise path towards my destiny.

- It is my destiny to be enlightened
- It is my fate to remain in the shadow of my own darkness

My Soul is ever calling with messages of guidance & support.

- The purpose of being enlightened is to allow my divine guidance, approve my beneficial support and attain my ideal provision
- The reason for being enlightened is to effortlessly receive the guidance, support & provision that the Soul has provided for its Self on every individual journey through physical life

It is every Individual's destiny to become enlightened with the wisdom to fulfil their own chosen vision, mission & purpose in life.

It is our destiny to become enlightened because only our personal enlightenment can ensure that we fulfil our own unique destiny. It is an integral part of everyone's destiny to become enlightened.

It is through the awareness of my own intuitive wisdom that I fulfil my destiny, not the knowledge of my own, or someone else's, rational conscious intellect.

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Happiness Is A Rational Emotional Experience

A Rational Emotional Experience is one that I can rate or measure experientially. To rate an emotion requires a system of measurement, so that it's quality can be qualified. To qualify as an emotion, it is required to be a feeling or an emotional state of being that is attributable to one's Self. What is being measured is not the emotion but whether it is attributable. I can attribute an emotion to my Self, once I know that I am expressing that feeling. Both the knowing and the feeling are intuitive.

An emotional state of being is one that I am both subjectively feeling and objectively expressing. When a subjective emotion is objectively expressed, I can describe it adjectively.

An adjective is a describing word. An adjective expression is described with an emotional attribute. When I am able to adjectively describe an emotion that I attribute as an expression of my Self, then I can choose it with awareness and I have consciously attained it.

"An emotional attribute is an adjective attainment once I can consciously choose to express it"

I can choose to express my Happiness, as a rational emotional experience, once I can adjectively describe the emotional states of being that I have happily attained, by consciously attributing them to my Self.

Conversely, once I become aware of the negative emotional attributes that are causing the unhappy experiences in my life, due to my negative thinking, I can consciously choose to change my emotional experience from a negative to a positive expression of my way of thinking.

"Positive thinking requires positive thoughts with the absence of negative limiting beliefs & fears".

Happiness Is The Effect Of Positive Thoughts

It is not possible to think negative thoughts and be happy. Only positive thoughts influence positive emotional experiences. Whatever I am thinking is influencing my emotional feelings. I experience emotionally, the influence of whatever I am thinking.

“My mental memes influence my emotional moods”

Suppressing my emotional feelings to stop me being sad or unhappy, will never make me happy.

Happiness is an emotional experience, so suppressing an emotional experience suppresses my happiness, as well as my unhappiness.

Suppressing my happiness has a direct affect on my wellbeing, which is the subject of another book. Happiness is the effect of positive thoughts, not positive thinking, so we need to understand the difference.

- A positive thought is inspired & empowered and feels good. It feels good because it is empowered and it's emotional power is what inspires one's self
- Positive thinking is what I am motivated to think. When I am motivated to think in a certain way, it means that my perspective is neither empowered nor inspired

Understanding the difference between being motivated and being empowered requires both a rational and an emotional logic.

- Rational logic makes sense when I know it to be right
- Emotional logic makes sense when it feels good

If I think something feels good because it feels right, I will question whether my logic is serving me. Logically, we think with thought and feel

with emotions, not the other way around. Thinking with emotions and feeling with thought is neither rationally nor emotionally logical.

“The other way around to a negative polarity is a positive polarity”

Thoughts are either rational or irrational and feelings are either emotional or unemotional, not the other way round. Irrational feelings are as illogical as unemotional thinking.

Finding Unhappiness

We don't need to go looking for unhappiness as it is apparent to most people wherever they are. The world is full of unhappy people pretending to be happy.

In a relative dual reality world, where everything is in contrast to something, happiness has a polar opposite of unhappiness. Paradoxically, the way to find happiness is to lose everything that causes unhappiness. To do this, I am required to understand why I am unhappy and what is the cause of the affect of my unhappiness. This requires a degree of emotional intelligence. It also requires an understanding of the contradiction that the way to find happiness is to understand what is causing my loss of happiness.

Happiness is a natural quality, whereas unhappiness is a normal default setting for most people; as they usually find something that makes them unhappy every day.

There are degrees of unhappiness that spiral down through gloom, sorrow, misery, despair & desolation, to depression. It is not emotionally intelligent to wallow in the negative polar intensities of unhappiness, looking for a solution to the problem. Trying to solve the problem of one's unhappiness has never made anyone happy, just less miserable.

Actually eliminating the cause of unhappiness is the pathway to conscious happiness. The cause of all emotional problems, including unhappiness, is a mental fear caused by a limiting belief. Once I own the cause of my unhappiness because I know that my false beliefs are causing it, my problem instantly becomes a challenge. That challenge is to change a negative belief that is causing my unhappiness to a positive belief that allows my happiness to flow.

“Every frequency of thought is expressed on a wavelength of emotion”.

All mental energy of thinking and emotional energy of feeling has a polarity that is either positive or negative. Unhappiness is the affect of negative thinking, due to negative beliefs, opinions, convictions & fears.

“Happiness is the positive feeling that accompanies a positive thought”

Consequently, unhappiness is the negative feeling that is caused by negative thinking.

Searching For Happiness

Searching for Happiness is a personal statement of not being Happy. I do not need to search for what I already have.

We all have the potential to be happy, yet only a few people can fulfil that potential through choice. To choose to be happy, I first have to find it and when I do, I will be happy through choice.

- Being happy through choice is a conscious choice of no longer being unhappy.
- Being unhappy is not a conscious choice but it is a sub-conscious choice.
- Being happy is a super-conscious choice

A super-conscious choice is made with a higher awareness than just physical consciousness. It requires emotional awareness.

Searching for happiness requires an awareness of where to look and how to see it, how to feel it and how to actually know it is happiness. It requires the ability to explore, discover & experience happiness intuitively.

“Intuition is the gateway to finding Happiness”

However, intuition is not always interpreted intelligently. To be happy with my intuitive choices requires a degree of emotional intelligence, as well as a degree of rational intellect. Together they allow the essence of happiness to flow as a personal experience.

When it comes to finding happiness, having a degree in the intelligence of a rational intellect is useless without the common sense of intuitive emotional awareness. Having a sensitive awareness of what makes me

unhappy is equally as useless without rational intelligence, but it is the first step on a personal journey of experiencing happiness.

The Matrix

A Matrix is a substantial situational environment in which something is enclosed in its original form.

The Planet Earth is a physical matrix:

- It is an environment with substance, situated in the ideal location of a solar system in a galaxy
- It is a substantial environment to enclose original forms of life situations
- In its original form, life is situated in an enclosed substantial environment

The physical matrix of Earth is a matter of the substance of corporeal matter, situated in an enclosed atmospheric environment of original forms.

Gaia is a spiritual matrix:

- It is the substantiated situational environment of an energy Torus, which encloses the original form of a hyperbolic twin energy vortex

Gaia-Earth is a spiritually-physical duality of an environment ideally situated for the enclosed development of original forms of life.

- Original forms of physical life exist in an enclosed environment as Beings of substance
- Original forms of spiritual life exist in an enclosed environment as Beings of Light

Whether the Matrix is perceived to be situated in a substantial physical environment or a substantial spiritual environment is a matter of perspective.

Irrespective of whether I see my original form as physical or spiritual substance, I am enclosed as an Individual Being in the energy, matter & motion of love, light & life as my form of origin.

My original form is the energy of love, in the motion of light, as a matter of life; enclosed in a situational environment of both physical & spiritual substance.

Whether I see the matrix as physical, spiritual or both is a matter of my own personal choice.

Awareness

Awareness is a state of Aw with Areness.

- Aw is an acronym for All Wonderful
 - Areness is the attainment of exclusively connected Beingness, which is third person Beingness
1. I Am Subjective
 2. Thou Art Objective
 3. We Are Adjective

Awareness is the wonder of the areness of knowing who we are adjectively.

Collectively, we are Soul. I am your source of unlimited learning and you are my source of unlimited learning. We are learning the natural state of our unlimited learning about love, light & life. We are learning our unlimited Beingness through our unlimited Awareness of unlimited Consciousness.

There are no limits to the wonder of life, once I am aware of its wonderful nature. When I realise that I am aware, I am aware that I am realising my own life of unlimited learning. I am becoming aware of my Soul and realising my Soul as my true IdEntity.

- I am aware of my subjective Id
- Thou art aware of my objective Ego
- We are aware of our adjective Entity

With awareness of the three dimensions of:

1. Me the Id
2. Myself the Ego
3. I the Entity

I realise that Soul is a two dimensional awareness of a two dimensional consciousness of a five dimensional conscious-awareness.

- My Id is sub-conscious
- My ego is conscious
- My entity is super-aware
- My Soul is supra-aware
- I am Conscious-Aware

With the awareness of a conscious Soul-self, I am conscious of the awareness of my true Id-entity.

The Paradox of Construction & Destruction

Construction & Destruction are both a duality and a paradox:

- The Duality states that construction is in opposition to destruction
- The Paradox is that to construct from nothing requires the destruction of nothing and to construct with something requires the destruction of something

Aether is the something from which everything is created. It is the origin or source of all potential, from which all possibilities emanate. To create something constructive & definite requires the elimination or destruction of all other possible outcomes. From the indefinite potential of possibility, called the aether, manifests one definite particular possibility.

The construction of a definite creation is through the destruction of infinite creative potential. It is a matter of the realisation of a potential possibility. When I construct with a definite potential, I destroy its infinite potential.

- The Id is the definitive constructor of actual experience
- The Ego is the destroyer of infinite experiential potential
- The Entity is the creator of the entirety of infinitive, potentially actual experience

I can choose to construct my reality, destroy my reality or create my reality.

The Soul is the Source Of Unlimited Life, created through the construct of physical existence and the destruction of spiritual potential, to enable an individual, unique & exclusive personal experience. The destructive personal experience of the ego Self, constructed by the beliefs of its sub-

conscious Id, enables a creative personal experience of the super-conscious Soul Entity.

The existence of deconstructing potential enables the construction of a personal experience of the Creative Self.

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.

Three Personal Qualities of Distinction

The three qualities of my personal distinction are:

1. Individuality
2. Uniqueness
3. Exclusivity

These three distinct personal qualities influence the experience of personal existence.

- Individual means separate, special & distinct. I am distinctly special & separate both as an Individual and as a separate Species
- Unique is the oneness of being a sole & singular 'one-off'. My unique singularity is my sole oneness in integrity with the singularity & oneness of my Soul
- Exclusive means totally whole & complete with the balanced emotional gender, neutral mental polarity & harmonious physical intensity, which aligns with my Soul's initiative for its Self

My individual, unique & exclusive journey on my life path is both distinct from & in integrity with, a part of & apart from, every other exclusively unique Individual.

Being an exclusively, unique Individual is a quality, attributable attainment in alignment with the personal destiny of my Soul.

A Three Dimensional Destiny

Every Destiny is:

1. Unique
2. Individual
3. Exclusive

To each & every unique & exclusively individual person.

Every Destiny has a:

- Vision
- Mission
- Purpose

Every mental Vision outlines the emotional Purpose of every physical Mission called Life. Every vision, mission & purpose is individually & exclusively unique to each & every Human Being.

Every Destiny requires:

1. Clarity
2. Direction
3. Presence

A clear purpose with a direct vision presents a present mission, which is exclusively unique to each Individual.

- Without clarity, my purpose is confused
- Without direction, my vision is lost

- Without presence, my mission is frustrated

It is the fate of every unawakened, unenlightened, unenriched & unenhanced person to be lost, confused & frustrated.

- It is the destiny of every awakened Individual to be exclusively unique
 - It is the destiny of every enlightened vision to have a mission with a purpose
 - It is the destiny of every uniquely exclusive Individual to be supported, guided and provided for
1. With clarity, I am uniquely supported
 2. With direction, I am individually guided
 3. With presence, I am exclusively provided for

I am provided with mental guidance, emotional support & physical provision, as the present of presence is presented by providence, in each & every present moment; on my individual mission, with a uniquely clear purpose and an exclusive vision of intuitive direction for my Self, from my Soul.

Three Aspects Of Life

Life is:

1. Existential
2. Experiential
3. Influential

Existential Life is physical existence. I exist in a physical body in a corporeal world of physicality. My existence is my proof of physical reality and a physical reality in time & space is proof of my existence.

Experiential Life is an emotional experience. The purpose of all existential creativity is its emotional experience. Without existence, there is no experience. Without physicality, there is no emotionality. The emotional reality of experience only exists in a life of physical reality.

Influential Life is a mental influence. My mental influence is relative to my personal mentality. My mental reality influences my emotional experience of physical existence. Without emotionality, there is nothing to influence. My influence has little affect on my physical existence but an enormous effect on my emotional experience.

The Big Question in Life is: Whose influence is my experience of existence relative to?

- With Self-Realisation, I realise that I influence the experience of my existence either consciously or sub-consciously
- With Self-Actualisation, I am actually influencing my existential experience super-consciously

The Quality of my Life is relative to the level of Consciousness that I am aware of being influential in the experience of my existence.

- With Self-determination, I determine which Self is the influential Self, which Self is the experiential Self and which Self is the existential Self

The Important Question is: Who is the Influential Self creating my own experience of existence called Life?

Four Dimensions Of Physical Energy

The Four Dimensions of Physical Energy are:

1. Force
2. Strength
3. Power
4. Stamina

- Force is the ability to overcome both inertia & resistance
- Strength is the ability to apply resistance to force
- Power is the ability to fulfil the potential of force & strength
- Stamina enables the ability of continuing power to apply force & strength

1. Force is fluid
2. Strength has flux
3. Power has flow
4. Stamina allows flair

- Force is will power, not emotional power. I do force.
- Strength is resistance applied with resilience, not force. I have strength.
- Power is a breath of fresh air, which inspires emotionally when I feel good. I am being powerful.
- Stamina is potential, which takes time to fulfil.

Stamina requires a continuously powerful, strong force to be applied with a sufficient supply of fuel. All dimensions of physical energy require fuel, which is ignited by oxygen and exhausted by carbon dioxide. A build-up of carbon-dioxide that is not exhausted causes muscle exhaustion and the inertia of lactic acid. Oxygen is the flare that ignites the fuel. Fuel is stored by the body as:

- Sugar in the blood
- Carbo-hydrate in the muscles
- Fat in our fuel storage cells

All three types of fuel provide physical energy when oxygenated by the cardio-vascular system; with exhausted carbon-dioxide avoiding muscle exhaustion.

- Working isolated muscle groups to exhaustion promotes strength
- Working muscles anaerobically without oxygen causes exhaustion
- Working muscles aerobically with oxygen promotes power & stamina

1. When Force is good, it is fluid
2. When Strength has resilience it is gentle and its flux has flex
3. When Power gracefully flows, it endures with stamina
4. When stamina endures, it has kindly flair

A gentle force of resilient strength allows power to flow and stamina to endure.

A mindfully authorised force in a resilient physical body flows with the empowered emotion of spiritual flair.

Three Confusing Similes

Three Confusing Similes are:

1. Caring & Providing
2. Considerate & Thoughtful
3. Generous & Abundant

Kindness is:

1. Caring
2. Considerate
3. Generous

I can be kind & caring, kind & considerate or kind & generous. You are my Kind when you are caring, considerate & generous. We are kind, considerate & generous to our own Kind. I like you because you are kind and like who I like you to be. Kindness is likeness and I envy that which I am not like.

Kindliness is:

1. Provident
2. Thoughtful
3. Abundant

Kindness & Kindliness are often confused:

- Caring is confused with Providence and the provision of care
- Considerate is confused with Thoughtful and thoughtful consideration

- Generous is confused with Abundance and plenty of generosity

Providence provides provision. It doesn't care and is never bothered. Provision is provided providentially with pro-vision without being careful or careless, bothering or not bothering; as it is care-free. Providence is my super-conscious provision of support.

Thoughtful is neither thoughtless nor inconsiderate. It is wise & inspired, being neither intellectual hindsight nor instinctive foresight. It is full of intuitively insightful thoughts that are empowered with the awareness of super-conscious guidance. I consider by thinking intellectually. I am thoughtful when I see that I know intuitively.

Abundance is neither generous nor plentiful. It is the contentment of being, doing & having enough in each present moment of time. I accept my abundance with an expression of contentment. I never need to give, receive or take generously or frugally when I am presently content with enough abundance.

The Kindness of your generous, considerate care is my emotional need; which I like, think that I love & believe that I value.

The Provision & Pro-Vision of Abundant Thought is the Kindliness of the spiritual fire, flare, & flair of the True Value of my wise, inspired & empowered, super-conscious sovereign authority.

SEPTEMBER 2022

The Meaning Of Success

We all have a choice in life of experiencing thriving, striving or surviving.

- Thriving is about attaining succession. When my life is in succession, one beneficial experience follows another
- Striving is about working hard to achieve & accomplish
- Surviving is about not failing. Death is the ultimate failure

When thriving, I succeed in flowing from one beneficial experience to the next without resistance, obstruction or objection. Succession flows freely with the success of my own emotional attainments. Life flows freely and in succession when I allow it to.

Being happy allows my life to succeed and my success to thrive. Many people strive to find happiness and fail miserably.

“With the attainment of happiness, I cannot fail in life and my life doesn’t fail me.”

The meaning of success is in the mean balance. It is the balance of:

- Emotional power with mental authority, as physical ability
- Emotional feeling with mental thought, as physical reality
- Emotional experience with mental influence, as physical existence
- Emotional worth with mental confidence, as physical esteem
- Emotional competence with mental capacity, as physical capability
- Emotional enrichment with mental enlightenment, as physical enhancement
- Emotional love with mental light, as physical life

- Emotional joy with mental fulfilment, as physical contentment

Contentment flows through my life with the existence of my enhanced esteem for my real ability to be happy.

Fulfilment flows with the confident light of my influential, thoughtful, enlightened authority.

Joy flows with the worthwhile experience of a powerfully enriched feeling of love.

When I bring my life into balance, it means that my happiness is succeeding. In every continuous moment of time, I am succeeding in being happy.

Being Unfulfilled

I cannot be happy whilst remaining unfulfilled.

A fulfilling life is full of achievements, accomplishments & attainments.

- Achievements require mental capacity or know how
- Accomplishments require physical skill or capability
- Attainments require emotional attributes or competence

I feel unfulfilled when I do not achieve what I want to achieve and I haven't accomplished what I want to accomplish. This is a false sense of being unfulfilled, which is really a feeling of failure. When I believe that success or failure is just about what I achieve or what I accomplish, I will remain being unfulfilled. I may feel satisfied with my achievements & accomplishments but this is a false contentment without the attainment of fulfilment.

- When I achieve an objective, I need another objective to achieve
- When I accomplish a level of skill or professional status, I need to accomplish the next level of recognition & acknowledgment
- When I attain the true value of being fulfilled, it becomes an experience of choice

I am motivated to achieve & accomplish whatever meets my emotional needs. This has a perceived value but not a true value. Only what I emotionally attain in life has true value for my Self.

My self-worth is the value of the emotional attributes that I have attained. With the awareness of attaining the quality emotional attribute of fulfilment, I am worthy of attaining the feeling of being fulfilled that I am attributing to my Self.

Other people may hold me in their esteem for my achievements and my accomplishments but this is a false sense of confidence. My self-esteem is relative to my own self-confidence & self-worth, which I experience with the awareness of the value of my choice of personally attributable emotional attainments.

It is not possible to be truly happy and be unfulfilled. The sense of achievement & accomplishment that pleases others will temporarily ease my pain but will not succeed in fulfilling my own reason, meaning & purpose for being successful.

Being Fulfilled

- Being Content is having everything that I need
- Being Fulfilled is having everything that I truly value

What has true value in my life is whatever aligns with my purpose for being alive.

“When my purpose in life is being fulfilled, I experience the feeling of joy”

When the purpose in life is to propagate one's genes and make babies, the joy of a fulfilling purpose is experienced at the birth of one's children. There is no greater feeling of joy than becoming a mother or a father but there are many more experiences of life that we are equally able to enjoy.

Enjoying any truly valuable experience requires an intuitive vision of a purposeful mission in life. There is much more to a happy life than just making babies. The conscious fulfilment of a happy life requires the knowledge of the individual path we each have personally chosen in life because it has true value for our Self. We remain unfulfilled in life due to our unawareness of our intuitive insight.

A personal vision, mission & purpose in life can only be imagined, visualised & realised with intuitive insight. No matter how informed the rational intellect, it will never discover its purpose from knowledge and experience of the external physical world. I can only discover my purpose in my internal spiritual world with the awareness of my insightful intuition.

“With intuitive insight, I see that my vision for my life has a purpose and my life becomes a mission to fulfil both”

My Mental Vision is to live in a world where everyone is influential in the control of their own power, their own authority and responsible for their

own actions. This is a world where people are naturally well, naturally happy and their human natures are mutually beneficial.

My Emotional Purpose is to experience being a happy & well human
Being experiencing the contentment, fulfilment & joy of my happiness & the health, wealth & wisdom of my wellbeing.

My Physical Mission is to make responsible, empowered choices with sovereign authority; which allow the purpose of my vision to be realised through my human existence.

Being Content

Being Content is an awareness of being satisfied with my physical existence. I am satisfied with the contents of my life, when I am content. It contains what I need to be physically happy and mentally fulfilled with my existing life.

I feel content when there is nothing in my physical reality that is disallowing my happiness. I am discontent when I believe that I do not have enough of something. I am unhappy when I do not have what I think that I need. My lack or scarcity is misery which causes my misery.

Misery is both the physical act of being in scarcity as a miser and the emotional state of being miserable as a misery. It is both the pursuit of unhappiness and the experience of unhappiness. It is caused by the belief that scarcity exists, so I will never have enough.

- Vagrancy is poverty, applicable to the poor
- Extravagance is gluttony, applicable to the rich

Neither the rich nor the poor are content with enough. Neither the vagrant nor the extravagant have found abundance. Whether I have too little or too much, less than enough or more than enough, I do not have enough.

Being content is the feeling that I experience when I have enough of everything, which is the definition of abundance. When there is nothing that I need, I have enough, I am content and my life abounds with abundance.

I am only ever content in the present moment. The presence of contentment is only experienced now. When right now in this present

moment I have enough, I feel content and the experience of an abundant life flows into my existence.

“The fastest way to experience contentment is to want for nothing”

My life can be unfulfilled & wanting or filled full of contentment.

Happiness Is An Allowance

Happiness is my allowance when I allow it. I allow my happiness when I am not disallowing it. When I am being happy, my allowance is abundant. With an abundance of happiness, my allowance is flowing through me. I am experiencing an abundance of joy when I am happily allowing beneficial experiences to flow.

Happiness is abundant when I have enough. I cannot have too much or more than enough happiness. Too little or not enough of anything that I need causes my unhappiness. When I have had enough of something, I have really had too much.

Enough is filled full and is fulfilling. I am fulfilled when I experience the abundance of having enough.

- When my cup is half empty, my perspective is negative
- When my cup is half full, my perspective is positive
- When my cup is full, my perspective is beneficial
- When my cup overflows, I perceive my cup to be too small

I can never have too much happiness, unless I am unable to contain it. When I cannot contain my happiness, I am overwhelmed by my cup running over. I am required to first attain my happiness then contain the flow of my happiness. When I experience the beneficial abundance of life flowing through me, I realise that it contains my happiness. When I disallow the flow of my abundant allowance of happiness, I am unfulfilled & discontent because my container contains only unhappiness. When I fill my container with unhappiness, my life is not enjoyable.

- I contain my happiness by allowing it to flow through me

- I contain my unhappiness by disallowing my flow of happiness

Happiness is my allowance when I am allowing it to freely flow through the vessel of my extensive container.

I am the physical container of my happiness and the mental maintainer of my happiness, once I become the emotional attainer of my happiness.

When I seal the container, I cannot maintain the flow and I feel only the inertia & entropy of my own unhappiness.

Being an open vessel allows my allowance of happiness to flow in an abundance of fulfilment & joy, when I am content with my container.

My joy is attained when my fulfilment is maintained and my contentment is contained.

Promoting Happiness

Promotion is forward motion. My happiness moves forward when I allow it to move through me. I naturally promote my own happiness when I disallow any unhappiness of being discontent, unfulfilled or disapproving. When I disapprove of what I believe is causing my unhappiness, I fix it in to my reality as an experience. When I approve of disallowing my unhappiness, I am able to consciously eliminate its cause.

- My approval of disallowing happiness promotes my approval of happiness
- My disapproval of my unhappiness promotes it, which disallows my happiness

“Promoting happiness requires a positive perception of its emotional power”

When I see the unworthiness of my unhappiness, I take responsibility for demoting it to a past experience; by valuing the presence of my self-worth in the current moment of time. I demote unhappiness by deeming it's unworthiness to be unacceptable. Once I acknowledge my unhappiness to be a negative polarity of perspective, promoted by a false belief, I am able to reorient my perspective in the positive direction in which my happiness is flowing.

Waiting for happiness to happen to me will only ever allow me to be patient. I become a patient of my own happiness.

Trying to make happiness happen by me is a pleasure, not a joy, which often results in pain.

Allowing happiness to happen through me is my most positive perspective. It happens when I have no disapproval of whatever is

occurring in my life. I deem myself worthy of everything that is presented to me. In the absence of any disapproval, there can be no unhappiness. It is my disapproving negative perspective that causes my unhappy experiences. Unconditional approval of whatever turns up in life, allows my happiness the freedom to flow through me without restriction.

- My personal approval promotes happiness
- My personal disapproval promotes unhappiness

Being approving allows happiness to flow freely in the most acceptable way. I allow being happy to happen through me when I am being unconditionally approving & accepting of whatever is occurring in my life.

Happiness Has No Boundaries

Happiness is acceptable and unhappiness is unacceptable. We tend to endure & tolerate varying degrees of not being happy. Tolerating unhappiness is not being accepting, which is not being happy.

- A personal boundary identifies what is unacceptable behaviour from other people
- A personal standard qualifies what is acceptable behaviour for my Self

My personal boundary for happiness is that I accept other people's unhappiness, without tolerating other people's unhappiness, because it is neither my issue nor my concern.

My personal standard for happiness is that I respond with happiness in a responsible way.

By taking responsibility for my own happiness and allowing others the same ability, my standards and boundaries are in alignment and there is no hypocrisy.

I cannot take responsibility for my own happiness until I realise that I am responsible for causing my own unhappiness. When I react with unhappiness of any kind, my behaviour falls below my chosen standard and I am presented with an opportunity to uncover its cause.

Happiness is a choice that I can choose for my Self but not something that I can choose for another. What I consider to be acceptable behaviour for other people is that, like me, they choose their own happiness or they choose their own unhappiness; with neither my approval nor my disapproval.

The paradox here is that I am mentally accepting when other people are unhappy, whilst emotionally choosing not to share it. I am detached from the drama of their unhappiness when I have no emotional attachment to it.

- I am sensitively detached from their unhappiness with my empathy
- I am emotionally connected to their happiness with my compassion
- I am insensitively, unemotionally, disconnected from their unhappiness with my apathy
- I am inclusively, irrationally, attached to their unhappiness with my sympathy

“My standard is to share another’s happiness without sharing their unhappiness”

- Declaring that being unhappy in my company is unacceptable, would result in my becoming a hermit

- Accepting other people's unhappiness as my own, would render me a misery and a miserable miser.

Whereas it is my unhappiness with other people that causes me to impose boundaries; my happiness with my Self is abundant, when boundless and boundary free.

"Imposing Boundaries onto other people never promotes happiness"

Happiness Is A Standard

Being Happy is an excellent standard but it is not a normal standard. Being unhappy, for many people, is normal but it is not my standard. I cannot be happy being the cause of my own unhappiness. Being unhappy doesn't help other people to be happy.

Happiness is neither a subjective cause nor an objective affect. It is an emotionally adjective effect of effectively attaining the enjoyable, fulfilling standard of living a physical life of contentment.

My standard for Being Happy, whilst living an influential, existential, experience of life is:

- Being physically content
- Being mentally fulfilled
- Being emotionally joyful

It is my responsibility to attain the ability to respond in life to my own chosen standard. I may blame other people for my inability to be happy but this is my incompetence, not theirs. Other people appear to make me unhappy & displeased when I blame them for my own lack of responsibility. When I adopt their standards of living irresponsibly, I will blame them for my unhappiness.

When I take responsibility for the standard of my own happiness, I allow other people to do the same and I am no longer the cause of their unhappiness. Being responsible for nobody's choice but my own, I am able to set and maintain my own standards for living a happy life.

The Golden Rule of standard setting is to be unto others as you choose for others to be unto you. When I am being happy in the company of all other people, I allow them to choose to be happy themselves.

My choices are:

- I choose to be allowing of all others to set their own standards for happiness, as I choose my own personal standards for myself
- I choose to be respectful of the sovereign choices of others, without judgment, so that they are respectful & happy with my sovereign choices for my Self
- I choose to set my boundaries to be so extensive that other people cannot cross them and make me cross & unhappy

"Other people's happiness is not my concern and when I am Being Happy, I am not concerned"

Happiness Is A Sovereign Choice

A Choice is Sovereign when I personally own the beliefs that inform it. A personally informed choice is sovereign and overrules any external influence. My choices are determined by my beliefs about what is occurring in my life. Choices that I am happy to choose are empowered and therefore they are sovereign. When I am making choices that are influenced by my need to be pleased or my need to please other people, they are not sovereign choices.

I am being influenced to please other people when I believe that I should, I ought to, I must or I have to do what they believe is right for me. What other people believe is right for them is what they believe is right for me. When my belief is informed or influenced by other people, it is not my own and is therefore not a sovereign choice.

When I make a choice, based on my own true belief, it feels good and is empowered with sovereign power because it has my own sovereign authority. We each have the capacity of our sovereign authority to make our own wise choices, unless for some reason we are incapable of doing so. It is always a false belief that incapacitates my sovereign authority and disempowers me.

When I make a choice that neither feels good nor bad, it is usually made under the influence of an external authority. I sub-consciously choose it without validating the sovereignty of my own choice. When I make a choice that feels wrong, I intuitively know that it doesn't align with my own sovereign truth. It resonates with a false belief that misaligns with my own true wisdom.

In our past, the only sovereign entity was deemed to be the Sovereign Ruler of a State or Country. When Kings & Queens were deposed in

favour of democratically elected governments, or autocratically imposed dictators, the sovereign state of the Ruler was transferred to the sovereign state of the Country. As people make choices, not countries, sovereign choice became overruled by Law.

Today we are taught to overrule our own sovereign choices by defaulting to what is popularly believed to be both legally & morally right.

Making my own sovereign choices requires a personal standard of behaviour that is without boundaries, which allows me to happily be a sovereign entity in my own right. Enforcing my boundaries on other people that are out of alignment with my own standards of behaviour will only ever ensure our mutual unhappiness.

The True Value Of Happiness

A True Value is an experience that I am empowered to choose once my emotional needs are met. With no need for emotional power, I am empowered to experience in my life whatever I truly value. I am worthy of an experience that expresses my true happiness.

In the same way that we all have different emotional needs, we all have our own true values of choice. These are experiences of value that ensure our true happiness. I offer a list of true values in the appendix but it is by no means all encompassing. One person's true value may be considered another person's emotional need and what another person needs may be deemed to have true value for me. Every need has a value when it is met but it is not a true value.

- A value is something that sub-consciously motivates me. It has a subjective positive effect
- A True Value is what I choose to consciously experience when I am empowered. It is an adjective beneficial choice

The object of emotional values is that they are the absence of any subjective need and have the power to fulfil an adjective true value of my choice. What I perceive to be the source of my true happiness may have no emotional effect on you. When emotions are deemed to be aspects of love, true values are aspects of personal happiness. Don't we all love being happy?

Emotional states of being and their true value become a clear choice of objective with the emotional intelligence to mutually agree on their adjective definition. When I can subjectively describe my emotional feelings in a rationally intellectual way, I can choose my emotional

experience to be positively happy. Having a personal emotional experience of unknown quality & value is not emotionally intelligent.

“A truly valuable experience of personal choice is one that allows the enjoyment of happiness to flow”

When I ask someone if they are happy, they either say yes or tell me what they believe is making them unhappy. Few people understand the true value of their happiness and can intelligently describe their emotional state of being happy.

The personal awareness of clear adjective states of being happy and the truly valuable experiences that allow them to exist is the essence, or essential nature, of our own sovereign choice of personal happiness.

The Joy Of Happiness

Joy is the emotion that I experience when I am feeling happy. There is nothing that I have to do to enjoy being happy. Joy is an emotional feeling, not an action.

Sadness & sorrow are the negative emotional experience of being unhappy. Sorrow is the unhappiness of experiencing my misfortune. My fortune is the abundance of joy implicit within my happiness. My misfortune is the sorrow & guilt that I experience when I miss the chance to express my joy. I am sorry when I miss my chance to be happy. The cause of my misfortune & sorrow is always a fear or a limiting belief. I am guilty of the negative perspective that is causing my sadness & grief. I am grieving for what I need emotionally because my negative beliefs are disallowing any positive emotions materialising into my experience. Sadness is the depression or empty feeling of having an unmet emotional need. When I am deprived of what I need emotionally, I feel sad. When I am no longer guilty of disallowing my happiness and I am no longer sorry, my sorrow no longer exists. When I am no longer sad, due to the depression of my emotional power, my emotional needs are met and my sadness disappears.

Joy is the absence of sadness & sorrow. It is the presence of truly beneficial beliefs that allow the true value of my emotional power to effortlessly and joyfully flow through me.

- Sadness & sorrow happen to me
- Pain & pleasure happen by me
- Joy happens through me

When I allow the true value of an empowered life to happen through me, it is a Joy.

- Beneficial experiences are the effect of a happy & joyful nature
- Detrimental outcomes are caused by the sadness & sorrow of a negative outlook on life

Four Dimensional Fulfilment

Fulfilment has three dimensions of:

1. Reason
2. Meaning
3. Purpose

Reason is:

- Objective
- Intellectual
- Influential

Meaning is:

- Adjective
- Intuitive
- Experiential

Purpose is:

- Subjective
- Instinctive
- Existential

1. In the 1st Age of Man, the subject of my existence is instinctive. I am subjected to an instinctive existence
2. In the 2nd Age of Man, the objective of my influence is intellectual. I intellectually influence my objectives

3. In the 3rd Age of Man, I am adjectively aware of my intuitive experience. I intuitively experience my adjective awareness

My spiritual journey through a physical, mental & emotional life is fulfilled with the existential purpose of influential reasoning, with intuitive meaning.

The fulfilling unity of my body, mind & emotion requires a reasonable objective with an adjective meaning for my subjective purpose.

I am fulfilled when my enhanced subjective instinctive existence is enlightened by an influential intellectual objective; which is further enriched by my experiential adjective intuition.

My reasonable influence on a subjective existence develops meaning through an adjective experience of being fulfilled.

The meaning of a reasonable life purpose is gained through the existence of every influential experience of personal fulfilment.

Pleasure Is Not A Joy

Joy is a pain free experience of emotional happiness.

Pain is a symptom of the resistance that I am experiencing to my freely flowing state of being happy. In a state of pure joy, pain cannot exist. In a relative dual reality world, pain & pleasure are the same experience viewed from opposing perspectives. They exist as a contrast in polarity, experienced with either a positive or a negative perception of reality. It is either really painful or really pleasurable, relative to my personal beliefs about whatever is occurring. Whatever I oppose in life is a pain and whatever reduces my painful life, I consider to be a pleasure.

Low emotional power causes painful experiences. Pain is a warning to be aware of my state of unhappiness, caused by my low emotional power. With enough emotional power, pain cannot exist.

It is a challenge to remove whatever is causing the tolerations of an emotional energy drain.

- When I believe that my pain is physical, I cannot remove the cause of my painful emotional experiences
- When I believe that an external remedy can alleviate the cause of my pain, I will continually relive it and not relieve it
- When I believe that pleasure is the antidote to pain, I will be seduced by the pleasures of my physical existence
- When I choose an addictive substance to relieve my pain, the pleasure is just a fleeting sensation

There is no joy in the addiction to any substance, whether it be nicotine, caffeine, alcohol, adrenalin, sugar or recreational drugs. They are all driven by the sub-conscious need to relieve the pain of my low emotional

energy. Without the emotional intelligence to meet my emotional needs myself in an efficient & effective way, I will default to the normal practice of taking addictive substances for a short term energy boost.

In my pursuit of pleasure and the relief of pain, there is a complete absence of the emotional Joy of Happiness.

Happiness Is Ever Present

Happiness is a Gift, a Blessing and a Present. It is a representation of my True Self to my Real Self. I am really true to my Self when I am Being Happy.

Happiness is present in my Self when I am being Present. Being present is attributing emotional presence to my Self.

Presence is an emotional state of being that I consciously attain when my mental focus is in the present moment of Now. When I am presently in the now, I am conscious of neither the past nor the future, only the present moment. The elimination of past & future thinking is attained through the spiritual practice of meditation. It is a spiritual practice because it takes practice to tune out any past objections and future projections of my sub-conscious mind.

In metaphysical terms, meditation is tuning into the Alpha brain wave frequency of super-conscious intuitive thoughts. This tunes out the Beta brain wave activity of conscious intellectual reasoning and the Theta brain wave activity of instinctive sub-conscious programmed memories.

Intuitive Alpha thought activity is the source of personal sovereign authority, which by its divine nature is always empowered. Divine means a pure state of feeling good. With the right mental authority, my emotional power is always good, which ensures my continued physical experience of happiness.

Reminiscing in the past and planning the future is only authorised with divine power when it really feels good. When beta thinking aligns with both theta programming and alpha thought, it is a divine flow of pure happiness that always feels good.

The definition of an expansive supra-conscious mind is when personal mental activity aligns with all three levels of:

1. Sub-conscious theta instinctive thinking
2. Conscious beta intellectual focus
3. Super-conscious alpha intuitive thought

When I present all three levels of my conscious-awareness, together in one moment of time, I attain the ever present nature of true happiness.

The Unhappiness Of Greed & Pleasing

Greed & Pleasing is the same emotional need for energy, perceived with an opposing gender of perspective.

The male gender of emotional greed is in contrast to the female gender of emotional pleasing. They are like polarities flowing in the same negative polarity of direction, even though their gender is in opposition. Greedy people need people to please them and people pleasers attract greedy people, who hate the displeasure of not being pleased by others.

In alignment with the Law of Attraction, like energy unto itself is drawn. This means that like polarities with opposing genders attract each other. Attraction works irrespective of positive or negative polarity, so happy people attract happy people and unhappy people attract unhappy people.

Being happy in the company of unhappy people defies the law of spiritual energy. Being happy in the company of either people pleasers or greedy people is therefore not energetically possible.

Being greedy is deemed to be selfish and pleasing others, we are told, is being unselfish. Neither allows my Self to be truly happy. As my true Self is Happy, being truly selfish overcomes the duality of being either selfish or unselfish, as well as being either greedy or pleasing.

With the equanimity of a balanced gender of emotional happiness and the equality of a congruent polarity of mental happiness, I have the equability of a state of being both inspired & empowered with happiness. We are all equally able to be happy when our equanimity is balanced and our equality is congruent. We attain a level of mental equality when we express the mutual equanimity of our emotional happiness.

I realise that pleasing other people just makes them greedy and when I need others to please me, I am being needy & greedy as the default setting of my unhappy self.

Happiness Is A Quality Attainment

Quality is a four dimensional reality. This means that there are four dimensions to the quality of an emotional attainment.

Happiness is a spiritual quality. The spiritual reality of happiness is that it has three other distinct dimensions. As well as the spirituality of happiness, there is a mentality, an emotionality and a physicality.

1. The mental reality of happiness is called Fulfilment. I am mentally happy when the choices that I make are fulfilling. When I am mentally fulfilled, I am filled full of happiness at the choices that I am influencing.
2. The emotional reality of happiness is Joy. I am emotionally happy when I am enjoying the experience of my contentment at being fulfilled with my life. My life is joyfully fulfilling its purpose. I experience my life as full of content and filled with joy.
3. The physical reality of happiness is contentment. I am physically happy when everything that I physically need exists in my life, right now. When I have enough of everything that I need in every moment, I am content because I have neither too much nor too little, neither more than enough nor less than enough.
4. The spiritual reality of happiness is a fulfilling influence in a content existence with a joyful experience of a quality attainment called being happy.

I am unhappy when:

- I am being mentally unfulfilled
- I am being emotionally disempowered

- I am being physically discontent
- I am being spiritually unaware of my happiness

Becoming aware of the spiritual attribute of happiness requires:

1. The influence of intuitive guidance
2. The experience of intuitive support
3. The existence of intuitive provision

Without the provision of intuitive guidance & support, I will subconsciously default to needing to either please myself or please others to get my emotional need for happiness met.

Happiness Is Intuitive, Not Intellectual

Happiness is something that I feel but cannot touch. I cannot locate happiness with my physical sense of touch; neither can I see it, hear it, smell it or taste it. Happiness is not something that is physical, it is something that is emotional.

Happiness doesn't make sense intellectually. Being rational & intellectual never made anyone happy. It only ever managed to please the ego and make someone less miserable.

I cannot touch happiness physically, I can only feel it intuitively. I can only ever feel any emotion intuitively. All emotional feelings are intuitive. An intuitive sense of feeling is the only way to experience any emotion. When I suppress my emotions, I deny my intuition and when I deny my intuition, I suppress my emotions.

A rational fear is experienced as an intuitive sense of dread, with an intensity that is too high for me to suppress, so I feel intensely unhappy. An irrational fear is a worry that my intellect is unable to suppress, so it continues to sub-consciously concern me.

- The intellectual belief that emotional feelings are counter-intuitive is a nonsense
- The intellectual belief that being emotional is irrational, is a nonsense
- The intellectual belief that being sensitive is being weak, is a nonsense
- The intellectual belief that intuition is not a sense, is a nonsense

“The intellectual nonsense is that intuition is a non-sense”

With what sense to I experience happiness, if it is not intuitive? The answer is I don't. Suppressing or denying my innate intuitive senses disallows my happiness. The extensive cause of self-inflicted unhappiness in this world is caused by the intellectual belief that intuition is counter-intuitive.

With no acceptable way of measuring or rating happiness, it has become irrational to an intellectual mind. There is no rational way of being unemotional as I cannot measure what is not there.

Only when the intellect can accept the existence of its own intuitive feeling experiences will it be able to rate, measure and attain Happiness.

Happiness Is An Empowered Authority

Confusing emotional power with mental authority disallows happiness.

“Unhappiness is the affect of a disempowered authority”

We all have the authority to make a choice but not all our choices are empowered. It is being disempowered that causes my unhappiness. I cannot be empowered and unhappy.

True authority is called sovereign choice, which is always empowered. We all have the authority of sovereign choice, unless we believe that we do not. With my own sovereign choice, I make empowered choices. When I make a choice from an unhappy state of being disempowered, my choice is not sovereign. When I allow people to influence me and I default to their choices, my choice is not sovereign because it truly is not my choice. I can argue that choosing another's choice is my choice but people who argue are not happy.

Happy choices are positively sovereign because they feel good. I am happy making my own choices. When I am happy making a choice, it is with my sovereign authority because it feels good and I know it is right.

Authorised choices are empowered and empowered people make sovereign choices. Disempowered choices have no sovereign authority, so whether I believe them to be right or wrong is irrelevant. When my sub-conscious negative beliefs or my need to please others, override my sovereign choice, I will not feel happy. My empowered authority aligns with my intuitive truth, not my intellectual beliefs. My intuitive truth feels good and I know it's right because I see my choice with clarity.

When my intellectual reasoning is unemotional and I believe it to be right because others have told me so, my choice is rarely beneficial in my long term.

I am intuitively empowered with sovereign authority, unless I am intellectually disempowered by other people's opinions, fears, beliefs and convictions.

Happily Empowered & Unhappily Motivated

I only need motivation when I am disempowered & unhappy. Motivation will never make me happy, though it may please me.

Motivation pleases me when it either meets one of my emotional needs or overcomes the fear of not getting an emotional need met. This is the analogy of the carrot & the stick.

- I motivate you with a carrot when I meet your emotional need
- I motivate you with a stick when you fear that an emotional need will remain unmet

Using a carrot or a stick, a reward or a threat, is how I motivate someone else to act under my authority and do what I want them to do. This pleases myself by others pleasing me but it will never make me happy, only pleased rather than displeased.

Empowerment is emotional power with personal authority, which comes from within and is not to be confused with self-motivation.

Self-motivation is my ability to motivate myself by meeting my own emotional needs. When I fill my emotional need with energy, I am meeting my need for emotional power myself and this has value. My self-worth is greater when I meet my emotional needs myself than when I need someone else to meet them for me. Self-esteem has value whereas the esteem of other people is a need. When motivating myself, I am pleasing myself, which pleases me because it has value; but not a true value.

Doing what I truly value allows the experience of being Truly Happy. Only when I connect to my true sovereign authority can I become truly empowered and be Happy.

Meeting My Emotional Needs

Meeting My Emotional Needs is a three step process:

1. Identify what I need emotionally

In the Appendix at the back of the book is a list of 240 emotional needs. Pick out three emotional needs that have a positive or a negative pull and rate them in order of importance. You may identify as many as ten or more emotional needs that apply to yourself. As one emotional need is met, another usually becomes apparent.

2. Ask someone to meet my identified need for me

Starting with my primary emotional need, consciously ask someone to meet this need for me, unless I decide that I can consciously meet this need myself. Emotional needs are either introvert, meaning I can meet them myself or extrovert, meaning I need someone else to meet them for me. For example: the need to achieve is an introvert need because what I need to achieve for myself, nobody can achieve for me. The need for approval is an extrovert need as we seek it outside of ourself until it is present within our Self.

3. Discover a way to meet every need myself

Irrespective of the emotional need, explore ways of meeting it myself in the most effective and efficient way, which is both effortlessly & quickly.

Depending on other people to meet my emotional needs, whether consciously or sub-consciously driven, forms a dependent, co-dependent or inter-dependent relationship with that person or those people.

Developing an inter-developmental relationship with my Self allows me to transcend my attachments to other people and become truly independent in my connection to my emotional power supply. Once I

know how to consciously meet my own need for emotional power, I am self-motivated and on the way to becoming personally empowered.

Personal empowerment is a very happy state of being to attain. The default state of being disempowered and unhappy, requires first the ability of self-motivation before attaining the emotional state of being empowered with Happiness.

The Need To Be Happy

In the pursuit of Happiness, I need to be happy to find my happiness. We all need to be happy, unless we are happy. What I have, I value and what I want and don't have, I need.

Unhappiness causes the need to be happy. When I am not happy, I need to be happy, which is the affect of my unhappiness. That need is an emotional need, not a physical need.

Meeting my emotional need to be happy effectively reconnects me to my source of happiness. Unfortunately there is not just one emotional need called happiness. There are many possible causes of unhappiness and the need to be happy. There are many qualifiable emotional needs that are both the affect and the cause of unhappiness.

Whatever I need emotionally is a statement of my need for happiness. Every emotional need describes the negative energy void that affects my ability to be happy. Needing emotional energy means that I am disempowered with no will power and no self-motivation.

There are many ways that I can be demotivating myself, disempowering myself and losing my will to live. Equally, there are many possible ways that I can get my need for emotional energy met.

Meeting personal emotional needs requires the emotional intelligence to consciously understand what I need emotionally, to restore my self-motivation. Meeting an emotional need is how I motivate myself to have enough emotional power to change the limiting beliefs that are disempowering my happiness.

Firstly, I have to become aware that I have emotional needs; secondly, become aware of what they are and thirdly; become aware of how to meet them.

Happiness Is An Opportunity

“Every moment in time is an opportunity to be Happy”

Conversely, every moment in time allows the possibility of being unhappy. There is never an opportunity to be unhappy. Unhappiness is a problem, not an opportunity. It is a problem that cannot be solved but every problem can be overcome. Being overcome with happiness is always a possibility.

I overcome every problem in my life by meeting the challenge to overcome the problem. I am never challenged by happiness.

- I can happily meet every challenge in life
- I can unhappily fail every challenge in life

Whether I meet a challenge or fail a challenge is due to one thing only: Emotional Power. Insufficient emotional power is a problem. With enough emotional power, I meet every challenge in life.

- Without enough emotional power, every challenge is a problem
- With enough emotional power, every challenge is an opportunity to be happy with the outcome

Happiness really is enough emotional power to meet every challenge and overcome every problem in life.

The paradox is that I need to be happy to have the emotional power to be happy. I am required to meet my emotional needs to be able to challenge my fears and limiting beliefs, so as to overcome the cause of my unhappiness. Being empowered is the only way to connect to my emotional power. I have to be empowered to be connected and I have to be connected to be empowered.

Being unhappily disconnected from the source of our emotional power is the sole reason that we get stuck in our negative moods and the depression of our own desperate belief system. The fact is: Thinking positive mental thoughts requires positively happy emotional feelings.

“I am required to be happy to both express and experience my own state of being Happy”

The question is: How do I happily connect to the emotional power that allows my happiness to flow?

Unhappiness Is A Challenge

I have no need to challenge my Happiness. I take every opportunity to experience happiness in life, as an expression of my true nature.

Unhappiness is a problem that I can either tolerate until it becomes intolerable & unbearable or I can accept the challenge of an opportunity to change my current way of thinking. The problem is that the mental current that is my thinking is flowing in a negative direction and causing the entropy of a confused perspective. The negative direction that is orientating my thinking comes from my sub-conscious belief system.

“The challenge is to change a negative limiting belief to a true belief”

A negative belief is a problem because it disallows the flow of personal happiness.

A true belief is one that offers no resistance to any forthcoming opportunity.

- A true belief is that every problem is a challenge to change a negative belief
- A negative belief is that every failed challenge is a problem
- A true belief is that failure is not an option
- A negative belief is some you win and some you lose
- A true belief is that we are all winners in a life of opportunity
- A negative belief is that bad things happen to me
- A true belief is that good & bad is just the polarity of my perspective based on the positive & negative perception of my belief system
- A negative belief is that I cannot change my way of thinking

The challenge is to change every negative limiting belief to a better truer belief that opens up an opportunity to proceed in a positive direction, which allows a feeling of being happy. This is the process of changing negative beliefs that cause problems into positive beliefs that offer opportunities.

With every newer & truer positive belief comes the opportunity to become happier, with a better sense of feeling good by actually being happy.

“Happiness is an innate blessing and unhappiness is a self imposed curse”

Unhappiness Is A Fear & A Limiting Belief

When I believe that I am unhappy, I fear being unhappy and I am limited by my belief that I am unhappy. A limiting belief is any belief that limits my natural flow of positive emotional happiness. It is simple to spot the presence of a limiting belief because it does not feel good. When it feels really bad, the limiting belief has become a fear.

Fear is an acronym for False Evidence Appearing Real. The evidence of whatever is occurring in my life can appear to be good or bad relative to what I believe is happening to me. When what is happening appears to be bad, then my belief is false, because it is not true.

My definition of a true belief is one that allows a beneficial opportunity to occur. False beliefs cause problems to occur due to a negative perspective. A true perspective sees opportunities occurring due to my positive beliefs.

“Every negative problem in life is a beneficial opportunity in disguise”

Positive beliefs allow opportunities to occur and negative beliefs cause detrimental problems to occur.

When life happens to me or life happens by me, I have a choice of polarity to either think positively or to think negatively. I do this instinctively in alignment with my belief system. As my beliefs are stored in my sub-conscious memory, I instantly feel positive elation with an opportunity or negative worry, concern or fear with a problem. It is not what is happening that is a problem or an opportunity, but what my belief about what is happening perceives it to be.

“There is always an opportunity to turn every problem into a challenge”

OCTOBER 2022

The Secret To Self-Esteem

The Secret to Self-Esteem is confidently knowing that you feel worthy of fulfilling your destiny. It is the confidence & worth that I have in my Self. Fulfilling my destiny requires the provision of guidance and support.

- Provision requires intuitive pro-vision called insight
- Guidance requires intuitively knowing that I am confident
- Support requires intuitively feeling that I am worthy

I am confident when I allow my intuitive guidance and I am worthy when I approve my intuitive support. When I accept my own support with my approval, I feel worthy and when I accept my own guidance, I allow my confidence to flow.

I intuitively see the esteem that I have for my Self when I accept my intuitive guidance & support. It is my intuitive guidance & support that I hold in high esteem. It is the esteem of my higher guidance & support that is intuitively providing a true & beneficial path through life for my Self.

- It is the feeling of beneficial support that intuitively approves my self-worth
- It is the confidence of being truly guided that allows my intuitive certainty

I can only ever see the presence of my self-esteem with my inner insight. When I intuitively know that I am confidently guided and I intuitively feel the value of my inner support, I intuitively see the presence of my self-esteem.

When I allow my inner guidance to flow and I approve my flow of inner support, I accept the presence of my self-esteem. It is indeed a present for my Self.

- Only I can confidently know the inner guidance that is presented for my Self
- Only I can feel the value & worth of the inner support that is present for my Self
- Only I can see the gift of self-esteem that I am giving to my Self

The secret of self-esteem is that only I can feel the love that I have for my Self, only I can know the truth of my chosen destiny and only I can see how high I hold my Self in Esteem.

The Secret To Self-Worth

The Secret to Self-Worth is feeling worthy of the emotional state of being that is being expressed. We are all worthy of expressing emotions with a beneficial value for both ourself and other people. An emotional expression with no perceived value is not worthy of being expressed.

The emotional state of being that I am expressing has value when it is a worthwhile beneficial experience. When an experience feels good, it has emotional value and is worthy of being expressed.

Negative emotional reactions have no value and are neither worthy of being expressed nor worthy of being experienced. An emotion that feels bad is not a true reflection of who I really am.

The secret to self-worth is to value one's Self. When I am worthy of the thoughts that I think and I am worthy of the emotions that I feel, the beliefs that I believe are beneficially influencing the experiences that I am experiencing. I am perceiving my emotional feelings as worthy of expression.

I express my positively beneficial emotions with other people as an act of compassionately sharing a mutually enjoyable experience. Sharing mutually agreeable experiences is worthwhile because they are exponentially better than a solitary experience as myself. When people come together to share their positive experiences, they are worthy & memorable. It is a privilege to allow others the opportunity to feel worthy of the emotions that they are sharing.

When others allow me to fully express my positive emotions, I feel worthy of their company and they feel worthy of sharing their time with me.

- When I have self-worth, I raise other people's worth and they value me
- When I lack self-worth, I am of no value to others because I am of no value to myself

The secret to other people valuing my worth is for my Self to see how valuable my worth is to both myself and to them. It is who I am being in relationship to other people, not what I am doing for them or myself.

The Secret To Self-Confidence

The Secret to Self-confidence is intuitive. When intuition is hidden, so is self-confidence. It is hidden behind a veil of intellectual limitation. An intellectual limitation defines a reason why not. It defines a logical reason why failure is an option. Any negative thinking has an adverse affect on self-confidence. It is the belief that I can fail that destroys my confidence.

Self-confidence effortlessly flows when I intuitively know that I cannot fail because my intellectual reasoning is in positive alignment with my intended choice of action.

Self-confidence is the mental ability to confide in one's Self. It is my complete faith in my ability to make certainly beneficial choices. When I keep my confidence a secret, I hide my intuitive ability, by not confiding in my true Self. My confident true Self confides in me when I am intuitively listening. My true Self is the confidence that is within me.

With full confidence in my Self, I always make wise choices. I cannot make confident choices when I am hiding my own ability from myself. The ability to know, feel & see intuitively, supporting a choice with intellectual reasoning and without any instinctive reaction, is the secret to self-confidence.

- When I go against my instinctive feelings and my intellectual reasoning in favour of external influential advice, I will not be confident
- When I choose with my intellectual reasoning, against my instinct, I will not be confident
- When I favour my intuition, in opposition to my intellectual reasoning, I will not be confident

Self-Confidence requires the agreement of my head, my heart & my soul. It is clearly apparent when my instinct, intellect & intuition are all in alignment. I am confident that my choice is certainly beneficial when all three aspects of my sub-conscious, conscious & super-conscious Self are all in alignment, unity & agreement.

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

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.

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

D.I.S.C.

In the 20th century, D.I.S.C. was a management tool for assessing the skill of employee motivation.

- D = Dominance
- I = Inducement
- S = Submission
- C = Compliance

Dominance was believed to be the assertive skill of good managers and leaders. The alpha male, dominant leader, dominated submissive workers with a motivational stick.

Inducement was believed to be the skill of motivating compliant workers with a carrot or inducement. Dominant leaders employed assistance from inducers to manage compliant staff.

Submission was believed to be the trait of workers who survived under dominant management. The stick caused non-compliant workers to submit to disagreeable tasks.

Compliance was believed to be the trait of workers who strived to comply when induced to do so by a carrot or an inducement. People complied when happy with their pay & conditions, whilst sub-missives unhappily submitted or were sacked for non compliance.

In general:

- Managers were expected to be Dominant
- Assistants were expected to be Inducers
- Non-submissive workers were re-deployed or sacked

- Compliant workers were incentivised to remain compliant

In the 21st century of awakened awareness, a new interpretation of the acronym is dawning; not as a motivational assessment but as a measure of personal empowerment.

- D = Dominant decision making due to intellectual deduction
- I = Inducing choice with intuitive innovation
- S = Submissive instinct introducing a sub-mission
- C = Compliant imagination allowing creative conduct

DISC is an acronym for the four levels of sub-conscious, conscious, super-conscious & supra-conscious awareness of an empowered person.

- Dominant conscious intellectual deduction
- Inducive super-conscious intuitive induction
- Submissive sub-conscious instinctive introduction
- Compliant supra-conscious imaginative conduction

The Fruit Tree

The Fruit Tree raises fruit and raises trees and raises many questions about life.

- Is Fruit an affect of a Tree or a creation of a Tree?
- Does a Tree create its Fruit or does its Fruit create a Tree?
- Is a Fruit the cause of a Tree or is a Tree the cause of its Fruit?
- Does a Fruit grow on a Tree or does a Tree grow Fruit?
- Is a Fruit still part of a Tree when it is apart from the Tree?
- Does a Fruit die so its seed may live or does a Fruit exist so that its seed may live?
- Does the Tree grow the seed, does the seed grow the Tree or is there another source of growth?
- Is a Wood full of trees or is a Tree full of wood?
- Does the Tree seed the Wood or does the Wood seed the Tree?
- Does the Fruit benefit the Tree, the Seed, the Wood, or something else?

Four Levels Of Certainty

Level 1. Uncontrolled Uncertainty

When life happens to me, I am not in control and what occurs is uncertain. I am unaware of my own sub-conscious incompetence.

Level 2. Controlled Uncertainty

When life happens by me, I am in control of my own choices but uncertain as to their outcome. I am the conscious cause of my own potential incompetence.

Level 3. Uncontrolled Certainty

When life happens through me, I let go of control in the certainty that whatever occurs is beneficial. I am aware of my own conscious competence.

Level 4. Controlled Certainty

When life happens as me, I am certainly in control of a beneficial occurrence, as I am consciously creating it. It is a certain creation of my super-conscious competent awareness.

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.

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.

NOVEMBER 2022

Consciousness

Consciousness is a level of the Thoughts of an Individual Mind. An individual mind is the creator of an exclusive consciousness with unique thoughts.

From the perspective of a three dimensional reality, there are five levels of consciousness with which existence can be realised & experienced.

1. A one dimensional level of consciousness is a non-sense. With no spiritual density, any sense of experiential existence is impossible
2. A two dimensional level of consciousness is a dilemma that is a problem, in which I become lost & confused
3. A three dimensional level of consciousness is a trial & a challenge
4. A four dimensional level of consciousness reveals its quality of awareness as an opportunity
5. A five dimensional level of consciousness reveals the creative quintessential nature of spiritual life

Becoming aware of the dimensions of our levels of consciousness has a most beneficial influence on the experience of our spiritual existence.

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.

Three Choices Of Reality

There are three choices of Reality. It can be:

1. Surreal
 2. Real
 3. Unreal
- From a Surreal perspective, what is real appears to be unreal
 - From a Real perspective, the surreal appears to be unreal
 - From an Unreal perspective, there is no perspective

Gurus & Yogis teach spirituality from a surreal perspective. They lead their followers to believe that reality is an unreal illusion.

Realists teach a rational logic, which states that only what is experienced with the five physical senses is real. The surreal is therefore unreal. When reality defies logic it is said to be either surreal or unreal.

The current spiritual teaching of Non-Dualism is preaching from a perspective of the surreal. The belief is that the surreal is real and what is real is an illusion. This is an unreal surreality that confines one to a dual reality of duality & non-duality.

In the three dimensional reality of a time-space-continuum, in which we all currently exist, the existence of my experience is relative to the personal time and space that I am currently occupying. Reality is a personal consequence of an Individual's time in space. My reality is relative to where I am in space and when I am in time.

In this realm of sovereign choice, all perspectives are potentially real because our thoughts are potent. They are valid to the sovereignty of

each individual thinker based on their personal beliefs. The wonder of a three dimensional world of choice is the ability to explore, discover & experience for one's Self, all three perspectives of Reality. It is wise to always remember that a three dimensional world has more to offer than the duality of a dual reality of just two perspectives.

A Philosopher will argue that, in a time-space-reality, only a fixed place at a fixed time is actually real in the present here & now of Life.

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

Four Dimensions of Emotional Reality

My Emotional Reality is my emotionality. It has four dimensions.

1. Emotion
2. Feeling
3. Awe
4. Aw

Emotionality has a contrasting gender with an opposing polarity. Male emotion & female feeling denote gender and positive awe & negative aw denote polarity. The gender & polarity of emotionality is irrespective of a person's physical sex.

- The positive awe of male emotion is an exclusive detachment called empathy
- The positive awe of female feeling is a sensitive connection called compassion
- The negative aw of male emotion is an insensitive disconnection called apathy
- The negative aw of female feeling is an inclusive attachment called sympathy

Male emotion has a choice of positive empathic awe or negative apathetic aw; whereas, female feeling has a choice of positively compassionate awe or negatively sympathetic aw.

An Individual's emotionality has a combination of male emotional perspective & female perceptual feeling, which allows:

- Being directed with positive emotional intelligence (Connected)

- Being lost in negative emotional ignorance (Disconnected)
- Being clear with a positive awareness of feelings (Sensitive)
- Being confused with negative feelings of denial (Insensitive)

With the direction of a positive perspective and the clarity of a positive perception, emotional feelings of awe herald beneficial opportunities in a life of fulfilled destiny.

Being lost with a negative perspective, due to emotional ignorance, and being confused, with an awful denial of awareness of perceptive feelings, augurs the problems of a fatefully doomed life.

Four Dimensions Of Mental Reality

My Mentality is my mental reality. It has four dimensions:

1. Mind
2. Consciousness
3. Thought
4. Thinking

My mentality has a contrasting gender & polarity:

- Male Mind & female Consciousness denote gender
- Positive Thought & negative Thinking denote polarity

The gender & polarity of my mental reality are a personal perspective, irrespective of my physical sex.

- The positive thought of a male mind is rational intellect
- The positive thought of a female consciousness is intuitive awareness
- The negative thinking of a male mind is unconscious instinct
- The negative thinking of female consciousness is irrational over sensitivity

A female consciousness has a choice of intuitive or instinctive awareness, whereas a male mind chooses either an intellectual response or an instinctive reaction.

An individual mentality is a combination of mental perspective with conscious perception, which allows:

- Positive intellectual thought of the Mind

- Negative unintelligent thinking of the Brain
- Positive intuitive thought of the Heart
- Negative instinctive thinking of the Gut

Positive instinctive action occurs without either intuitive thought or intellectual thinking. Positive intellectual thoughts of the mind are inspired and positive intuitive thoughts of the heart are empowered.

Thinking is a process of the will of the ego Self, which is disconnected, uninspired, disempowered, insensitive, unaware, unemotional, inclusive and emotionally attached.

Three Standards For Intention

The Three Standards for every intently, intent, intentional, intended, intention are:

1. It is Effective
2. It is Efficient
3. It is Effortless

When I have efficiency and I am doing it effortlessly, I will be effective.

- Being Effective is effortlessly efficient
 - Having Efficiency is effectively effortless
 - Doing Effortlessly is efficiently effective
1. I am effective when I am emotionally empowered
 2. I am efficient when I am mentally authorised
 3. I am effortless when I am physically enabled
- Being effective requires emotional competence
 - Being efficient requires mental capacity
 - Being effortless requires physical capability

Causing an affect is ineffective, inefficient & needs effort

Creating an Intention requires my standards to be effective, efficient & effortless.

3D Consciousness to 4D Awareness

For the past 2000 years, during the Spiritual Age of Pisces, our three dimensional consciousness was physical, mental & spiritual. Body, mind & spirit were the three dimensions of our reality. Unconscious whilst asleep, sub-conscious while day-dreaming and conscious when awake were the three dimensions of our mental consciousness.

December 21st 2012 heralded the dawn of a New Spiritual Age of Aquarius: The Dawning or Awakening of Awareness. A 4th dimension of Awareness begins with a distinction between consciousness & awareness.

- Consciousness is being physically awake
- Awareness is being spiritually awakened
- Consciousness is revealed through 5 physical senses
- Awareness is revealed through 3 intuitive senses
- (Sub-consciousness is the awareness of 4 instinctive senses)
- Consciousness uses intellectual reasoning as a choice
- Awareness uses intuitive meaning as a choice
- Consciousness is rational
- Awareness is emotional
- Consciousness reveals our fate
- Awareness reveals our destiny

Awareness has 4 dimensions, which are physical, mental, emotional & spiritual. It has four levels of consciousness:

1. Unconscious Delta

2. Sub-conscious Theta

3. Conscious Beta

4. Super-Conscious Alpha

- With a 2D Consciousness, which is sub-conscious, instinctive & physical, we are victims of life happening to us
- With a 3D Consciousness, we attained a conscious intellectual choice of reasoning that allowed life to happen by us
- With a 4D Awareness, we have an intuitive choice that allows life to happen beneficially through us

In the 3rd Age of our spiritual development, we relied on the influence & authority of other people, both intellectually & intuitively, to secure our comfort & safety.

With the personal development of our own 4D intuitive awareness, we realise that we are divinely guided & supported on a personal path of expansive spiritual growth.

Seven Levels Of Enlightenment

Enlightenment is the sovereign choice of our highest authority, it is the highest choice of a sovereign authority and it is the authorised choice of our highest sovereign entity.

The Seven Levels of Sovereign Choice are:

1. Fulfilled Wisdom
2. Empowered Inspiration
3. Intuitive Knowing
4. Induced Euphoria
5. Intellectual Reasoning
6. Instinctive Denial
7. Unconscious Ignorance

Every incarnate sovereign entity has a choice of which level of enlightenment offers them the greatest opportunity for learning.

- On levels 6 & 7: Life happens to me
- On levels 4 & 5: Life happens by me
- On levels 2 & 3: Life happens through me
- On level 1: Life happens as me

Fulfilled Wisdom is the destiny of each individual sovereign entity with choice. The ultimate influence is to be filled full of the wisdom that is enlightening. It is the destiny of all ascending Beings to fulfil their sovereign choice wisely.

Empowered inspiration through intuitive knowing develops the influence of emotional awareness.

Induced euphoria by intellectual reasoning allows the intense experiences of being emotionally unaware of one's source of disconnection.

Instinctive denial & unconscious ignorance allow the greatest opportunity for spiritual learning & growth to occur.

Enlightenment is not a linear process of ascension but a descending choice of life experience for the purpose of spiritual development & growth.

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 believed to be right nor wrong and a perception is neither felt to be 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 individual fate.

- Positive thoughts align with our destiny
- Negative thinking causes our fate & our doom

It is everyone's destiny to align with the pure emotional experiences of their own wise influential thoughts.

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.

Three Mental Options

There are Three Mental Options in my Life:

1. I can get what I Need

2. I can get what I Want

3. I can get what I Choose

- What I need is Instinctive & Reactive. I react meanly & instinctively to whatever I need
- What I want is Intellectual & Pro-active. I pro-actively seek what I want with my intellectual reasoning
- What I choose is Intuitive & Responsible. I responsibly choose in alignment with my intuitive purpose

1. Whatever I need is a problem

2. Whatever I want is a challenge

3. Whatever I choose is an opportunity

- An instinctive, reactive need is a sub-conscious option
- An intellectual, pro-active wanting is a conscious option
- An intuitive responsible choice is a super-conscious option

1. With the option of life happens to me, I will need to survive
2. With the option of life happens by me, I will want to strive
3. With the option of life happening through me, I am choosing to thrive

Becoming aware of my choice requires being aware of my mental options in life.

Two Resolutions For A New Year

1. Change all my negative beliefs that limit my wellbeing and cause a fearful reaction to change. Fears & limiting beliefs are the sole cause of resistance to the flow of beneficial life opportunities. We are all continuously challenged to choose beneficial opportunities in life. Unfortunately, most people only see problems. It is our fears and our limiting beliefs that see our opportunities as problems and stop us seeing our problems as opportunities in disguise. When I change a limiting belief for a more expansive belief, which feels better, I am inspired & empowered with wellbeing to meet every challenge in life. Every problem in life is caused by a limiting belief and every opportunity is taken with inspired faith. My beliefs either inspire me with opportunities or they limit my progress with problems. The only challenge in life is to change a limiting belief for an expansive belief and change the problem of my negative perspective to a positive opportunity in life.

2. Meet all my emotional needs my Self. It is my emotional power that I need, to turn every problem in my life to an opportunity. With enough emotional power every challenge can be met. Needing emotional power is always a problem. Having emotional power allows opportunities to unfold. Needing my need for emotional power to be met by someone or something else results in the formation of an inclusive attachment called a habit or an addiction. I become addicted to whatever I need as an emotional energy substitute, whether it be a person or a substance. Becoming aware of my emotional needs allows me to consciously meet them as my Self. The controller of my emotional power, and my need for emotional power, is my sub-conscious lower Self. The source of my emotional power is my super-conscious higher Self. My Higher Self guides, supports & provides everything that I need on my individual journey through life; once I learn to accept it unconditionally.

Unconditional love is the source of my emotional power. Meeting my own emotional needs is a clear statement of my inter-developmental relationship with my Higher Self and the source of the health, wealth & wisdom of my wellbeing. With the emotional power of my True Self, I can access the provision of support & guidance that is available to all incarnate Souls. When there is nothing that I think or feel that I need, I have all the power that I need to choose the sovereign authority of my highest personal choice.

- When I own my own beliefs, I connect to my own mental authority
- When I meet my own needs, I connect to my own emotional power

With the emotional power & the mental authority of my sovereign entity, I am divinely enabled on my own, chosen, unique, individual & exclusive spiritual path through a New Year of my Life.

DECEMBER 2022