



Keith Collins

Rules

Laws

Paradoxes

& Formulae

Paradox

Paradox is where two opposing aspects of reality appear both to be true.

Choice is a paradox.

From one perspective, we all have choice and from another perspective we have no choice.

Paradox is caused by the fact that 'Like attracts Like', as per the Law of Attraction.

The paradox of the Law of Attraction is that like attracts like but also opposites attract.

Opposites attract because like wavelengths of emotion are divided by male & female gender.

Opposites repel because like vibrations of thought have a choice of positive or negative polarity.

When emotional energy is divided by both polarity & gender, it can both attract & repel and push & pull me in two directions at the same time.

Paradox can be very stressful with the strain of being mentally pulled in two directions at once.

Understanding paradox requires a third perspective, which allows a bigger picture of reality to emerge.

It is this bigger picture that is the Soul's perspective, which allows expansive development & growth.

The Dichotomy of Paradox

A Dichotomy is a whole truth, belief or reality that is divided by perspective into two distinct and opposing parts.

A Paradox is the appearance of two conflicting beliefs, truths or realities occurring at the same time and place. Both a Dichotomy and a Paradox are a duality. They are the product of a perspective from within a world of relative dual reality.

A duality is a 'dual reality', which is two versions or perspectives of reality that offer contrast and choice. It is the same thing perceived from two opposing perspectives.

When the two versions of reality are seen as totally separate, I see them as a dichotomy.

When the two versions are reunited, I get the paradox and overcome the duality.

For me to understand the paradox requires me to experience the balance point from which both perspectives can be viewed simultaneously.

To realise the dichotomy requires me to be experiencing one extreme of the duality in the awareness that the opposite extreme also exists.

The Dichotomy of Paradox is that when I have a dichotomy, I haven't got the paradox.

Jan 17, 2010

The Collins Paradox

The aether diverges outward (flows) in an expansive, centripetal, dielectric toroidal magnitude; whilst converging inwards (ebbs) in a contracting, centrifugal, electro-magnetic force vector; forming a hyperbole duality vortex of balanced, creative, potential with an unstable, destructive, intensity"

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.

June 21, 2022

Keith Collins

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.

June 22, 2022

Keith Collins

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.

AUGUST 5, 2022

Keith Collins

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

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

Aug 10, 2022
Keith Collins

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, whichever 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,

and the emotional energy of my presence, 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.

August 25th, 2022

Keith Collins

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.

Sept 9. 2022

Keith Collins

Buridan's Ass

Buridan's Ass is a paradox of philosophy in the conception of free will:

It refers to a hypothetical situation wherein an ass is placed midway between a stack of hay and a pail of water. Since the paradox assumes the ass will always go to whichever is closer, it will die of both hunger and thirst as it cannot make any rational decision to choose one over the other.

It satirises French Philosopher Jean Buridan's philosophy of moral determinism. The paradox assumes that an ass has free will and rational choice but no intelligence.

In actuality a donkey would never die of starvation in the presence of both hay and water.

This is because all animals, with the possible exception of some apes and domesticated animals, act instinctively and intuitively without the capacity for either free will or rational logic.

To assume that the absence of rational thought renders one stupid is a logical assumption that lacks the common sense of intuitive reason.

Whereas Buridan's critics were capable of being an ass, Buridan's donkey was not.

Buridan's Bridge

Jean Buridan: A 14th century Philosopher who enjoyed paradoxes.

Buridan's Bridge is a paradox that involves the following proposition:

Socrates wants to cross a river and comes to a bridge guarded by Plato, who says: "Socrates, if in the first proposition that you offer you speak the truth, I will permit you to cross, but surely if you speak falsely, I shall throw you into the water".

Socrates replies: "You will throw me into the water".

Either way Plato's statement becomes untrue and so does Socrates' reply. The dichotomy is created by the belief that both Socrates and Plato share the same truth and the same reality. When I believe that there is only one true reality, I believe that everyone else shares my true reality. When I create a distinction between 'truth' and 'reality', I can allow another to hold their own truth within my own reality. Whatever I state to be my truth manifests as my perspective of reality and so does everyone else's.

The Reality of a Space-Time-Continuum holds the potential for all possible truths to exist simultaneously. The truth of reality lies within the perspective of the beholder that is creating it. Whatever Socrates states as his truth becomes his reality irrespective of any proposition presented to him.

Only when I know my Truth can I state it with confidence. Without confidence it is not a Truth, just a belief.

Ockham's Razor

We use “Ockham’s Razor” to prune everything back to its simplest and basic form. It is the tool of Parsimony. Parsimony is the belief that less is more.

'Less is more' is a paradox of Abundance. It is the belief that as much as is necessary is Enough.

Abundance is experienced when less becomes enough and is no longer less than enough. When less is not enough, it is not abundant.

Less is more when it is more than not enough, yet less than too much, which is more than enough.

When less is not enough, parsimony is defined as scarcity by an extravagant mentality and is seen by a scarcity mentality as being frugal.

When less is enough, it leads to an Abundance Mentality and “parsimony is a given”.

Defining Ockham's Razor with Ockham's Razor requires the simplest explanation to suffice.

Enough is enough when I more or less have enough.

I attain abundance once I overcome the duality of 'more & less' and I have enough. Enough is just a perspective when I have enough perspective to realise it.

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.

The Paradox of the Oxymoron

A Paradox is a self contradicting statement that can only be true if it is false. e.g. “I require a physical existence in order to experience my spiritual reality”.

True and false is a duality. In Absolute Reality there is only Truth, nothing is false.

Duality is a constant of Time & Space. In each moment of time and in each situation in space, something is either in existence and true or not in existence and false.

True or false is a perspective of the observer. When the same observer sees a situation from both perspectives at once, they allow the Paradox to be the Truth.

Ultimate Truth is revealed through the understanding of the paradox of the dual reality of existence.

An Oxymoron is a figure of speech, where two words with opposing meanings are used together intentionally. e.g. “Spiritual Physics”.

A Physician or Physical Scientist will see ‘Spiritual Physics’ as a contradiction in terms that is not logical and therefore it must be irrational, false and untrue.

A Spiritually Aware Initiate will understand the Paradox of the Oxymoron knowing that Spiritual Physics is the study of how to live energetically in a physical world.

Aug 24, 2019

The Paradox Of Mindfulness

Mindfulness requires the Mind to be both full and empty.

Mindfulness is a mental state, of being both present & aware. Being both mentally present & aware attains the emotional state of Presence & Awareness. Attaining Awareness of my emotional presence allows the emotional power to free my Mind.

My Mind is confined by and restricted by the poor quality of my sub-conscious programming. A mind full of sub-conscious fears & limiting beliefs, disallows the attainment of Mindfulness.

It is my sub-conscious mind that takes my conscious focus into my past memories and my future desires.

Presence requires my conscious focus on the present moment.

I attain presence when I stop thinking about my past & my future. Presence is an emotional awareness, not a physical experience. A conscious physical perspective of the present has no emotional awareness of my spiritual nature.

My spiritual presence requires an awareness of my True Self. An awareness of my true Self can only be attained through the super-conscious mind of my Soul. An awareness of my spiritual Soul, allows my spiritual reality to be present, as a state of Present Awareness.

The consciousness of my physical ego sense of Self, disallows any awareness of the presence of my Soul.

Mindfulness is not about an awareness of the physical presence of my ego. It is about being mindful of the super-conscious nature of the Soul. Connecting with the presence of my super-conscious Soul requires an awareness of what is disconnecting myself from my Soul. My super-conscious Soul connection is filtered through my sub-conscious Id. My sub-conscious Id is the mental operating system that allows me to experience physical life in my disconnection from Source.

The paradox of mindfulness is that I need to empty my sub-conscious mind of false limiting beliefs & fears, in order to connect with the true fullness of the super-conscious Mind of my Soul. I do this through meditation.

Meditation is the practice of emptying the sub-conscious chatter of the lower mind. This allows the awareness of super-conscious thoughts as messages to flow effortlessly & unrestricted from the Soul to its Self. The paradox is that I need to empty my mind of negative mental beliefs to fill my mind with the truth of my own innate wisdom.

The Paradox Of Awe

Awe can be either a positive or a negative experience.

AWE is an acronym for Attractive Working Energy.

Aw is Attraction Working, without Energy.

Energy works in alignment with the Law of Attraction.

Like energy unto itself is drawn. Like polarities of energy vibrate at the same frequency and opposing genders of energy vibrate with the same wavelength.

When opposing wavelengths of energy are synchronised in the same frequency of time & polarity of direction, attraction is powerful and inspires Awe.

When similar genders of male or female emotive energy are forced into opposing positive or negative polarities of direction; chaotic, disastrous dramas cause Aw.

Positive attraction creates Awe and negative attraction causes Aw.

Too much negative emotion is awful. Aw is attraction working with negative blocked emotion, in resistance to flow. Aw! Is how I feel when things go wrong. When attraction works without positive emotion and with negative polarity, it has force without power.

- Emotional power inspires Awe!
- Negative force causes Aw!

Attractive working energy is creative. Creative energy has a potential, relative to its force & magnitude. The potential creative force is pure Thought and the potential creative magnitude is pure Feeling. When mental force of authority is divided by polarity, or

emotional magnitude of power is divided by gender, its potential creative ability is lost.

When I lose my potential for pure intuitive thought and I lose my potential for pure intuitive feeling, I lose my potential to be purely creative and awe inspiring.

- Awe is intuitively inspired with positive attraction
- Aw is the awful experience of negative attraction or repulsion

Pure intuitive thoughts allow pure emotional feelings to positively flow with attractive, creative ability. An awful experience is what I attract with the negative emotion of my impure thinking.

I am in Awe of the power, authority, ability, clarity, direction & presence, of my own intuitive senses.

The Paradox of Blame

The Paradox of Blame is that:

My Soul is always to blame, yet my Soul is never to blame, for everything that occurs in my life.

Everything that occurs in my life has been sent by my Soul.

My Soul is my guiding force in my life.

My Soul always sends my Self opportunities for development & growth.

When my Self sees the opportunity that is presented, I praise my Soul and I rejoice.

When my Self sees the problem that is occurring, it blames the perpetrator or cause of the problem and damns them. I know that I can never damn my Soul, only give praise to my Soul. I have therefore no option but to blame my Self or blame someone else.

When I become problem-free, blame is no longer necessary. When there is no problem, there is no blame.

Praise be to my Soul.

Keith Collins: 31/07/2011

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.

Keith Collins

May 15, 2022

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.

The Paradox of Choice

The Paradox of Choice is that choice is a paradox. I understand the paradox of choice when I know that my choice has already been chosen and that there is no choice to make other than to follow the choice that I have already made.

Without choice, there can be no paradox. Without choice there is no alternative perspective that creates the paradox.

In a dual reality world, we all have choice. It is the duality of this world that allows paradox.

Choice and paradox are a consequence of separation, division and disunity. The real paradox is that I have choice, yet I have already chosen.

I have a vision, mission and purpose for my life that I have already chosen. My true choice for my life is contained within my vision for my life. Following my vision is the only choice for me. It is my destiny.

It appears that I can choose not to follow my chosen path in life but this is an illusion.

My path is already chosen. I can follow it in awareness or without. With awareness I accept my destiny.

Without awareness I tolerate my fate.

I will learn to tolerate an intolerable journey until I learn to Accept my destiny. I can choose my destiny as my fate or I can choose my fate to be my destiny.

May 23 2011

The Paradox Of Authority

The Paradox of Authority is:

To have authority, I am first required to give up my authority.

To become a leader, I first have to become a follower.

To become a creator, I first have to become the creation.

It is the authority of the leader that creates the path.

We all have the authority of choice.

We are all free to choose.

The question is: Whose choice am I following & who's creating my path?

The paradox is that my choice is authorised but not all of my choices are authorised.

Only my inspired choices are empowered.

Only my empowered choices have the authority of my Soul.

Whereas my ego is authorised to choose, not all of my ego's choices are authorised.

Only with the authority of my Soul can I create my Self as a leader who is following my own path.

Only as the Creator can I lead with the authority of Choice.

Only when I follow my authorised leader can I truly be the creator of my own path.

Dec 31, 2016

The Paradox of Thought

The Paradox of Thought is that:

“Reality is created by thought, yet reality allows thinking”.

This paradox is realised when thought and thinking are no longer the same.

I create reality with my Soul's thoughts and I create reality with my Self's thinking.

The Law of Attraction implies that “Thought is Creative” because like energy is drawn unto itself.

The Laws of Science dictate that reality allows our observation and consideration of life with our 5 physical senses. We can experience reality because it is already there. Thought is seen as the effect of reality rather than the cause.

My thinking and my focus on my present reality will recreate that reality in my future.

Negative thinking recreates a negative reality and positive thinking creates a positive reality, yet this is just a personal perspective.

Negative thought is an oxymoron. My Soul is incapable of negative thought.

My Soul's Thoughts are just Thoughts. Whether an idea is positive or negative is the result of my thinking about it and deciding whether I want it or not because it is either beneficial or detrimental to me.

My Soul exists beyond the realm of the relative duality of good & bad, right & wrong, and positive & negative. A Thought is just an idea that I am thinking about until I make that thought my experience. I put my thoughts into words and then into actions.

May 14, 2014

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.

The Paradox of Money

The Paradox of Money is that:

1. Saving money blocks the flow of money. Giving money away or spending money allows money to flow back in.
2. Money attracts money. Like is drawn unto itself. Therefore the more money we have the more money we attract.

So, how do we have money, so that we attract more money, without stopping it flowing in and running out? How do we create the circumstances where we always have enough money?

The secret of having enough money is to always have more money flowing in than flowing out.

When more money flows in than out, we have an abundance of money flowing in.

When more money flows out than in, we experience a scarcity of money flowing in.

When more money flows in than out, we will always have enough.

When the same money flows in as out, we have 'just enough' but no abundance.

As more money flows in than out, we start to build a reserve of money that attracts more money to flow and builds a bigger reserve of abundance.

The difference between 'just enough' and enough is a 'Reserve'.

We have more than enough money, which is too much,
when we cannot spend 90% of what is flowing in.
We have less than enough money, which is not enough,
when we cannot reserve 10% of what is flowing in.
We have enough money when 90% of what is flowing
in buys everything that we want and need.

Sept 3, 2008

The Paradox of the Free Radical

The Paradox of the Free Radical is that it appears to have a positive charge and a negative effect.

Paradoxically, it has both a positive effect and a negative effect, depending on my perspective.

Free radicals are freely available from the Sun.

They have a positive and beneficial effect via the inflammation response that is designed to neutralise bacterial pathogens.

They appear to have a negative detrimental effect when our inflammation response is suppressed.

Acute inflammation is the result of free radical activity neutralising excessive pathogen activity.

The free radical is an anti-oxidant that starves pathogens of their life-giving oxygen.

Chronic inflammation is caused when the inflammation response is seen to be chronic because the anti-oxidant action starts to neutralise healthy cells.

Acute inflammation is essential for the maintenance and repair of cells, whereas chronic inflammation is not.

September 21, 2012

The Paradox of the Free Electron

The Paradox of the Free Electron is that it has a negative charge and a positive effect.

It is both positive & negative depending on my perspective.

It has a beneficial effect on the molecules that are my physical body when it neutralises the positive charge of free radical activity in my cells.

Free electrons are free.

They may be seen to have no charge, but in fact they have a negative charge at no cost to my Self.

Electrons are freely available to flow from Earth to me.

When I walk barefoot on the ground, I ground my Self and discharge my positively useless static by charging with negative electrons.

Positive static is free but radical and seldom beneficial.

September 20, 2012

The Paradox Of The Law Of Attraction

A Paradox is where two opposing realities exist in the same space-time continuum.

The Law of Attraction is the Universal Law of Energy that states: Like energy unto itself is drawn.

Universal Law means that there is 'one version' of the law and that law is absolute.

Although the Universe is Absolute, a space-time continuum allows relative perspective.

This means that reality is relative to perspective and whatever is perceived to be real is experienced as reality.

Relative perspective is a choice, relative to each person individually, that allows paradox.

A choice of perception allows wavelengths of energy to be divided by a choice of contrasting gender.

Energy vibrations that are divided by gender have a male frequency & a female wavelength.

This allows the paradox of 'like attracts like' & 'opposites attract'.

Pure vibrations of energy unto their self are drawn.

Contrasting or opposing genders of the same energy vibration unto their self are drawn.

A choice of perspective allows thought energy to have a polarity.

Concordant positive polarities are attractive and discordant negative polarities are unattractive.

This allows the paradox that the same thought energy can be both attractive & unattractive , relative to the personal perspective of choice.

A choice of perspective also allows me not to give a particular energy vibration another thought.

This allows the paradox that the same thought energy can be both attractive & non attractive, relative to an individual perspective of personal choice.

Understanding the paradoxes of the Law of Attraction is a matter of seeing that whether a vibration of thought energy is attractive, unattractive or non-attractive, is always a matter of personal choice.

Man's Laws

Man's Laws govern how Man behaves.

Human behaviour is caused by human beliefs.

Humans believe that they need laws to ensure good behaviour.

Our beliefs create the reality that we are experiencing.

Physical actions that result from mental thoughts & emotional feelings are always aligned with God's Law of Attraction.

We always experience the effect of how we feel about our actions relative to what we believe to be occurring.

The physical action of life is designed to be the effect of the emotional love of our inspired thoughts.

God's Law has no polarity & no judgment, it just is.

Human behaviour can be judged as either positive or negative relative to beliefs & perspective.

To ensure that all Men share the same beliefs & perspectives, Man passes laws.

Man's Laws define right action based on right thinking, without emotion.

Unfortunately, many laws of man constitute wrong thinking, false beliefs, fears & prejudice.

Man's laws often prove Man to be an ass & a beast with a burden.

God's Law is immutable & divine.

Man's laws, even when set in stone, are not.

The Laws of Energy

1. Energy has a range of vibration: $E=V$
2. Every vibration has a particular frequency & wavelength: $V=FW$
3. The potential of a vibration is equal to its force of frequency & its magnitude of wavelength: $pV=fF/mW$
4. The force of frequency is its Time: $fF=T$
5. The magnitude of a wavelength is its space: $mW=S$
6. The experience of a vibration is its reality: R
7. The time & space of a vibration is its reality: $TS=R$
8. The frequency of a vibration has a choice of positive or negative polarity: $p=+/-$
9. The wavelength of a vibration has a choice of male or female gender: $g=ma/fe$
10. The polarity & gender of a vibration determines its intensity: $i=pg$
11. In a dual reality world, frequency is inversely proportional to wavelength.
12. The potential of a vibration is to be pure, undivided & in balance.
13. Polarity & gender is a matter of perspective.
14. Perspective is a frequency of thought transmitted on a wavelength of emotion.
15. Energy is expansive, matter is contractive.

June 21, 2015

The 4 Laws Of Attraction

The 4 Laws of Attraction are:

Law 1:

“Like energy unto itself is drawn”

This is: **The Law of Attraction.**

Law 2:

“Energy is divided by its frequency & wavelength, which allows its vibration to be either attractive or not”

This is: **The Law of Non-attraction.**

Law 3:

“The polarity & gender of energy determines the intensity of its attraction or un-attraction”

This is: **The Law of Un-attraction.**

Law 4:

“The potential ability of energy to be creative is determined by the magnitude of its power and the force of its authority”

This is: **The Law of Un-attractive Non-attraction.**

An in-depth working knowledge of all 4 laws is recommended before attempting to create one's own reality within the context of a relative dual reality existence.

The Law Of Un-attractive Non-attraction

The Law of Un-attractive Non-attraction states that:

“The potential ability of energy to be creative is determined by the magnitude of its power & the force of its authority”

This means that the inability of energy to be creative is determined by its lack of either power or authority.

Therefore my lack of ability to create my ideal life is purely due to the low potential of the force & magnitude of my life-force energy vibration.

The state of having neither power nor authority is both non-attractive & un-attractive.

Without either power or authority, there is no ability.

Without either force or magnitude, there is no potential.

Without either frequency or wavelength, there is no vibration.

Without either gender or polarity, there is no intensity.

Without either the Authority of my Light or the Power of my Love, there is no ability of Life with which to be Creative. There is no potential ability to vibrate with a pure intensity of energy in the most ideal way for me, or you.

P.S. This law is akin to the ‘steady-state’ law of matter that allows all inanimate objects, without the power or authority of thought, to remain in an apparently unchanging state in one position in space for extensive periods of time.

February 3, 2012

The Law Of Un-attraction

The Law of Un-attraction states that:

“The polarity and gender of energy determines its attraction or un-attraction and the intensity of the experience”.

When the frequency of energy is divided by either a positive or a negative polarity, and the wavelength of energy is divided by either a male or female gender, then the potential for all variations of intensity becomes a possibility.

It is my choice of frequency polarity of my thought and the gender of the wavelength of my emotional energy that determines the particular intensity of my energetic vibration.

It is the polarity & gender of my state of being that allows a range of intense experiences that are either attractive or unattractive to me.

With an intensely variable range of vibration at my disposal, I am able to choose my own personality & character.

I can choose the wavelength of my emotion, the frequency of my thought, the gender of my personality and the polarity of my character to determine whether I personally like or dislike my character and whether my personal characteristics are a true reflection of my personality or not.

The Law of un-attraction allows me to decide whether I am like other people, unlike other people and whether I

like other people or dislike other people, or whether I like not liking people or not; because we are either similar or different.

It allows my personal choice of what I attract unto my Self and whether I perceive it to be un-attractive or not. There is another version of this law called 'Murphy's Law' or 'Sod's Law', which is also referred to as: 'The Law of Reversed Effort', which states: "What can go wrong, will".

February 1, 2012

The Law of Non-attraction

The Law of Non-attraction states that:

“Energy is divided by its frequency & wavelength.”

This means that emotional states of Being are differentiated by their energy vibration.

In Absolute Reality there is no division and no separation – All is One.

In the state of Being in Absolute Oneness, everything is attracted to everything and nothing is attractive because there is nothing else to Attract.

In the Realm of Divided Relative Dual Reality, the law of non-attraction allows separation and division, which allows opposing energetic states to be, which allows choice to exist.

Without the law of non-attraction, attraction and choice cannot exist.

Like energy can only be drawn unto itself once it has become separate and divided and the possibility of it being non-attractive exists.

Without non-attractive energy, which allows individually different thoughts, there would only be One Thought, which is no thought at all.

We cannot choose to be Attractive without first experiencing being non-attractive.

Without different frequencies, wavelengths and vibrations of energy, unique thoughts and choice could not exist.

This also means that material states of being are differentiated by the energetic vibration of their atomic particles, which means that without the law of non-attraction, the physical reality of a material world could not exist in time & space for us to discover, explore and experience with those thoughts.

The law of non-attraction allows both life and the continuation of an expansive life to become a physical reality.

April 23, 2009

Three Laws of Dual Reality Life

1st Law of Duality

“Resistance experienced is relative to the degree that an emotional state of being is out of balance”

The more that an emotional state of being has a balanced wavelength of gender with a balanced frequency of polarity, the less intense the resistance that is experienced.

2nd Law of Duality

“Where resistance is caused by the opposing aspects of the same energy vibration, there is always a third way that cancels out any dramatic effect”

Dual reality allows choice, which always allows a third option to be available. Whenever opposing forces of the same energy vibration are experienced, there is always a balance between the extremes of the two experiences.

3rd Law of Duality

“The intensity and the extent of a dramatic effect is caused by the degree of conviction with which a particular belief is held and the emotional need that is created by it”

Duality allows choice that allows a belief to be true or false, good or bad, right or wrong, positive or negative with male or female characteristics. False convictions are called fears or limiting beliefs that disconnect our emotional energy supply and create our emotional needs and our negative reactions to dramatic experiences.

Aug 25, 2013

Hering's Law

Hering's Law of the Order of Cure states that:

“All cure comes from within, out; from the head, down; and in reverse order as the symptoms originally appeared in the body”.

A cure, or the Journey towards Health, progresses from the important organs to the lesser organs in reverse order of appearance.

All cure comes from within.

The path from chronic illness will progress through acute illness on its journey to wellness. At all times in my life, I am either on a journey towards illness and death or a journey towards a healthy life.

Hering's Law, determined by the German Physician Constantin Hering (1800-1880), allows me to identify in which direction I am travelling on my path through life.

It also highlights that:

- All illness is curable
- The journey towards chronic illness appears similar to the journey towards good health
- When I suppress an acute illness, it becomes chronic
- The journey towards terminal illness is reversible
- Modern medicine is designed to suppress the symptoms of illness rather than cure the cause. After all, it is human nature to be well; unless of course it isn't.

Rules & Regulations

A Rule is a measure.

A Regulation is a guideline.

Coaching requires guidelines to enable the system to be self balancing.

Guidelines are not compulsory, they are lines of guidance.

Coaches do not guide everyone along the same path.

Clients are not required to be regulated on the same path.

Agreeing similar standards is different to all following the same dogma.

Personal development is a matter of learning balance not experiencing extremes.

It does not move everyone along the same path.

The measure of personal development is balance not extreme.

When regulating coaching, balance is the rule.

Coaching guides people to develop balance & harmony.

It is the de-regulation of rules that brings a system effortlessly into balance.

Sept 7, 2013

As A Rule

As A Rule, we tend to do unto others as they have done unto us.

This is because our sub-conscious programming is based on our past experiences.

I have been taught from an early age to stand up for myself and give as good, or bad, as I get.

Disconnected & unawakened from the Presence of Source, we tend to project into our future a set of actions that are based on our past experiences.

We are taught to avenge our misfortune and take sweet revenge on those who trespass against us.

In a christian society, we adopt the old testament teachings of an eye for an eye & a tooth for a tooth, rather than the 'Good News' of the Gospels containing the 2nd Commandment of Jesus.

The 2nd Commandment of Jesus Is the Golden Rule.

As a rule, we are told to Love thy Neighbour as our Self.

As a rule, we are not taught how to love our Self.

Instead, we learn how to hate our Self.

As a rule, I dislike others in the way that I am unlike my true Self.

As a rule, we are not being unto others as we would choose others to be unto us.

Oct 15, 2016

The Rules Of Life

The Rules of Life are optional.

Life has no inherent rules.

Rulers make rules.

Rules subject Subjects to straight lines of perspective.

Rulers draw straight lines of perspective for their subjects.

Rulers make the rules for their Subjects to follow without deviation.

We all have our own exclusive, individual & unique Life Path.

Each & every path is straight & narrow.

There are no rules to following my own path.

Following a Ruler will take me off track & commit me to following a common path, with common people.

Making my own rules commits my Self to a fixed path.

The ego's will rules over a false path.

My Soul's path has no rules.

I just follow the guide-line of my inspired revelations.

August 5, 2013

10 Rules Of Perspective

Rule 1:

“Perspective is unique to each individual”

Rule 2:

“Higher and lower dimensions appear to be stationary from the perspective of our own dimension”

Rule 3:

“I require a higher perspective to perceive the existence of a higher dimension”

Rule 4:

“Truth requires that perspective be perceived”

Rule 5:

“Perspective is relative to the sense used to perceive it”

Rule 6:

“Before I can put life into perspective, I am required to put perspective into life”

Rule 7:

“Reality is relative to perspective”

Rule 8:

“Perspective is relative to individual belief”

Rule 9:

“Perspective allows a choice of positive or negative polarity”

Rule 10:

“A dual reality world allows each individual 3 different perspectives”

The Rule of Promotion

The Rule of Promotion states that: *“Some things are more equal than others”*.

The things that are less equal than others are perceived to be bad when I believe that being more equal is good for me.

Promotion is the art of making something appear good. The more something appears to be good, the easier it is to promote it. Whatever I want and whatever I like, I deem to be good. I promote whatever I like and I deem to be good for me.

Promotion is a subjective view of an individual perspective.

Individual perspectives are potentially equal, yet equally different. It is the difference of perspective that determines whether a thing is good or bad and should be promoted or not. Individual perspective never sees both good & bad equally, preferring to have a preference. Without a preference, nothing would ever be promoted.

As a rule, promotion is a biased perspective, which disallows the equanimity, equability and equality of natural Attraction.

February 11, 2012

The Golden Rule

The Golden Rule is how we relate to others with the Law of Attraction.

Each Religion has its own version or versions of the Golden Rule.

It is Man's interpretation of the Nature of the Universe that deems it to be a Law or a Rule.

Man is governed by Laws & Rules of his or her own making.

The Universe does not govern Man.

All men and women have freedom of choice in this world as a Divine Right.

We cannot have freedom of choice and be governed by rules and laws.

Man's choices become Man's standards and boundaries.

The Universe has no standards and boundaries, just a Divine Nature.

Attraction is the Nature of the Universe.

Being Attractive is our Divine Nature.

The Golden Rule is not a rule or a law.

It is a guideline that gives us direction on the Life Path of our Destiny.

The Golden Rule is the 2nd Commandment of Jesus:

“Love thy Neighbour as thy Self”

Also known as: “Do unto others as you would have others do unto you”

Often misinterpreted as: ‘An eye for an eye’ or ‘Do unto others as they have done unto you’.

My Golden Rule

My Golden Rule is: “Be unto others as I choose others to be unto me”

The Golden Rule is golden because when it is followed it overcomes the duality of negative Karma & positive Dharma.

Karma states that what I visit unto others will be experienced in return.

Karma is a negative perspective of the golden rule.

Dharma is its polar opposite positive perception of the Law of Attraction in action.

Before I am able to love my neighbour as my Self, I am required to love my Self, which is the first commandment.

The Golden Rule is how I choose to apply the Law of Attraction in my Life. Doing unto others, as others have done unto me, is never golden as a rule. As a rule, an eye for an eye & a tooth for a tooth is called revenge.

I choose to be unto others as I choose others to be unto me. This is my choice because, by the law of attraction, as I am being unto others, I attract others to be unto me. I attract other people who are vibrating on a like frequency of thought & a like wavelength of emotion.

The state of being of other people is a direct reflection of my own emotional state of being.

The Golden Rule is that as I consciously create my own reality, I draw unto myself others who are creating a

similar reality. The beliefs that I hold will attract others with either similar or opposing beliefs.

My Golden Rule is to allow all other people to follow their own path because this allows me to follow my own path.

When I treat all others as my equal, all others treat me as their equal.

When I act from the goodness of love, all others act in a good & loving way towards me.

The Golden Rule is to love thy Neighbour as thy Self, because every acquaintance that I attract is a reflection of the energy that I am expressing to the world at that time.

The Golden Rule is to be at One with other people in harmony & accord yet sensitively detached from other people & following my own exclusive path.

It is being apart from the reality of other people whilst being a part of the reality of other people.

The Golden Rule is the 2nd Commandment of Jesus.

Feb 17, 2017

The Golden Rule of Karmic Attraction

The Golden Rule is Karma in action.

Karma in action is the Golden Rule being experienced.

“Whatever I do unto others will be experienced as others doing the same unto myself”.

That is my Karma.

Karma is the Golden Rule working in perfect alignment with the Law of Attraction.

Karma is ‘like energy’ being ‘drawn unto itself’.

All energy is naturally attractive. Whatever energy I express, I will experience. This is how I learn which energies are beneficial and which energies are detrimental to my path.

An effortless life is being in a state of continuous positive Karma. Living an effortless life requires being an expression of balanced positive energy.

I will always experience the effects of the Golden Rule of Karmic Attraction.

The question is: Am I enjoying the experience as beneficial or not?

When my experience appears to be detrimental, I can choose a more attractive energy to express.

When I express positive energy, I experience positive energy.

It is the Law of Attraction, the Golden Rule, my Karma, and my Destiny.

May 18, 2011

The Golden Rule Of Dementia

The Golden Rule is to do unto others as you would have others do unto you. This raises some interesting questions with regard to dementia as it is too late to consider how you would like to be treated, once you have the illness.

With dementia, our fate is in the hands of our nearest and dearest relatives. The question of treatment is a relative one: Will your relatives treat you the way that you would like to be treated or the way that they believe to be right for them? Will they do unto you, in old age, as they would like others to do unto them when they get old?

In our western society, we see death and dying as a problem that cannot be solved, so we do not talk about it with people who are dying. When someone gets dementia and we believe it to be a fatal illness, we tend to take control of the problem without discussing it with the patient. Once someone has dementia, it may simply be too late to discuss it with them anyway.

Many people spend their lives trying to solve other people's problems, so when they suffer the symptoms of dementia, they may find it very difficult to discuss their own problems with others. They may believe that they do not have the right to tell other people how they would like other people to do unto them.

There is a legal procedure called a Lasting Power Of Attorney, which enables me to give responsibility for

my health and my finances to someone whom I trust, when I become too mentally incapacitated to make my own decisions. However, nowhere in this document does it say how I would like others to do unto me. It allows the person that I appoint to do unto me what they believe to be best for me, which is usually what they believe is also best for them.

With or without dementia, we all want other people to help us decide what is best for us, but nobody ever wants to be told what is best for them because we all inherently know what is not good or right for ourself.

With dementia, whatever someone else decides for me is going to happen, whether I like it or not.

Rebellion is recognised as a normal side effect of dementia and treated accordingly by professional carers. Under General Practitioner advice, depression is treated with stimulants and irrational behaviour is treated with sedatives. Is that a Golden Rule or just medical practice? When other people do unto you in a way that you feel is not right, it is normal & natural to rebel. Can we really trust our nearest and dearest to do unto us as they would have others do unto them?

The Golden Rule is the 2nd Commandment Of Jesus and it appears in every major religion in the world, although it is rarely preached in the Christian Church. Modern society tends to preach the Old Testament teaching of 'an eye for an eye & a tooth for a tooth', which translates as do unto others as others have done unto you.

Historically, what others do unto you when you get dementia is put you in a Nursing Home, even though it may be the last thing that they would ever want for themselves. In modern society, we are generally too busy working hard to have the time to look after our elderly relatives ourself. We all want what is best for our parents in old age but we all want someone else to deliver it for us. We look for the best solution to the current problems that other people are causing us, without first looking at whether this would be what we would choose in their situation.

With lasting power of attorney, you give someone else the legal right to put you in an institution, spend your money and decide when you should be allowed to die. This is a massive responsibility to give to someone to decide whose best interests they really have in their heart, especially in a society that generally makes rational decisions with their head.

Can I really know what is best for someone else? As we can never really know what is best for someone else, only what is best for ourself, the Golden Rule is a perfect way of deciding for other people. When I decide to do for someone else what I would choose someone else to do for me, there is never any question of guilt or shame, just integrity.

When I decide to do unto another what others have done unto others, I am open to experiencing the guilt and shame of other people's experiences. What feels right in my mind does not always feel good in my heart. We may believe that old people should be treated with

dignity but is it not better to make their decisions for them with integrity?

When a relationship is based on trust, I only have faith in someone with integrity. I always trust other people to do exactly what they believe is best for them, and I am rarely disappointed. We always choose what is best for ourselves in the belief that it therefore must be best for other people, which is an assumption that what is good for me must be good for other people.

Western society generally believes that what is good for people with dementia is to put them in a care home. We take care of our loved ones by getting someone else to take care of them. We put our loved ones into a low paid, local authority run system with basic standards of training and then complain bitterly when they are not cared for in a way that we would choose others to care for us.

The greatest hypocrisy is not following the Golden Rule when deciding someone else's fate and then complaining when others do not follow the same rule as part of their professional practice.

Life is about choice, and making responsible choices for other people is a great responsibility. Everybody wants to give their advice without being held responsible for the advice that they give. The thing about choice is that it allows different ways of looking at everything in life:

- I can choose to do unto other people what is recognised by other people as the right thing to do.

- I can choose to do unto other people what I believe that other people would do unto me.
- I can choose to do unto others what I choose for others to do unto me.

Only one of these choices as a rule, is Golden.

Following the Golden Rule means that I do not have to consider what is best for someone else, I only have to consider whether what I am doing would be best for me in their given situation. To apply the Golden Rule, I have to have the ability to look at life from another person's perspective. If I do not have the mental capacity to imagine what life is like from someone else's perspective, I do not have the mental capacity to take responsible actions and make responsible decisions for other people.

In the absence of being able to see someone else's point of view, I will always default to a choice that is best from my point of view. We spend our life trying to convince other people that what we believe is best for ourself must also be good for them. Similarly, when confronted with someone with dementia, am I convincing myself that what is best for them is also what is best for me or am I actually doing unto them what I would have them do unto me, in their given circumstances?

June 8, 2018

The Golden Ratio

In a two dimensional world with a singular reality, the Golden Ratio is always 50:50 or 1:1.

One to one or fifty-fifty is equal shares. Everything is balanced and equal.

In a three dimensional world of dual reality the Golden Ratio becomes nearer 60:40 and everything becomes individual and unique.

Three dimensional dual reality allows the unity of oneness, the choice of twoness and the equality of threeness.

Physical beauty and Attraction are synonymous with the Golden Ratio of 1:1.618, which is also .618:1 or 61.8%:38.2%.

When we see the relative world of dual reality as a triality with 3 dimensions, the Golden Ratio becomes: .618:1:1.618, which is also .191:.309:.5 or 19.1%:30.9%:50%.

It is this formula that creates the 80:20 rule (80.9%:19.1%) where 20% of the world owns 80% of the wealth.

The Golden Ratio follows the formula: $(a+b/a)=(a/b)=(b+c/b)=(b/c)=1.618$.

Everything appears to be out of balance but is in fact perfectly balanced.

When $a=.5$; $b=.309$; $c=.191$; then $a+b+c=1=100\%$

The formula for all Trialities in a dualistic world is therefore: $c+b=a$.

Combining aspect 'c' with aspect 'b' brings the system back into balance with 'a'.

When we combine aspect 'a' with aspect 'b', the system gets way out of balance with 'c'.

May 23, 2009

The Formula For Creative Potential

The Formula for Creative Potential is Gamma plus Beta equals Alpha: $C + B = A$

The Law of Attraction, like energy unto itself is drawn, causes energy to radiate. Radiating energy is called radiation. Radiation is categorised as alpha rays, beta rays or gamma rays.

Alpha radiation is the vibrational attraction of two elementary particles of hydrogen. Hydrogen is the only particularly pure vibrational element of energy and is the original source of physical creative potential.

Beta radiation is the expansive magnitude of the energy vibration within every elementary particle or particular element. It is it's elementary signature wavelength.

Gamma radiation is the concentrated, contractive & contrastive force of an energy vibration, within an elementary particle or a particular element. It is it's elementary signature frequency. The more concentrated the energetic force, or charge, the faster it's frequency and the more unstable is the radiation of its vibration.

The more expansive the energetic magnitude, or power, the longer its wavelength and the more stable is the element.

The potential of particular Alpha Attraction is its ability in creating pure physicality. Creating a pure physical reality with spiritual alpha (a) energy requires a balance between the stability of beta (b) attraction and the instability of gamma (c) repulsion. With only alpha

potential, there is only the basic building blocks of the Sun's hydrogen.

With the attraction of beta radiation, creative potential becomes constructive but with the repulsion of gamma radiation that potential is destructive. For alpha potential to be realised, beta magnitude is required to be in balance with gamma force:

Force (c) + Magnitude (b) = Potential (a)

From a Spiritual perspective, creative potential (a) is realised with mental thought (c) plus emotional feeling (b). The force of mental authority in creative thought, called seeing the Light (c), balanced with the magnitude of creative power in emotional feeling, called being in Love (b), equals the potential of creative ability in a physical experience, called a Life (a). When I be in love and I see the light, I have a creative life.

When emotional love (b) is a need and has a contractive wavelength, mental thinking (c) has a negative frequency and the vibration of the creative potential (a) is destructive & unattractive.

When the wavelength of emotional love is divided by male or female gender, mental thinking has a neutral creative force, so the creative magnitude is non-attractive and impotent. It is the unification of male & female energy that is the creative power of the Universe. When there is only one version of every pure vibration: Life (a) is full of (=) Love (b) & Light (c).

May 6, 2020

The Formula For Creative Energy

The Formula for Creative Energy is:

e to the power $i\pi + 1 = 0$.

'e' denotes expansion, interest & appreciation.

It is Euler's Number with the formula $(1+1/n)$ to the power n .

It is an irrational number equal to 2.71828.

'i' is an imaginary potential equal to the square root of one.

' π ' is a constant of two dimensional space.

It allows the measurement of the magnitude of constant space.

It is an irrational number equal to 3.14159.

'1' is the singularity of the Universe.

'0' is the wholeness of Complete Oneness.

Life is a paradox of the duality of everything (0) & nothing (1).

Out of the singularity of nothing, everything is created.

The expansive (e) potential (i) of love (π) from the singularity of the ether (1) creates the opportunity for Divine Oneness (0).

The reality (e) of time (i) & space (π) allows the duality of nothing (1) & everything (0).

The force of energetic light (i) & the magnitude of energetic love (π) allows the potential for expansive life in a universe (1) of Oneness (0).

The authority of the mind (i) & the power of emotion (π) enables the ability of the body in individual (1) integrity (0).

Dec 25, 2012

The Formula for an Effortless Life

A chaotic life has too many problems.

When in chaos too long, a disaster is imminent.

Problems are the effect of a cause that has no solution.

Solutions solve problems but they do not make them go away.

Learning to flow effortlessly requires learning to become problem-free.

My lesson is to not have problems.

I am problem-free once I have learned my lesson.

I get a lesson when I don't hear my messages.

When I hear my messages, I see an opportunity and I flow with life effortlessly.

I don't have to work hard for an opportunity as they always arrive effortlessly.

When I miss my messages, I miss an opportunity and I am challenged by a lesson.

When I meet the challenge, I learn the lesson and I see the opportunity that is being presented.

When I fail the challenge, I fail to learn the lesson and it will be represented again at a later time.

When I fail to learn my lesson, I see a problem in my life.

With too many problems, my life becomes chaotic and I become lost, confused and very frustrated.

With too much chaos & confusion, I am heading for a disaster.

The worst disaster results in my death.

The greatest opportunity is to live an effortless life.

May 5, 2014

The Ideology Of Belief

An Ideology is a set of beliefs.

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

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

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

3. Beliefs formulate into sub-conscious programmes. My sub-conscious programming operates in alignment with my beliefs. I am unaware of my sub-conscious beliefs until I consciously challenge them. I am conscious of other people's standards being imposed on me, as their boundaries of acceptable behaviour. My standard of acceptable behaviour is a programme of

other people's boundaries, until I personally challenge and change it. When I believe that I am misbehaving, by crossing someone else's boundary, I can challenge that belief and bring it into alignment with my own truth. The fact is that my standard is someone else's boundary until I consciously own my own beliefs because they conform to my own personal standards. A Truth is a belief that I personally own because it is integral to my standard of good behaviour.

4. A belief is a mental meme encoded within a physical gene. A gene is a piece of physical information, which conveys a mental meme. A meme can be both individual to a person and the collective belief of a culture or society.

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

6. Genes, Memes & Moods are the physical, mental & emotional aspects of my belief system. My sub-conscious programmed belief system operates in

relationship to my physical genetic sequencing. My beliefs form from a sequence of physical experiences. When a new belief goes viral, cell redundancy goes viral. Old cells with old genetic sequencing find their redundancy is the consequence of changing beliefs, behaviours and moods. They cannot reconcile new sequencing with old programming.

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

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

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

May 3, 2021

Oxymorons

“Intense Love”
“Absolute Consciousness”
“Absolute Reality”
“Relative Redemption”
“Relative Absolution”
“Absolute Divinity”
“Intuitive Idiot”
“Intelligent Idiot”
“Corporate Sovereignty”
“Individual Culture”
“Personal Meme”
“Alpha Female”
“Universal multiverse”
“Imaginary Fear”
“Creative Visualisation”
“Mind Free”
“Appreciation of Wisdom”
“Accumulation of Wealth”
“Acquisition of Health”
“Valued Judgement”
“Unconditional Love”
“Outer Wisdom”
“Universal Wisdom”
“Ancient Wisdom”
“Absolute Knowledge”
“Competent Intellect”
“Bad Health”

“Relative Certainty”
“Degree of Perfection”
“Overwhelmed with Joy”
“Artificial Intelligence”
“Gentle Drama”
“Negative Awareness”
“God’s Will”
“True Assumption”
“Pure Evil”
“Being Mental”
“Common Courtesy”
“Accidentally on purpose”
“Irrational Illness”
“Pure Sex”
“Physical Power”
“Physical Authority”
“Negative Energy”
“God’s Work”
“Acts of God”
“Leadership Skills”
“Management Qualities”
“Knowing the Future”
“Directive Coaching”
“Static Energy”
“Religious Faith”
“Holy Wars”
“Political Ideology”
“Multiple Universes”
“Positive Criticism”
“Natural Disasters”

“Being unemotional”
“Law of Karma”
“Peace-keeping Force”
“A Force for Good”
“Negative Thought”
“Blind Faith”
“Losing my Mind”
“Creative Play”
“Growing Old”
“Universal Consciousness”
“A Master Planner”
“A Peaceful Warrior”
“Shared Ownership”
“Serious Comedic Wit”

August 3, 2022

Non-Dual Qualities

Balance
Neutral
Harmonic
Divine
Ideal
Vision
Mission
Purpose
Integrity
Aether
Potential
Vibration
Quality
Expression
Experience
Space
Time
Effective
Efficient
Effortless

“The divine potential of the aether allowing the integrity of my vision, mission & purpose to have an ideal harmonious, neutral, balance; expresses effectively, efficiently & effortlessly, 20 spiritual qualities as an experience in space & time”

AUGUST 7, 2022

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
- Inductive super-conscious intuitive induction
- Submissive sub-conscious instinctive introduction
- Compliant supra-conscious imaginative conduction

Nov 14, 2022