

The A to Z of Mind Your Reality



Awareness	Awareness allows you to choose your life rather than have it chosen for you. It is to live consciously. Be aware and change those thoughts, words and actions that do not serve you.
Balance	Seek balance in all that you think, say and do. All power resides in the centre point of the extremes. To be out of balance is to be out of control. Live by the maxim "nothing in excess".
Consciousness	Consciousness is the essence of your mind. Endeavour to make your subconscious mind the follower, your conscious mind the leader and your higher consciousness the ruler.
Detachment	Attachment breeds panic, fear and disempowerment which detachment transforms into peace of mind, certainty and empowerment. The route to effortless detachment is faith.
Energy	All is energy. Mind is potential energy, matter is material energy and thought is the power that transmutes mind into matter. This physical transmutation of energy is subject to time.
Faith	"Faith is the evidence of things not seen". Have faith in the physical manifestation of your intention. Know that it already exists in the mental realm from which all things manifest.
Gratitude	Gratitude is an attitude of grace. Be grateful for everything you have, irrespective of whether or not it has physically materialised yet. Believe that you have received and you shall.
Harmony	Seek harmony not happiness for your life. The route to harmony is through Balance and Love in thought, word and deed. To be in harmony is to be in agreement with God.
Illusion	In the words of Albert Einstein, "reality is merely an illusion, albeit a very persistent one". Do not take this to mean that nothing is real but rather, that you can change anything at will.
Journey	Life is a journey. Endeavour to make your journey one of greater awareness, personal growth and the application of Knowledge; not a race in pursuit of some elusive prize of happiness.
Knowledge	"Know thyself and thou shall know all the mysteries of the universe". Knowledge alone, though, is powerless in its abstract state. Application is the key that unlocks its power.
Love	TRUE Love is the greatest force in the Universe. It is what underlies all creation. It does not discriminate between what is loved and what is not loved. TRUE love has no opposite.
Mind	Mind is the single cause behind every effect. Mind power is not something you need to acquire; you already possess it. Your task is to become conscious of it and learn to apply it.
Now	Linear time is an illusion of our three-dimensional world. All possible past, present and future moments already exist in the eternal NOW. You can access any NOW moment you choose.
Opposites	Whatever you experience is relative and comes with the <i>potential</i> of its opposite. Opposites are varying degrees of the same thing. You cannot know joy without having known sorrow.
Physical	Your physical world is the medium through which you experience life as a physical being. Everything in your physical realm is but a reflection of your mental and spiritual realms.
Quantum	Quantum physics unavoidably concludes that Consciousness creates through observation. Pascual Jordan said, "Observations not only disturb what is to be measured, they produce it".
Reality	The true nature of reality goes far beyond that which you experience with your five physical senses. Open your mind to creating your reality. Your reality is subject to your thoughts.
Spiritual	The spiritual realm is the seat of your loftiest virtues. It is the source of your <i>in</i> -tuition that is your <i>inner</i> -teacher. The door to this realm is silence. Meditate in silence every day. Be still and know.
Thought	Everything you perceive in the physical world has its origin in the invisible, inner world of your thoughts. To master your thoughts is to create your reality with exact precision.
Universal Mind	The nature of the One Universal Mind, of which you are a part, is Omniscience (all-knowing), Omnipotence (all-powerful) and Omnipresence (all-present). This too is your true nature.
Vibration	Everything, including your thoughts, is energy vibrating at varying frequencies. You attract to yourself the vibrational match of your habitual thoughts. There is no judgement call involved.
Will	Free will enables you to consciously choose the life you want to experience. It is what sets you apart from the plant and mineral kingdoms and highest in the animal kingdom.
X-factor	The X-factor of success is not reserved for the lucky few. The latent potential for unlimited success is within you. Create your own success blueprint and pursue it with persistence.
You	The real You is a spiritual being having a human experience. The real You is beyond your body. In the words of C.S. Lewis, "You don't have a soul. You <i>are</i> a Soul. You have a body".
Zzzzzz	Direct your life, resist nothing, be balanced and know that all is possible. "Row, row, row your boat, Gently down the stream. Merrily, merrily, merrily, merrily; <i>Life is but a dream.</i> "

