

God is in the Toaster

REAL

**Inspirations for Inspired
People**

By CHRISTOPHER WALKER

www.innerwealth.com

The Source of Magnetism.

There are few cases of success which have not resulted from mastery of faculty and mind. Nature reminds us of the laws of success. Trees send branches and roots in search of sun and water, continually questing for better vantage, sending roots for support and water. It's an attractive force that binds us all. This force is life force, and there is no place on this earth where it is not found. It is the force of motion in molecule and quark, it is in the water we drink, the food we eat and the air we breathe. Not a single atom nor a chemical can exist without it.

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Develop a new approach - Global Shifts

Develop a new approach. Work differently, relate differently and live differently. In a world where nature demands evolution you must tap into your innate gifts and use them. You will be one who leads the world into the future. Certainty, clarity, simplicity and energy a mind space in which new life is born. Healers heal in presence, artists paint, stocks are bought and sold, decisions are made with absolute certainty. Life unfolds to your inspired potential. It is your God given right to success.

Your Spirit shines through all you do.

Your spirit shines through all you do and all you say. Your ability to harness this power, this point of true inspiration from the inside out will determine the essence of your performance. Inspired individuals are those who know their true spirit. They accept their power to manifest destiny. You can empower yourself and others when you know how to create through mind, body and spirit. Success, love, health and life are yours when you work with spirit. May your inner voice be louder than the outer voices of illusion.

“You wont find your heart in a temple until you find the temple in your heart”

You wont find your heart in a temple until you find the temple in your heart. Temples sooth the nerves, settle the anxieties and creates calm. But do you want to be in prison like this. To be limited to such places in order to achieve your inspiration is like living in a prison. Temple environments can be created at any time. They can be created while you wash the dishes, feed the baby, send a memo. Create your inner temple and carry it wherever you go. It is the temple of love. It is gratitude. Let your spirit speak through the power of silence. This is true freedom.

Heart speak

Heart speak transcends emotion. Heart speak comes from the true spirit of nature. It is love, wisdom and balance. When you speak from the heart you know Christ Consciousness. You are beyond judgement, emotion and fear. From the heart you can only speak love and gratitude. The true voice of your heart is really only silence. Heart speak is a process for inspiration and not desperation. Heart speak - speaks of dreams, visions and purpose. Heart speak acknowledges the power of the harmonious spirit in building relationships, serving others and developing transformational outcomes.

What you appreciate grows what you don't appreciate depreciates

Gratitude is the key to many of life's problems. Your heart speaks from gratitude and in gratitude there is appreciation. Ingratitude is your emotional body and long term ingratitude is immune system weakness. Your body responds to gratitude with alarming accuracy. Spirit guides you through your body. Are you listening to it. When you don't appreciate what you've got you loose it. Like a child who forgets to say thank you, you often become complacent about what wonderful gifts you have – until you loose it and then realize and appreciate the gift. Appreciation builds and grows – depreciation destroys. Can you try to shift those things you condemn as bad or ungodly into thank you's. You can't eliminate them, they are the work of spirit. Can you love them?

The wisdom lives within you

Your spirit, inner self is a genius. Your emotions and judgements keep you isolated from that great wisdom. Identity is your protection from harm. Identity is the separation between you and love. Question your rights and wrongs – your beliefs and begin to attune to the voice of spirit. Nothing on earth cannot be loved. Built by God all is perfect as it is until you judge it otherwise. This is how you can grow. The inner voice of spirit can be heard by dissolving judgements, distractions and worries. Clearing your mind and becoming present is the dominant key. It is also critical for leadership, sales, health and performance. All of mankind's problems are caused by our inability to sit quietly alone in a room. Take a moment to resolve those distractions and clear your mind. You'll live longer, be lighter, be more interesting and have more wealth.

First there was a thought and then.....

Vibration is all and all is vibration From the smallest particle to the mass of the sun all is vibration, including thought. Every thought you have is a vibration that affects not only your own body and destiny but the body and destiny of others. As a mobile phone can communicate from one side of the world to the other so can you. Feelings expressed through the heart travel through walls. Gratitude raises this vibration and consciousness is your ability to find the balance in a judgement To understand this is to understand life. All judgements are one sided perceptions. This is good this is bad, yet, all was built two sided. Only your mind can try to perceive one sided ness. Consciousness is a process not a place. Moving through judgements quickly is consciousness. You wil never stop judging –only the speed of resolution can change.

Your inner Guide is waiting to be heard

Socrates said “All learning is recollection”. You are the genius. The noise and clutter of your life separates you from your genius. The Akashic record are known as the cumulative vibrations of every thought ever thought, including the original creative thought. Guidance is within you. When you listen to that inner voice you are inspired. Great immortals Ghandi, Einstein, Plato, Pythagorus, Emerson, Edison. All listened to their inner voice. Plato called it the law. It is wise to acknowledge the genius within yourself and others. It is wise to take the time to explore your wisdom, to create the space for your genius to shine through. You are connected to the greatest wealth of all.

Short term gratification versus long term inspiration

The emotional body is only interested in pleasure and pain. It is motivated to eliminate our depressions, pains and sadness. This is the nature of human kind. Seeking pleasure and avoiding pain is the structure of our human instinct. But to follow this instinct is to be consumed by emotions and mind noise. Nothing of your lower senses will ever satisfy your soul. Forever be awake to the fundamental waste of life trying to satisfy the illusions of the lower mind. It is wise to follow your vision and not be distracted by pleasure and pain. Short term motivations produce short term results. Long term motivations produce long term results. The pain of regret always outweighs the pain of discipline. You can be assured that if you apply your every being to something it will manifest in the long term although it may be a struggle in the short term.

Illness and Disease

Your illness and disease is a pure guide to your imbalance in thought. When your mind, body, and soul are misaligned with the wisdom of spirit, you are in a twist. Spirit guides you to awaken this truth. When you are ill, it is time to re-think things. Illness appears in so many forms: illness of the body, illness of the mind, illness of the wealth, illness of employment or relationship, illness of spiritual awareness. You are given so many caring signals as to where your beliefs no longer serve. Align your vision, your body, your heart, and your soul.

Silence is the power of Spirit

Silence is the power of Spirit. Silence is the voice of the heart. He who knows does not speak. For when your heart is truly open, no words are necessary. And when your heart is not open, no words are possible. Silence is your heart's language of love. It's the silence between the words where the truth lies. When we listen between the words, we meet on another level. Yet we are people of words. So it is wise to spend time in silence each day, listening to the breath – celebrating life in silence and with gratitude will free your spirit and open your heart to a greater knowing.

Wisdom comes with time;

When I was 17, I thought my Dad knew nothing, but by the time I was 21, I was amazed at how much he'd learned in that time. Over time, blessings emerge for even the most terrible event. Your ability to see these blessings without the loss of time is your consciousness. Instantaneous recognition of blessings in all things is the wisdom of the sage.

Centered I have but one persona. Emotions I have many;

To the many (Freud) personas, there is turbulence; to the one, there is simply perfection. You oscillate between personas depending on the situation. Each persona is created during some past remembered event or future feared event. They are the constructs of your mind. They are the cause of your sadness, depression, fears, guilt, illness, failure. They are also the cause of your happiness, elation, success, and wellness. Like all things in the universe, personas have two sides. When you tune into only one side, you create a lopsided charge in thought. Something else, therefore, must be generated to balance that. Remember, perfect balance exists even if you are unable to feel or see it at this moment.

Suffering is attachment. Your ideas are where you are stuck.

What you resist persists. When you think you've got it you haven't. When you think you won it you don't. The tighter you hold on to your beliefs the more pain you experience. Life is not an it, it's a journey. Movement and flow is essential for life and there's nothing on earth that doesn't move. Except of course some ideas we hold onto. This holding is going against the flow and that takes energy. Radical movement is revolution steady movement is evolution. Between the two is your ideal growth rate. Remember, to have something you must let go of it. To defend is to reveal your stuckness. To love is to embrace.

When you love an idea it is not a crutch in defense but a concept to be explored. You can use this knowledge to grow.

Your Spiritual heart has no Boundaries.

Your spiritual heart seeks and finds perfection. This is perfect balance. Harmony. It's ever present in the moment. Perfect in connection to the greater forces of life. It sees not good nor bad. It simply sees. All are simply events. All simply is and with tears of appreciation the spiritual heart looks upon this life without emotion.

It is wise to listen to the inner voice. Here is strength.

Your human heart suffers in compassion

Your human heart has boundaries. It sees the good and the bad from the human perspective. It shares the illusion of the senses and attracts to pleasure withdraws from pain. The human heart is protected from it's fears with armor. Protection from pain. Such is the stuff of human suffering. Such feelings are the stuff of compassion. This is the path. It is these illusions and misunderstandings that separate man from the divine.

It is wise to acknowledge that perfection exists yet the human heart is often unable to see. Eventually through the personal mastery, the gift of time or spiritual awakening the truth is revealed, you find love.

Sufi saying; Trust in Allah but Tie your camel

We deceive only ourselves. To say I am spiritual is to quote the obvious. To say I am more spiritual is to lie. You are a spiritual being having a human experience not a human being having a spiritual experience. All is spiritual when your eyes are open. Not your human eyes but your spiritual eyes. We are forever learning new things and therefore continually moving to new ground. On new ground we tie our camel, unfamiliar and fearful we lose our trust. Over time or through process we again find our way and again we trust.

It is wise to know that you are never done. To say I am spiritual and he or she is not, is illusion. Illusion is to think that it is ever done. These are the deluded ones.

John 4.18 There is no fear in love but perfect Love cast out fear...

People can reject your expectations; they cannot reject your love.

Your true self, the spiritual heart asks for nothing, needs nothing and expects nothing. It loves.

Your expectations are your illusions. You want to change something, make it better or worse. How do you know what is right and wrong. These are your beliefs and such are they that they are forever transient. Moving with time and environment. Conditional love is the way of exploration, unconditional love is the result. They are inseparable partners over time, they are the process of growth. While you inhabit a body, these are your companions.

Love passes through walls where no sound can travel;

In a state of presence and gratitude you are in the moment. In this moment you achieve great inspirations. In this moment your heart will be open and your energy will rise. Vibration is you and your vibration will rise. As one guitar string will cause all others to vibrate so too your resonant frequency will touch the hearts of others. This is the power of a heart felt vision. You become magnetically attractive when you are inspired by your vision.

Conditional love helps

We are bought up in conditional love all with good intent. There is warmth for good behavior and cold for bad behavior. We think this is the way. Yet, in warmth there arrives cold and even in cold there arrives warmth. Our dreams and hopes become confused with need for approval. Should I run from my dream in case I fail, or should I stand with my conviction and not be tempted by your approving warmth. After time it is obvious that your warmth cannot nourish me when I deny my own calling.

It is wise to begin to know that nobody can approve of you if you don't. Your approval is no substitute for my own. From this you get courage to face your destiny.

Love is the fruit of all season and within reach of every hand; Mother Teresa

Making a difference.

We only want to make a difference in those things we don't understand. In the light of perfection what could there be to change. When we are comfortable we call this order. Order and disorder are two inseparable companions. To the degree we attract one we attract the other. Your maximum evolution occurs at the border between the two. Order chaos, order chaos. You can choose big swings or you can choose small swings. The choice is yours.

It is wise to acknowledge that genius is instantaneous recognition of the order in the chaos and the chaos in the order. Your freedom comes from this genius. You are freed to follow your inspirations. You let go of the huge swings from chaos to order and back.

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What is right and what is wrong?

Your beliefs are transient. In your heart there is no right and wrong there is simply appreciation for whatever it is that you can see. Perfect balance exists. The only place there can be no balance in this universe is in your mind. Your consciousness is reflected in your reactions. Your rights make you attracted to something, your wrongs make you repelled from something. Your illusions of right and wrong run your life. When you tune to the infinite you are rightless and wrongless. This is the state of maximum potential. This is your state of inspiration.

Suffering is attachment. Your ideas are where you are stuck.

What you resist persists. When you think you've got it you haven't. When you think you won it you don't. The tighter you hold on to your beliefs the more pain you experience. Life is not an it, it's a journey. Movement and flow is essential for life. Holding is going against the flow and that takes energy. Radical movement is revolution steady movement is evolution. Between the two is your ideal growth rate. Remember, to have something you must let go of it. To defend is your stuckness. To love is to embrace. When you love an idea it is not a crutch in defense but a concept to be explored. You can use this knowledge to grow.

Nothing of the senses will ever satisfy your soul.

Your emotions reveal your consciousness. Your emotions are driven by your lower self and therefore seek pleasure and avoid pain. But you know from your journey in life that there is no place of pleasure without pain or a place of pain without pleasure. It is a fundamental law. Therefore when we act on our emotions we unknowingly seek a place where both pleasure and pain exist. We think we are moving to a greener field. In truth we are just moving the deckchairs around the titanic. Perfection exists right in the moment you are in now. There is order in the chaos. Your wisdom is to find it. Your soul guides you to places that are new to challenge and awaken this wisdom. You may resist and hang on for 50 years. That's why situations repeat themselves. Your soul, the universe, God, your body, partners, children, work all love you enough to keep giving you the chance to learn lessons. This is the gift of life.

The power of the unknown

For every one known there are a thousand unknowns. Have you ever seen an electron, magnetism or electricity. For every known there are 10,000 unknowns and as once we believed that the earth was flat we can now know that there are millions of unknowns yet to be discovered.

So too spirit must be blended with matter. Wave and particle combine, they are inseparable. If, like me, you are keen to achieve your dreams then it is wise to include spirit in your power base, and all considerations of spirit in your plans, and all acknowledgment of spirit in your thankyou's.

Consider the principle of Vibration

We communicate electromagnetically. When you look with your senses you see only with your eyes and your thoughts. You have memories and you have imagination's. These three are the limits of your experience. But there is one more space unexplored by these senses. It is the space of perception. Up to 90% of your communication is non verbal. You "tune into" people's attitudes, get a sense of where they're at, you can tell by a persons vibes where they're coming from. You've no doubt heard the comment " I just get a bad feeling about him or her". All is vibration. Light is vibration and everything else is simply light slowed down. The slower the vibration the heavier the matter. Same with you. The heavier your thoughts the heavier you get.

Your maximum potential

You are magnetic. Vibration. Your maximum potential is when you are able to store your magnetism. That requires nerves of steel, a steady hand and a powerful mind because thoughts and worry are the greatest defeaters of magnetic power.

It is wise to be aligned with your life's purpose, with your heart open, your body composed, healthy and flexible you are at your maximum potential you are inspired. In this state your energy is directed, your powers of perception heightened and you have clarity and commitment to a task bigger than you.

Gratitude Levitates

The power of the mind and body is electric. All thoughts are electrically received and distributed throughout your body. Your thoughts can either be grateful or ungrateful. Gratitude levitates, it raises your consciousness expands your capacity and heals wounds. Ingratitude runs you. Attraction and repulsion are both forms of ingratitude. Attraction infers that there is some place better than where your are, ingratitude infers that there is some place better than where you are, both are illusions of the unwise.

It is wise to follow your heart. It is only your personas that will chase after greener fields. Your fragmented and diverse personas searching for pleasures and avoiding pain. Your heart just does regardless of either pleasure or pain.

An attitude of Gratitude

Your stress is the result of your attitude. When you change your attitude the circumstances impact you differently. Your attitude to your health both internal and external, your approach to financial management, your attitude to others and ultimately your commitment to yourself and your journey. For what to one person is a stress is to another a joy. Your senses pick up the signals. Smell, taste. Sound, feel, sight, time and space. Your mind interprets those signals. What to one person is a joy is to another, a stress. Understand the dynamic that creates stress in the first place. Recognize that stress relief is a valuable tool yet it is far wiser to address the cause rather than the effect. You should be continually looking to deal with the source of stress rather than worrying about the result. Base your daily regime on the maintenance of a healthy level of stress. Create a special space through your own energy in which others are inspired to reduce their stress. Stressed managers infect others until an epidemic breaks out.

Emotional Reaction or inspired action

Human emotions undergo periodic oscillations; These are driven by emotional reactions of attraction and repulsion. The nervous system is attracted to pleasure and avoids pain. These oscillations are the emotional highs and lows experienced by humans when the listen to their lower mind. Emotions are energy in motion. Your emotional attraction and repulsion's are energy in motion. Your lower mind drives your emotions. These are the ideas, events and things you have not yet come to be conscious of.

You cannot eliminate these polarities. You can only come to see their perfection.

Emotional Baggage

“To change your life, Change your mind. To change your stress, change your beliefs.” Stress and anxiety are destructive emotions based on worry. Presence brings us to the moment and in this space there simply is no stress. It is wise therefore for you to invest in the process of being more in the moment than it is to invest in the process of resolving stress itself. Fear is a powerful motivator. Adrenals kick in, blood pressure rises and you can be rocketed into incredible feats of strength, endurance and performance. However at the end of the day the stress generated from over working can exhaust you. Eventually you will achieve the stressless state of presence, even if it is on your deathbed.

Your capacity to be in the moment and achieve your full potential is determined by your commitment to reconcile your emotions.

The body reacts to the messages of the brain.

When we are being run from the lower levels of the brain we seek pleasure and avoid pain. Whenever we seek pleasure, we run into pain. This is an endless cycle that drains energy and is physical felt in the gut. The higher Centers of the brain provide the greatest potential environment for balanced thought and actions. Balanced perceptions and thankfulness birth potential energy that the body expresses with power, precision and purpose. The higher brain Centers are connected to the heart, creating homeostasis throughout the body.

Reduce brain noise

Brain noise occurs when you exaggerate and minimize. In other words when you lie and deny balance. Exaggerations and minimization's result from emotions; distorted imagination and distorted memory. Mind noise is static in the receiving and broadcasting station of the brain. You are clear, inspired and illuminated when there are no sensory based distortions. Mastery is the ability to reduce these thoughts to one or two. To focus the mind is meditation and to focus the mind on creation is the ultimate meaning. All great masters who have left eternal impact on this earth have been people who can, for varying lengths of time, focus their mind.

To focus the mind; Think in balance. Take the time out. Be intense. Have a vision. Be healthy, Take no credit, Take no blame, Manage your thoughts.

Bodymind

Your whole being responds to your state of mind. Your body, your finances, your relationships, your social life are all feedback to your state of mind. They are doing all they can to bring you to a particular state of awareness. When we are feeling ungrateful, resentful, unhappy in our work and are not doing what we love to do the very chemicals which maintain your body change. It has been shown that a person who is angry, bitter, resentful produces hormones and endorphin's which, over an extended period, lead to permanent imbalances in the body. Your mind and body are intricately connected and the science of this is the science of great healing. The depth and accuracy of the science of Bodymind is phenomenal and forms the greater foundation for Eastern Health.

Emotional Wisdom

Judgements are reactions. It is wise to act instead of react. When you react others are running your life. This is not what you want.

It is wise to transform the judgements to appreciation and love by examining where you have done what they are doing. Then balance your mind.

Function or dysfunction

What to one is functional to another is dysfunctional. And who is to say what is right. More wars are created in the name of faith than for any other reason. The creator is neither right nor wrong, it, he or she simply is. This is love. It is wise to know the magic of love. To see that there are two sides to every coin and to have gratitude for both sides. It is the mind of the creator manifest in your life. Then and only then are you free to be you.

The size of your questions determines the size of your life

So funny. Some people say, my mother made me do it, or I got that from my parents. And I ask did you do all that your parents said? Why did you select this to believe? Are you sure your blame is justified? We choose our thoughts. What made you believe that? What made you believe that? Whatever it is, it is simply where you are right now, it can be let go of and you can grow to your next place of learning. You are free only when you are willing to flow.

It is wise to ask ourselves questions. The size of your question determines the size of your life. Holding on is righteousness. It causes your pain. Growing means challenging your beliefs and embracing an ever increasing breadth of the wonder of life.

Depression is caused by elation

If you get depressed then search not for the cure to the depression but the wisdom to deal with your elation. All things have two sides. So too your emotions. They are just charges as a magnet holds north and south. Bring down your elation and your depression will rise as sure as the sun rises and falls each day. Seek the depths of the illusions you hold, the promises impossible to keep, the judgements held, the teachings absorbed, the expectations created. Return to your beliefs and find the source for it is this gift for truth that brings about the balance of body and mind.

It is wise to balance your mind. Instead of rescuing depressions we can seek the balance. Look for the beliefs that are stuck. Your body and mind, like nature are doing all they can to wake you to love.

Be thankful to a power greater than you.

It is wiser to think of the benefits to what is than it is to resent what is. Somebody far smarter than all of us designed this magnificent universe and it's only our beliefs that prevents us seeing the gift.

It is wise to open your heart to the power of creation. Open your heart to the reflection of the perfection. Open your heart to a power greater than you.

Love is the synthesis of emotion

If you can't see both sides of what you are drawn to, you are infatuated. Infatuation breeds resentment. Elation's breed depression. Self righteousness breeds self wrongteousness. Dissolve the lies and your vision becomes clear. Infatuation with heaven or the universe makes you want to be there. It is not better or worse than where you are. No space craft desires you, no person can't live without you. You must find and admire the creation right there in the palm of your own hand. The nerves, veins, tissue, cells. See this in order to bring yourself back to reality. It is here in the vessels, the veins, the cells the tissues.

It is wise to bring any lopsided perception back to balance. This is the most beautiful meditation on earth. Practical and mobile the food for your focus is life itself. Learning to be grateful for all, is the journey of life. No one is finished. No need to get all elated about your consciousness. You are no better or worse than anyone else on this planet. You are one with them.

Is it for you to know what right and what is wrong?

Your beliefs are transient. In your heart there are no right and wrong there is simply appreciation for whatever it is that you can see. Perfect balance exists. The only place there can be no balance in this universe is in your mind. Your consciousness is reflected in your reactions. Your rights make you attracted to something, your wrongs make you repelled from something. Your illusions of right and wrong run your life. When you tune to the infinite you are rightless and wrongless. This is the state of maximum potential.

This is your state of love.

Consider the principle of Vibration

All is vibration. Light is vibration and everything else is simply light slowed down. The slower the vibration the heavier the matter. Same with you. The heavier your thoughts the heavier you get. These feelings, this sense of awareness is not time dependant. Alive or dead your heart has the capacity to tune into another person whether they are right in your face or on the other side of the earth or not physically here at all.

Remember nothing is missing it is simply in a form you don't recognize.

Rescue .. Making a difference.

David Irvine shares a story in his book "Simply living in a complex world" As a child on the farm, I remember our neighbor's chicks hatch. The chicks were pecking their way out of their shells, and in an effort to help them I cracked their eggs. To my astonishment , the chicks died. That day, I learned a very important lesson the hard way: help isn't always helpful.

Those chicks needed the struggle of hatching to survive and thrive. They needed to crack their own eggs.

We only want to make a difference in others that reflect those parts of ourselves that we have not come to love.

Your maximum potential

You are magnetic. Vibration. Your maximum potential is when you are able to store your magnetism. That requires nerves of steel, a steady hand and a powerful mind because thoughts and worry are the greatest defeaters of magnetic power. When you are aligned with your life's purpose, your heart is open, your body composed, healthy and flexible you are at your maximum potential you are inspired. In this state your energy is directed, your powers of perception heightened and you have clarity and commitment to a task bigger than you.

The Power of Breath

Use the power of the breath to center body and mind. In ancient times the solar plexus was thought to be the seat of the soul. Since then the Yogi's have spent their lives mastering the art of breathing for awakening human potential. Pranayama is the Yogi art of Breathing. As you inhale you are inspired as you exhale you are in contemplation, the balance is the centering of the mind.

Value your time.

There is a currency of life, it is time. It is the one gift you are given that you can not replace. When you appreciate what you have you get more. When you appreciate the value of the time you have been given you get more. Your life span increases, your capacity to do more increases and the stressful compression of events into limited time abates. You have the capacity to stop time and in so doing approach wisdom. Valuing time is an acknowledgment of your own mortality. It need not take the sudden jolt of a life threatening experience to remind you of the frailty of life. When you kiss a child, mean it; when you see a friend stop and feel it; when you say that you care, care. Tomorrow may never come.

Time is your greatest gift use it wisely and your life will take a whole new meaning. It seems unwise to wait for time to pass and look back on the missed opportunities to hug a child, to stop and share a moment or express the creative spirit you have within you. Besides, this is life, success, wealth and relationship.

Moderate and monitor what you eat.

Every 6 months your body is completely replaced by new cells constructed from the inputs to your body. Food is not the only matter that builds your body. The air you breathe, the thoughts you consume, the books you read, the emotions you express, the care you give and the way you sit and stand are food. The way you pray, the way you look at the stars and the way you swim are all food. Your body is replaced by the inputs you give it each 6 months.

It is wise to take advantage of all those things that are free in building the best transport system the universe could conceive.

Transform Brain Noise to inspiration

Your attractions and repulsion's create mind noise. Inner chatter, babble and confusions. Your heart knows no chatter, it has no words other than gratitude. You are the power of your mind. When balance is seen, life is revealed for it's magnificence. Your mind has 85,000 thoughts each day. 70% of them are the same as yesterday. Yesterday's thoughts are conditioned by the past and the past is the creation of our perception. In other words life is how we see it.

It is wise to question our perception of the past so that we can become present. It is wise to challenge illusions of the future to bring this to presence. Focus your mind on your priorities filling your mind with inspirations. Peace of mind can only be achieved through presence.

Don't take credit - don't take blame

There are two sides to all things. To praise is to acknowledge the half. The truth of love is to embrace both sides. You put them up you will eventually put them down. Infatuation leads to resentment. If you praise somebody you must eventually reprimand them. I say do neither. Focus on the vision. Substitute praise and reprimand with gratitude. Teach rather than reprimand.

It is wise to be grateful. If you take credit you must take blame. If you praise you must reprimand. When you raise somebody up beyond their true worth someone will put them down.

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Muscles reflects your balance of mind

When you avoid pain seek pleasure you are listening to your lower mind. Your lower mind controls the smooth muscle, sympathetic. E.g. heart, kidneys, etc. This means that the infatuations and resentments are your listening to your lower mind and creates oxidation in the body. Maintain homeostasis when you are out of the body and to test you. Therefore to the degree that we listen to our emotions we oxidize the body and decay and disease it.

Strident muscle is controlled by the higher mind and includes all organic muscle above and including the diaphragm. Heart, lung and brain. Inspiration organs versus maintenance organs which are the organs of maintenance below the diaphragm.

The Path

The deeper the roots the taller the tree. The further you are pushed into the mud, call it pain, the higher the tree can grow. The deeper your void the narrower the path. For some the edge between inspiration and desperation is fine. They are the blessed ones who walk a narrow path. For them one step off the path brings the realization of divergence. Divergence is the fall into the emotions. You are blessed by your pain, it awakens the complacency, it challenges the uncertainty, it challenges illusions.

It is wise to have the courage to follow your path. It is often generated by the pain resulting from stepping off it. You will be bought back to reality by life itself, your illusions cannot last long.

Your judgements of right and wrong are your greatest illusions.

Your judgements of right and wrong are your greatest illusions. We should ask how can there be a right without a wrong. How can there be a good without a bad, how can there be a pain without a pleasure. These are your illusions. They lead you headlong to a state of delusion. Truth is never in the hands of the many. You are challenged to rise from the mass consciousness through either your commitment to challenge or your pain. Either way your purpose in life is revealed to you in it's ultimate form in the awareness that nature destroys anything that is not fulfilling it's purpose. When we hold onto the beliefs in our mind we hold back our growth. We tend to sabotage our potential. Your body, your wealth, relationships and all matter around you is testimony to your ability to rise to this level of performance.

It is wise to know that if you are not using your mind and your brain you deteriorate. If you do not use your body your body deteriorates.

Stress

Stress is the exaggeration or minimization of what is. When we exaggerate the outcome we develop fears and guilt's. We develop uncertainties and worries we loose presence. On the other hand if we were to weight the plus and minus of the event we could eliminate the stress. We could draw ourselves to the position of awareness that in the moment all is perfect balance. Your body reacts to these lopsided ideas, the charge or electrical impulses react to these thoughts. In the moments of truth you can be stress less.

Your breath can also balance your mind. When your mind is excited and elated you can slow it by breathing. When your mind is down and worried you can bring it up by breathing. Your mind and body are connected through your diaphragm. Breath is the connection between your mind and body.

It is wise to act on stress at the source. Grab it before it grabs you. Instead of fixing the result, fix the cause and the cause is within you. Nothing is caused outside of you. It is your reactions that cause your stress not the stimuli.

If you're not willing to challenge yourself - somebody else will

Your self righteous persona will be challenged by others or yourself. When you don't do the work on yourself somebody or something else will. If you stay stuck or hold onto a belief your mind, body, money, spirit, friends and partners will bring you the next learning.

When you listen to your inspirations you are willing to challenge yourself because your beliefs are continually getting in the way of your dreams.

No one can beat you down further than yourself

Blame never fixed anything. When you say he or she did this or that, when you say I feel this or I feel that about another person you are actually talking about yourself. When somebody says to me "he beat me" I ask "so why were you beating you?" It's an incredible turn of events to know that you attract to yourself; people, places, things and ideas that you need to bring you out of your illusions. If you are beating yourself up then you attract someone to beat you up. If you are judging yourself then you attract someone to judge you, if you are guilty then you attract someone to pour guilt on you. Getting them to stop is a fruitless exercise, because you will simply continue to do it yourself.

It is wise to give to yourself. Nobody can give you more love than you give to yourself. Nobody can care for you more than you care for yourself. Nobody can cheat on you more than you cheat on yourself.

No one can beat you up or put you down more than you do to yourself.

True self worth stems from within

There's nothing you can do on the outside of you to build your self worth. It's how you feel about yourself. When you build yourself up higher than who you really are you attract someone to bring you down. When you beat yourself up you attract somebody to bring you down. We are naturally balanced and any mind state that we attempt to create that is either one side or another attracts a balancing mechanism. This is an essential ingredient of nature and evolution. Resistance is only possible in your mind but do so at your own peril.

Who says?

This is right and that is wrong. Are you absolutely sure? Who said so? If you were to listen to all those rules by others you would be frozen because for every group who claim an action right another deems it wrong. Choose from a smorgasbord of ideas ideals and values.

It is wise to know that in silence of meditation and the centred calm of love that you will hear this wisdom and it is in this state of certainty that you will create your own laws. Rejection and acceptance are simply two sides of one coin. You cannot have one without the other. These are universal truths.

Envy is ignorance, imitation is suicide. Emerson.

Past and Future

Sometimes I dream of the future. Sometimes I dream of the past. This is a wonderful gift, it helps me to escape the present. But, it is also my worst enemy. Because the boundary between real and illusion, between constructed and deconstructed becomes vague we can easily live a life of illusion. What is truth in this haze vacillating between the past and the future. Religious groups and the like are the stuff of clarity for those of us caught in the haze.

It is wise to be centered. Between past and future, between reality and fantasy is love. It's the un-judged moment.

Myth versus inspiration

Inspiration is a calling. A reason to do something bigger than you. You will be supported and challenged along your path. Motivation is crushed by challenge, inspiration rises above it. Most people want the hero myth but in my experience no body has ever had success without failure, or support without challenge.

Perfect symmetry and order

Symmetry proportion and order. When the mind is balanced the heart is open. When the heart is open your personal potential is released. Your heart, mind body and soul are in harmony. You are alive. Events are just events until you judge them. Life is life, death is death. An affair is an affair until you label it right and wrong and who is to which is which? Your judgements are your greatest illusions. They are always impacted on by your experience of life. They are always impacted on by the morals and ethics of your time, they certainly do not stand the test of time. As your needs change so too do your beliefs.

It is wise to listen within. Your mind has the ability to see in balance and therefore lead you to an open heart or your mind can be imbalance and lead you to a closed heart. When you see any event with more than a one to one perspective you, your body and all that you do is in lopsided. You become imbalanced and so too does your expression.

Your body is a chemical and an electrical machine

Your body is a chemical and an electrical machine. Nerve impulse can be measured electrically. Emotions can be measured chemically. .

Your body seeks balance. Your senses seek the imbalance. In other words your senses seek pleasure and avoid pain they try to find places with more ups than downs. So your senses seek to label all things imbalanced.

It is wise to follow the guidance of your inspirations. You will see life through the awareness that there cannot in truth be anything but perfect balance.

The Law of 7's

7's is the state of perfect balance where the mind comes to poise, grace and rest. It is the point of optimum learning, optimum performance, optimum expression and therefore optimum love. Here there is no stress, it is a powerful launch pad for all action and expression and the most inspired place of giving and receiving. It is from this place that the great masters of the earth have given their all. To the other extreme lies the perfect imbalance. It is the mind state of illness and disease, of decay and ingratitude. It is the state of elation and depression and certainly the state of suicide and loss.

It is wise to achieve this optimal balance point for your life through the awareness of perfect balance.

After the Ball game

You meet a new partner. You look into his/her eyes and you are overwhelmed by that feeling of wow. Your blood pressure rises, the euphoria begins to seep through the cells of your muscle tissue, adrenaline is pumped, hormones rush to begin the physiological changes required for mateship, you are on a high.

6 months pass. You are bewildered by some of their behavior. Truth is they haven't changed a bit. You are just becoming wiser with time. In the first instance you saw more positives than negatives. Now it's more negatives than positives. It's the law of rhythm. Like a pendulum tic toc from seven up to seven down.

It is wise to have the wisdom of time now. It is available in the heart at any time. The heart only sees in perfect balanced perception. I to 1. When you listen to the heart this is the message. Not infatuation or resentment.

Everything Serves

There is a fundamental law. The law of conservation. It means that nothing is ever missing it just changes in form. Things are always evolving or devolving. Entropy and Syntropy. When we deny conservation we fall in entropy - breakdown. When we acknowledge this conservation we rise through Syntropy -wholeness. Maximum evolution will occur at the border of entropy and syntropy. So we vacillate between these two extremes in our growth. Growing as a person, nation, globe we vacillate between order and chaos.

It is wise to seek the balance and love. This equity exists whether we see it or not. Therefore we are bathed in love all the time whether we see it or not. To the degree that we acknowledge that we have fulfillment. To the degree that we deny this we experience un-fulfillment.

Embrace both sides of yourself

Monopoles do not exist. Peace and war, happy and sad, right and wrong good and bad, conflict and cooperation, success and failure. Any attempt to create a monopole will create a corresponding depression or breakdown.

“Carl Yung, compensation of opposites” an integrated solar lunar, acknowledge this. Unless you are willing to embrace both sides of yourself then you cannot have a full experience of life. A group of monks tried to find one thing in the universe that was monopole. They were unable to find such a monopole. It's God.

Equilibrium is the will of God.

To a sun there is a planet. Orbits determined by the balance between push and pull. To an atom there is an electron and a proton, orbits determined by push and pull. To a volcano there is a pressure of inner and outer, to the earth's crust there is an earthquake to release and re-balance pressure. In you body there are muscular forces established to hold the core of your body vertical. Pain and pleasure are balanced to hold your life in presence, elation and depression to hold your consciousness in centered-ness, support and challenge to hold your relationships in love. All in this universe seeks the balance. The master creates her own, the neophyte has it done for them.

Somebody training;

Most of our lives we seek the identity to make us somebody. Born, as we are to conditional love we understand the condition of warmth and cold. Here it is warm, here it is cold. Conditions imposed on our being determine the goal of seeking that somebody that will give us the perpetual warm. Yet, to the degree we seek it is the degree to which such seeking creates imbalance. The quest for the somebody I call the somebody school. To the degree that we subscribe to the quest is the degree to which you must repress some part of yourself. Is that healthy. To repress your self. To hide and make absent some essence of you with the objective of gaining acceptance is a paper chase, a pursuit that has no outcome, it's a cat chasing it's tale.

It is wise to use the power normally invested in somebody training to express and achieve your dream. You are the master of your destiny when you acknowledge all of you as being totally lovable. Perfect balance is love of the self. You can try to deny to cut short some part of you but it cannot achieve it's end.

Mind Noise is simply Imbalanced thinking

When the mind is out of balance it begins to race uncontrollably on any topic we choose to give it. Alternatively when the mind is in balance it is calm and centered. Worry is imbalanced thought.

When the mind is unresolved on an issue is seeing more pleasure or more pain in an event. However there is never more pain than pleasure in any event.

Whatever we judge we breed. We create attract or become.

When we have a one sided out of balance judgement we exhibit our unconsciousness. We are not present. We attract that which we judge to teach us to balance that judgement.

First there was a thought and then.....

Since the beginning of time all change and transformation of the universe can be explained in terms of vibration. From the smallest particle to the mass of the sun all is vibration including thought. Every thought you have is a vibration that affects not only your own body and destiny but the body and destiny of others. To understand this is to understand life. As a mobile phone can communicate from one side of the world to the other so can you. Feelings expressed through the heart travel through walls. Gratitude raises this vibration and consciousness is the level to which you can rise.

The great masters have attuned to high realms of inspiration through moments or periods of Perfect Balance

Emotions are energy in motion

Human emotions undergo periodic oscillations; These are driven by emotional reactions of attraction and repulsion. The nervous system is attracted to pleasure and avoids pain. These oscillations are the emotional highs and lows experienced by humans when they listen to their lower mind. Emotions are energy in motion. Your emotional attraction and repulsion's are horizontal. Your lower mind drives your emotions. These are the ideas, events and things you have not yet come to be conscious of. You cannot eliminate these polarities. You can only come to see them in perfect balance Are you being used by it or is it using you.

You are magnetic

Your body is electric. Filled with life force. Nerves conduct this power to all extremities of your being. You radiate this as personal magnetism. When your emotions override your inspirations, when your body becomes over stimulated or under stimulated when you are not doing what you love, you dissipate and waste this personal magnetism.

It is wise to know that life force is magnetism and the greatest integrating force of magnetism is gratitude. Beyond the fluctuations of positive thinking, the stimulation of victory gratitude is the thankfulness for the opportunity to be. Every cell in your being is a battery. You can charge and discharge this battery with thought. It is your charter.

True friendship is support and challenge.

We join support groups who are aligned with our beliefs. This is only one side of support. Your beliefs are keeping you safe. That's their role is identity. Yet, it is these beliefs that cause you to lose the fulfillment. Your beliefs simply reflect where you are stuck. True friendship, true relationship both supports and challenges these beliefs.

It is wise to welcome both sides of relationship. Support and challenge. To embrace both is to open your heart to the two sides of chaos and order. Here is growth. This is the gift of evolution and revolution merged into those you "like" and those you "don't". Love embraces both. All relationships have two sides, support and challenge. This is friendship.

If you want to change something, love it;

Until you appreciate it the way that you've got it you can't get it the way that you want it. Gratitude is magnetic, ingratitude is repelling. Appreciation grows what you have, lack of appreciation depreciates what you have. A company who does not appreciate what it has will lose it, until it becomes humble and appreciative again. In a Yoga class people often curse their body because they can't reach the next level. It is more productive to say thank you for what you have as from this mind state there will be movement.

It is wise to know that nothing is missing it just changes in form. Gratitude for what you have births the magnetism to attract what you want. This is wisdom.

The ungrateful mind attracts troubles

The ungrateful mind pulls light, sucks energy, it is heavy and unattractive. Gratitude is to rise and become lighter. Let there be light. Heaven on earth is gratitude. Hell is ingratitude. Of all the great teachings the most common theme is light, the source of life. Gratitude moves you in the direction of the light. Can you remember times in your life when you have been extremely thankful. The saving of a life, the safe birth of a child, the recovery from disaster. At these times even the most Atheistic one of us, raises his or her eyes to the heavens in words of gratitude.

Perfect balance, centredness, gratitude and love.

In your heart there is a perfect balance. Your heart seeks the balance, it already knows that there are always two sides to every coin. To the heart things that happen are simply events reflecting universal laws. To the mind events can be turned to either good or bad. This is your source of suffering. . Your ability to see that order is your consciousness. When you cry out in compassion this is your emotional body revealing it's mind of duality. When you simply love this is your spiritual heart revealed.

Tic toc

We tic toc between the two sides of emotions. Uncertainty prevails and our energy is dissipated while we consider the preference of either side. Seek pleasure avoid pain. Move between right and wrong. Trying to do right you can only create a fantasy. Who amongst you is never bad, in error. Such ideas are the fantasy of fanatics.

It is wise to know; You are all things and to love your self your must love both sides.

Rental space in my mind.

Your mind is a computer processor. It can process just so much information. Why should you allow low rent thoughts to occupy such valuable space. If you get no return for a thought discard it. Thoughts are the fuel that creates your destiny. Why not master that destiny and determine the thoughts that occupy the space. Thoughts of loss or gain, emotions of bad or good, elation's or depressions are not thoughts that construct your destiny. These are thoughts that build your house on the sand.

Brevity is Brilliant

- ✓ Less is more
- ✓ Simplicity is supreme
- ✓ prioritize is everything

Maximum evolution occurs at the border between chaos and order

If you are attempting to experience only one side, the building up side, don't waste your time, you can't. Don't think you can get away with praise without reprimand, or build up without breakdown. Both sides are essential in the evolutionary process. Maximum evolution occurs at the border between chaos and order, reprimand and praise... As you master ever greater levels of gratitude you will not become as much swayed by the tic-toc of the illusive and polarizing emotions.

I have clients who consistently come to me saying, 'I've got all this chaos and conflict in my life. I want to stop this. Can you do something?' As long as they are trying to get rid of pain and get only pleasure, and try to get rid of chaos and try to get only what they think is order and not recognize that, that **is** the order, they will never have their maximum potential.

As you believe so you achieve

Your mind has the power to fragment or integrate it's thoughts. The power of the mind is at it's full potential when you are focussed, single pointed, vital and intense. In this state of mind you are able to steer yourself in the direction of your dominant thought. You can create a lie simply by repeating the belief over and over again. People who believe themselves victims create themselves as victims.

Be mindful of your self talk. Put to your mind thoughts that support your dreams. Affirm to yourself your direction. But remember affirmation is only one step in the process of making things happen.

You move in the direction of your dominant thoughts. So ensure your dominant thought is in the direction you choose to go. Affirmation is your belief. Affirmation is action.

Nature is never out of balance

Use the wisdom of the ages to seek the balance of any event. As an observer of nature I've come to witness the fact that nature is never out of balance. No matter how hard we try she simply adjusts. Nature is in balance. So too are we and if we can translate this awareness into our interpersonal relationships our level of stress drops and our center remains more consistent.

It is wise to know that underneath greener pastures lie the manure that makes grass grow.

The Five Powerful Steps To an inspired Centered Mind;

The aim of most spiritual practice is the centering of the mind. The ability to focus on a single thought or awareness is also the ability to perceive the cognizance of life. Such practices take diverse forms from the tribal customs of burning flesh to sun-dance and meditations. Prayer is another form of mind centering as is the chanting or singing of hymns. But most require separation from our day to day lives. The aim of this article is to help you to achieve this centered mind right at the coal face. At your job, face to face with an upset child or in those moments of debate about your own future destiny.

A centered mind is a key ingredient for happiness, health, productivity, emotional management and inspiration. It is the state at which you are at you maximum potential. Here's some great ways to achieve that state any time any place.

Step 1 Enjoy the power of the breath to center body and mind.

Step 2 Use the wisdom of the ages to seek the balance of any event

Step 3 Accept responsibility for any mis-perception and emotional upset

Step 4 Know that you cannot be unhappy and grateful at the same time

Step 5 Develop a powerful sense of your own life purpose

Use the power of the breath to center body and mind.

In ancient times the solar plexus was thought to be the seat of the soul. Since then the Yogi's have spent their lives mastering the art of breathing for awakening human potential. Pranayama is the Yogi art of Breathing. As you inhale you are inspired as you exhale you are in contemplation, the balance is the centering of the mind. We have all seen or experienced a person in shock. They gasp for air, a sudden rush of air into the lungs. We have also seen or been depressed. The long sigh like a child who hunches forward and sighs out loud. Your mind and body are connected through your breath. To center your mind simply center your breath. Equal inhalation and exhalation. I find the best way to achieve this is through alternate nostril breathing.

It is wise to practice alternative nostril breathing. Just one round will help you achieve a centered state of mind. Fast and effective it's the perfect practice to awaken all your faculties just prior to that important meeting.

Seek the balance in all things;

The wisdom of the ages offers this advice. Seek the balance in all things; find the right in the wrong and the wrong in the right. Find the good in the bad, the happy in the sad and the pleasure in the pain. Nature is our witness. In the development of a centered mind and balanced body seeking the balance is the single most important ingredient. A young lady came to me with serious health problems. She wanted a cure. The first step for her was to love herself as she is. To be grateful for the disease, to seek the balance right where she was. She had the courage to explore her situation. She stopped resenting others for what they had, she stopped hoping to be other than herself and she became grateful for the gifts she has.

This young lady is wise. With her courage and determination to seek the balance transformed her life over night.

Accept responsibility for any mis- perception and emotional upset.

Blame doesn't accomplish anything. It certainly doesn't build success or happiness. When you accept responsibility for where you are, for how you feel and what you are doing you take the first step in empowering yourself to grow. Your mind can see as you choose. Victim is a state of mind that suggests where you are is not of your doing. Am I to accept that some are born better or more lucky than others or that all people are equal and in their minds is the only separation.

When you can accept responsibility for all that is around you move into a class that is unique. Your eyes are tuned to respond to stimuli rather than react. You know for example that you create your destiny.

Nobody beats you down or builds you up more than you.

You cannot give what you haven't got. You have all the resources at your disposal to live an inspired life and the first step to that is knowing it. Your destiny is determined in your mind. Visualize yourself standing where you would love to be and then begin the journey of taking responsibility for being there. You will achieve your dreams only when you are prepared to treat yourself as you would have others treat you.

If you want nurturing nurture yourself. If you want affection then be affectionate to your self. If you want success then treat yourself as if you deserve it. If you want perfect health then begin today to treat yourself as if you deserve it.

It is wise to take responsibility. It is the first step in manifesting your dreams.

Gratitude means being grateful for things just as they are;

For example you may have heard the old adage “what you fear comes near” or “what you resists persists” or “whatever you judge you create”. It also applies that whatever you are not grateful for you attract. Have you ever met someone who’s gone from one relationship to another and seems to attract the same issues over and over again? Or a person who is continually unwell or who seems to sabotage their financial security repeatedly. When we judge ourselves or others we set up an automatic system of attraction and repulsion.

It is wise to learn we are being taught to eventually be grateful for life itself!

Develop a powerful sense of your own life purpose.

In this way we can create an amazing motivation beyond the continually tic toc of the pendulum of right and wrong and focus like a laser beam on what we would love. As we have suggested earlier you create your own destiny. In doing so we can be inspired by what we do or simply do what we do out of the chase from better to worse. Your energy is precious and vital. You can direct it toward a worthy goal, mission or vision or you can spend it moving backward and forward seeking pleasure and avoiding pain.

Pity loves a party. But that’s about it.

People are looking to invest in inspiration. They're not interested in desperation. When a company talks about its problems, people won't invest in it. The fact that you made it too cheap, you just followed your own vibration. When you add inspiration you add value. So if you don't get inspired it won't work, and the people don't get inspired and they won't work.

The growth of a company and the marketing of a company and the reason for a company all have to have vision.

Spirit without matter is formless and matter without spirit is motionless.

On purpose we don't acknowledge rejection

Your purpose is not to be approved of. This is a fruitless hopeless venture. Your purpose is to do what you love and love what you do, to serve a purpose greater than you. You will be rejected and accepted for whatever you do. You'll be liked and disliked for who you are. The journey of trying to please people ends with you not knowing what or who you are. We grow up thinking that if we do what others like we'll be loved and if we do what people don't like we'll be unloved. The truth is we're loved no matter what we do. Rejection and acceptance are love. You are loved no matter what you do.

It is wise to know that everything serves and you are the worst judge of either. Do what you love and love what you do and you are on purpose.

All complete healing is activated through gratitude and love.

The power that creates the body heals the body. Your most natural and magnificent state of being is that of balance and gratitude. In this state you are centered and poised. This is the state of healing. Many people think that if you can make somebody happy you will heal them. This is a crock. When you make somebody happy this is a transient state balanced perfectly by the opposite side of sadness. You heal people by sharing gratitude. Gratitude for their state, gratitude for what they have. Usually illness stems from ingratitude. It's a state of lack of appreciation and what you don't appreciate depreciates. A lack of appreciation for life is a judgement on some event.

It is wise to know that love and gratitude creates a balanced state, the state of magnificent healing. Miracles are made of this stuff. Miracles are simply natural laws that people do not understand, manifesting results.

Certainty and presence intensify healing

If you believe you are well you are well. If you believe you are ill you are ill. Certainty is the willingness to follow your heart. This is the truest certainty. This is the deepest truth. What you believe you create. You go in the direction of your innermost dominant thought. Of course reality plays a significant role in this lawful expression.

It is wise not to fill your mind with a thought that is an imbalance. This is simply creating a fantasy. The idea of happiness without sadness, the idea of an all upside partner, the idea of an up without a down is an illusion that cannot manifest.

What laws are you willing to break to live your dream

Your heart knows it's dream. your heart knows it's ambition. Your heart is not interested in pleasure or pain. Your heart simply wants to do what it is called to do. There is nothing you cannot love. Your heart is not affected by your illusions of pleasure and pain, right and wrong. The laws of society are constructed to protect people from their fears.

Did you do everything you could with everything you've been given.

It's about the feeling inside you that you are doing what you love and that this is appropriate.

Your one true being your soul is grateful for what is

Doing what you love is the key to fulfillment

Focus on the horizon

Like driving a car with your head out the window, steering by the white line. If you live day to day you will be attracted and repelled. You go too and fro, looking for pleasure. Such is the waste of energy that causes most disease, relationship break down, bankruptcy, loss of spirituality. Focus your vision on the horizon for it is here that your heart is destined to flow. This wandering path is your life. This meandering road is your learning. The end is the aim, the process the journey,

It is wise have clarity of vision. The size of your life is determined by the size of the vision. When the inner voice speaks louder than the outer voices you are inspired. The senses are what takes you off the path seeking more pain than pleasure. Focus on the vision live in the moment.

Present Time Consciousness

You have a dream and you are here right now. If you lose your dream you die. If you are not present in the moment you lose life. Present time consciousness is the ability to focus right now on what ever it is you are doing. To be in the Zone without loss of concentration. To have the focus of a fighter pilot yet the calmness of a monk.

Emotions do not exist in the moment. In the moment of presence there is an inspiration and this transcends emotional baggage.

It is wise to know the essential ingredients of present time consciousness are; the ability to see the order in the chaos, gratitude for what is, the ability to read the signals and a commitment to a vision greater than you.

The journey of consciousness

To be in present time consciousness is an ongoing journey. You cannot achieve the state permanently. You are always to be challenged to rise to the next level of awareness. Why not. Life is about increasing levels of responsibility and this requires your personal growth.

The body is invested in this journey. Your breath is directly linked to your mind. Your body is doing all it can to wake you to your inspirations. It's a journey that can cost a life.

It is wise to know the ingredients for P.T.C

(Present time consciousness)

- ◆ Doing what you love and loving what you do
- ◆ Gratitude
- ◆ Purpose greater than you
- ◆ Emotional maturity
- ◆ Health in body and mind
- ◆ Focus, Clarity, intensity and Commitment.

Your body and mind are one.

Disease is the lack of ease of the body. Injury is the jury of the body and is caused by judgement. Your body is a present time conscious machine. Perfectly balanced and functioning to direct you toward your life purpose. It is a love-seeking organ. Your body is doing all it can to wake you up. You can read these signals. We say "I carry the weight of the world on my shoulders". "I don't want to hear this". "I am all choked up". "He doesn't have a leg to stand on". Your body and mind are one.

It is wise to read your body. It is guiding you.

Where does your mind finish and your body begin.

Where does the mind finish and the body begin. Every thought is an electrical impulse and every impulse sends signals to the muscles and nerves. Imbalanced thoughts activate imbalance in the body. Eastern and more recently western medicine is acknowledging what Plato said in his great works. "Never treat the body without also treating the mind".

It is wise to acknowledge the extension of the mind into the body. Your body has memory. Muscles and tissue hold those memories. It is wise to have flexibility, health and strength in body mind. Flexibility of thought, flexibility of mind; equals flexibility of body. Constipated thoughts constipated body. Twisted spine twisted mind.

The pain of regret outweighs the pain of discipline

The pain of regret outweighs the pain of discipline. Short term gratification seeks pleasure, long term inspirations seek purpose. The greater the purpose the greater the discipline. The power of discipline is results. The quest for gratification of the senses is a journey of learning. One that costs us dearly. We need not spend years learning what wisdom can teach in a moment. Inner technologies, the collapse process, can offer the gifts of time to those who are ready in moments. Your lower mind seeks pleasure and avoids pain. Your higher mind seeks purpose. Until you get a purpose bigger than you, you will be fluctuating between pleasure and pain And neither can exist without the other.

It is wise to have a purpose greater than you. To awaken the mighty powers of gratitude, inspiration and vision. To share that vision with all you know and become a leader more than a manager. Live to inspire others not teach. It is between the words and the lines that the great truth of your sharing is heard.

When the why is big enough the how's take care of themselves.

When the why is big enough the how's take care of themselves. A person who knows how will always have a job. A person who knows why will always be their boss. When the inner voice is speaking, this is the inspiration. The how is the outer voice this is the detail.

It is wise to align of the two. This is the power of creation.

Most of what I worried about never happed

Your mind can go too and fro, thinking this and that, ticking and tocking, thinking and thinking. This is your energy burnt; usually on nothing. It's like putting a short circuit across a battery. When your mind is out of balance your heart cannot open, exhaustion results. On the other hand when you are in balance, your mind and body become one. Harmony is created, disharmony, chatter, confusions and uncertainty disappear. The inner technologies for this heightened state of awareness are available. First ask what's the worse that can happen if my worry comes true and know that there's never a negative without the positive. Next ask what can I do to minimise this, in other words if you want to reduce the downside you'll need to reduce the upside too. Next create an action plan to move you in the direction of where you want to go. That means a logical action plan. A short pencil is better than a long memory.

It is wise to focus your mind eliminate worry by awakening to the balance. This creates mastery and an awareness that is profound, make that point your dream, this is the laser beam of the human spirit, the greatest power on earth.

Certainty and presence intensify healing

When your heart, mind, body and soul are aligned you are healing. There is no blockage to the energy that flows through you. Your alignment and electrical systems are functioning at their optimal levels. Your weight will normalize, your feelings will temper, your mind will calm and heart will open. Of course this is in preparation for your next level of learning which shouldn't take long to arrive. Your happiness is determined by the length of time it takes you to move from one level of learning to the next. If you stay stuck you are given bigger and bigger pushes. You have the capacity to rise to the level where you instantaneously rise through your learning's and therefore stay closer and closer to you're your heart.

Move me I say, allow the wind to pass through my hair and I will grow without restraint and learn to move with the wind and love with all things that float on the breeze.

The power that made the body heals the body

Such a power could imagine the function of a kidney, a liver, the brain, a heart and the finite function of a cell. Such minute detail is the work of a great genius, and this is your destiny. Mastery is your training for such an end. May you follow your inspiration to find the one mission your heart will invest in to the death. May you give from this space to become the master of such expression, from the teacher of children, the gardener, the cook, and the corporate suit. Giving from you is your path to happiness.

A MASTER IN THE ART OF LIVING

Draws no sharp distinction
Between their work and their play,
Their labour and their leisure,
Their mind and their body
Their education and their recreation.
They hardly know which is which.
They simple pursue their vision
Of excellence
Through whatever
They are doing and leaves
Others to determine
Whether they are working or playing.
To themselves, it always seems to be
That they are doing both.