

Intelligent Desire

Creating Energy for Potential Mastery

Jayne A Mason

Publisher's Note

This publication is designed to open discussion in regard to the subject matter covered.

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You know that old saying

“ Two Heads are better than one”

Well from the Viewpoints in this book

“ Two Hearts and Two Heads are even better”

Acknowledgments



To the late *Shirley Nolan*, OAM, Thank you for watching over me while I served my apprenticeship as a coach.

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Introduction



“Let Your Self be silently drawn by the stronger pull of what you really love.

Rumi

While studying coaching in 1992 I allowed a passion for incorporating Visualization techniques into my coaching practice, which I realized later, was a natural ability that I, and many others had diligently overlooked in the process of living life.

By going over all of my work and checking my definitions repeatedly, I have been able to put all of my knowledge into context from many viewpoints, which allows me to perceive interactions and interdependences in the context of life that I never could have imagined as being possible with out knowing who and what I am with certainty.

I began writing in 2002 with an abundance of energy and an amazing desire to share the knowledge that contributes to a person or groups success in their chosen field or game. I had been coaching for 14 years and I had learned many skills and techniques to help a person reach their potential, and I realized that they only worked when I gave the person the knowledge I had about why the

skills and techniques worked, as I communicated in a positive mood with a strong intention to help them reach their own goals and desired skill level. I trained some athletes who were labeled as bad tempered and rude by other coaches, but when I was coaching them I found them to be happy and willing to learn and practice.

I experienced similar things in my nursing practice. I would arrive on the ward for handover and get information about the patients I was about to care for, and a predicted undesirable or desirable shift that was about to commence. Thankfully I had been coaching for quite some time before I started working as a nurse and I knew very well that the way a person reacts in your presence is to do with what you are offering them. I enjoyed many shifts working as a nurse, and my secret was: to be present with the client and be friendly in their presence regardless of what I had been told by anyone else.

My Coaching focus has always been on talent identification and development. I was always looking for the skills and positive attributes the person already had. After a few years of coaching, I began to see all of the possibilities of a team full of stars, and the side effects of just having one or two stars in my team. So I began creating a program for myself and those I coached that recognized

each and all of our strengths. I communicated those strengths with certainty to those I was coaching. Everyone of the people I coached there after demonstrated skills and abilities with desire, passion, and certainty flowing from a position of knowing their contribution to the team was of equal importance to the success of the team, and individually they radiated happiness and friendliness. The Team Spirit was fantastic to be a part of.

This book is designed to help you create the energy that will optimize your intentions and vision for life, so you may be on your path to consciously achieving your goals and living your dreams, while helping others to do the same. So let your Intelligent Desire flow through the pages of this book and see what is possible for you.

The Importance of Definitions

Definitions enable the ability to fully perceive parts in the context of the whole. If You can define it, You can have it. Missing & Incorrect definitions create varying amounts of confusion and blankness, which limits the visibility of the context, and the desired experiences from occurring. This causes a distorted perception and degrades a persons vision, which causes incomplete communication and creation cycles. To optimize your experiences always fully define

and contextualize the words connected to your important areas, goals, dreams and those held by your friends, clients and staff.

Complete communication cycles optimally align: Love, Awareness, Vital Knowledge, Attention Attraction, Intelligence, Intention, Vision, Memory, Energy, Positive Polarity, Magnetic Attraction, Cause and Red Blue Green Dot Colorization to duplicate your original positive goals and dreams as your reality.

I had been in search of cutting edge techniques for my coaching practice when I nearly fell over the most simple but most powerful piece of writing I had read up to that point, it literally upgraded my life completely in that moment. The Article was written by Alan Walter years before I found it. I have been using the essence of that article every day since to clearly define all areas of my life, and that has allowed me to experience and create all that my heart desires. I have created a new learning paradigm for myself so I can incorporate Vital Knowledge into all areas of my life that support my goals and dreams.

The most important thing I took away from the article was **“Always check your definitions”** if you get distracted while reading or conversing, chances are very high that this indicates an incorrect or missing definition of a word or term. Calmly recount your thoughts

to where you were clear and focused - spot the word that you need to clearly define and look it up in the dictionary. Definitions enable Three Dimensional holographic vision. If you can define it, you can intend to utilize it, you can see it, you can plan with it, you can create it within your reality, you can fully have it, and optimally position it for future use. Of course if you define it and decide its not optimum or desired, then don't create it. Focus on your vision for life, by defining each part of your vision, you can optimally intend it, and envision it in the optimum context everyday.

If you get just one thing from this book, it will be the energizing power of clearly defining key words and terms that allows you to communicate super-consciously within optimum levels of; Love, Awareness, Vital Knowledge, Attention Attraction, Intelligence, Intention, Vision, Memory, Energy, Positive Polarity, Magnetic Attraction, Cause, and Red Blue Green Dot Colorization to communicate in life as a master of your own game.

That master is **“You” in your “Heart Space”**. The Heart Space is where you allow yourself to be “In the Zone” while you are in action experiencing and creating your dreams as reality. The most important promise you can make is to be yourself in your Heart Space, to allow your self to enter The Zone and create your most

desired dreams as reality. The You that loves to experience and create new exciting and fun exchanges will be revitalized.

If you want to get your flows of *Intelligent Desire* fired up and optimizing your skills, abilities and dream for life, make another important promise to yourself; that you will always check your definitions. You owe it to yourself, to align your life force to achieve your goals and live your dreams.

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"Potential is proportional to the Free Life Force a person has"

and the

"Positively aligned Life Force energized by their certainty and desire
for living their prime dream for life."

Jayne Mason

Present in the Heart Space



Love is the highest Spiritual Acknowledgement.

Love emanates from the Heart Space.

Being present in your Heart Space is where YOU;

- Super Consciously **Love** and **Know** who you are, and who others are,
- Optimally **Think** and **Acknowledge** positive thoughts and ideas that enhance your life,
- Optimally **Imagine** what you desire to experience and create,
- Optimally **Decide** and intend to utilize your power for living,
- Optimally **Position** and energize your vision for living,
- Optimally **Share** your vision with others,
- Optimally **Create** Agreements with others to help each other make your shared visions for living become reality,
- Get into **Action** with Accurate Perceptions and an Abundance of Energy for living and enjoying your relationships and games.

The Heart Space is where your decision to **allow yourself to experience and create** originates from, continues to energize your vision from, and is where you acknowledge and enjoy your successful outcomes from.

From Your Heart Space you allow the ability to perceive and create space, time, and forms of energy with your attention for your desired experiences to manifest as your reality.

One of the most important things I know is that if you are consciously reaching for your goals and dreams from the Heart Space, it is highly likely that you will achieve your goals and dreams. If you can focus your attention from your Heart Space and allow yourself to be in your higher states of energy then you are well on your way to experiencing all you desire in life.

Naturally You are happy..... When You are Super Consciously Present within the Heart Space, you are in Super Conscious control of your mind and allowing your highest quality energy to flow through your mind, body, games and environment.

The Heart Space is always present, right here, now. The Heart Space is the central point that flows energy into all else, and aligns all things within its influence to be energized, optimum, and Whole.

Just like the center piece of the Rubik's cube which has a core and center piece on each colored side, which is the starting point to align all of the other pieces on the sides to complete the

puzzle. The key to happiness is to align all of your thoughts, words and actions with your Heart or central point “The Heart Space”. Your Heart Space is where your highest truth and knowing is and always will be, and it is where you keep your most loved and cherished goals, dreams and relationships so they can be continually energized by the central point of shared love from the Heart Space.

Heart Space: Perception & Intention =

LOVE for SELF & OTHERS + MAKING YOUR MOST DESIRED DREAMS COME TRUE.

Happiness is the feeling of natural energy flowing within your environment when You are being what You desired to be, doing what You desired to do, and having what You desire to have in optimum alignment with your “Heart Space”.

Your Happiness indicates the energy created and released from your thoughts, awareness, and acknowledgements that are directed by your attention and optimizing your intelligence as you follow through on your intentions.

Your mood indicates how close you are to:

- Super-Consciously creating and optimizing your desired position or role within your desired game.
- Super-Consciously creating the outcomes You desire to experience

from your desired position or role within your desired game.

- Super-Consciously and accurately perceiving from your desired position or role within your desired game.

Your mood indicates your ability to allow Intelligent Desire which is *Optimum Creative Energy in motion*, to flow into your present and future space and time. Your mood reflects Your willingness to be present within the Heart Space here now, to experience and continue to create your future as you envisioned it.

You Being Present within the Heart Space Here Now, is always reflected in your mood. Your ability to perceive the mood You are initiating is of importance, if You want to be in a position to create Your life the way You desire it to be.

Your Ability to Be Here Now indicates how Super-Conscious You are within the Space and Time You Co-Created and Perceive to use for living Your most desired dreams.

Be: Super-Conscious as the creator of your energy, intentions, vision and position in your chosen game.

Here: In the Space You and Your team have created for your dreams to be created as reality within.

Now: The present moment in the time frame used for playing your chosen game and living Your most desired dreams within the created reality.

BE HERE NOW: To Honor the Power of Your Heart and Create Your Life As You Desire It to be.

What does “Honor the Power of Your Heart?” mean to you?

Is there something you do you to Honor The Power of Your Heart?

Do you reflect on your strengths by using positive questions?

Who do you know and love from your Heart space?

What do you know from your Heart space that you apply in life?

What thoughts and ideas do you create from the Heart Space?

What do you desire to experience and create from your Heart Space?

Can you imagine what it would be like to have what you desire most from your Heart Space?

Do you have an optimum intention to use your power to experience and create what you desire most?

What is your optimum vision for what you want to experience and create?

What is your optimum way to communicate with others to create agreements and help each other make your optimum visions for living become reality?

Do you go into the zone when you are in action living your dreams as reality?

Do you have a strong focus from your Heart Space to send your highest quality energy to you goals and dreams every day?

Do you acknowledge your successful outcomes each day from the Heart Space?

You



You are the Spirit; the Life Force, the Energizer, and Creator of your experiences and outcomes in life. You can perceive and intend which is the ability to create. Potential is Free Life force ready to be loved into alignment with your envisioned future. Your potential can contain your most optimum perceptions and intentions for your past, current, and future experience of creating reality.

Perception: the ability to observe and experience accurately with full comprehension all means of perception, such as sight, sound, color, motion, temperature, smell, taste, depth, spatiality, correctness of time, correct estimation of energy, correct volume of particles, direction, in flow, out-flow, stuck flow and no flow. 1

Perceive: to become aware of something by use of the senses. To grasp the importance, significance, or meaning of something.

Intention: the will to reach an aim, goal, objective, or dream. The quality of purposefulness.

Intend: to have in your heart, as a purpose.

You can fully perceive, intend, envision, plan, implement and actualize an Entire Co-Created Dream, if you desire to do so from your Heart Space. This is reflected and experienced as reality. Reality is simply, the alignment of thoughts, ideas, desire, optimum intentions and agreed upon optimum visions that are then energized and acted upon, causing outcomes to be experienced.

The Ability to Create Reality the way one desires it to be depends on the **accuracy of perceptions, and optimally aligned intentions**. Reality is Optimized by being in the Heart Space with love for self and others as the primary energy that flows to and from those involved in co-created agreements.

Love is the acknowledgement of who and what we all are. Love is being at one with all, while perceiving with the highest truth from the Heart Space.

Desire indicates a willingness to expand or optimize the current best created situation.

Walter (1994), states that; The basic force in the universe is life force, and this basic force can be positioned as particles or small pieces, bits, fragments, or parts of the whole. Life force Particles can then be defined as fragments of the **life force known as You**.

Therefore, your power is determined by the quantity of positive life force particles you have available.

Walter goes on to say that;

“Life force particles contain:

Love / Hate

Awareness / Unawareness

Knowledge / Ignorance

Attention Attraction / Attention Dispersal

Intelligence / Stupidity

Intention / Oppositional Intention

Vision / Blankness

Memory / Forgetting

Energy / Inertia

Positive Polarity / Negative Polarity

Magnetic Attraction / Magnetic Repulsion

Cause / Effect

Red Blue Green Dot Colorization / Invisibleness" 2

As you can see all of these things are what dreams are made of.

Always knowing who You are and the role or position you are perceiving and intending from is the starting point of success. If

you are consciously aware of who and what you are being, you can be consciously aware of who and what others are being. For if you know who and what you are, then all else you know and apply will have the potential to optimize.

Favorite **U**tilization of Your Power **N**ow

As Present Super-Conscious spirits we have infinite intelligence..... and we can transform pure potential with desire into a new vibrational form for our own amusement.

Having said that:

We can also experience pain when faced with an experience that goes on too long for our liking. Simply put, if the disliked experience is not super-consciously intended to end, the experience will be continued with life force particles aligned to negatively energize; Love to Hate, Awareness to Unawareness, Knowledge to Ignorance, Attention Attraction to Attention Dispersal, Intelligence to Stupidity, Intention to Oppositional Intention, Vision to Blankness, Memory to Forgetting, Energy to Inertia, Positive Polarity to Negative Polarity, Magnetic Attraction to Magnetic Repulsion, Cause to Effect, and Red Blue Green Dot Colorization to Invisibleness.

The energy from the disliked experience will continue to duplicate the disliked, unwanted vision until it is super-consciously

intended to end with the awareness to allow an optimum envisioned intention to have an optimum position in the mind. Once the old intention is super-consciously ended, the Hate, Unawareness, Ignorance, Attention Dispersal, Stupidity, Oppositional Intention, Blankness, Forgetting, Inertia, Negative Polarity, Magnetic Repulsion, Effects, and Invisibility contained within the life force particles will cease to be prominently positioned and begin to unravel in the heat of the heart space where the life force will be free and capable of containing Love, Awareness, Knowledge, Attention Attraction, Intelligence, Intention, Vision, Memory, Energy, Positive Polarity, Magnetic Attraction, Cause and Red Blue Green Dot Colorization aligned by Intelligent desire and super-conscious intention from the Heart Space.

With the new positive thoughts allowing love to be increased in the area by honoring what you desire to experience, you can create an optimum intention and vision to become your up-to-date focus for your present and future focused attention and outcomes. **Be certain to intend what you do desire.** Know that the effects of intending and focusing on avoiding something, or intending to not have something as your main focus will cause those things to manifest in your reality simply because that is what is being thought

about, focused upon, and energized in the present moment. The present moment is your point of power.

So focus your attention on an optimum intention and optimum vision from your Heart Space, to allow your highest quality energy to flow and expand your intelligence as you optimally utilize your highest truth and focus on what you desire to be, do, and have in your favorite games and life.

Awareness



Awareness: the level of consciousness one can appreciate, (*fully or partially*). from aware: conscious, cognizant, implies knowing either by perception or information.

Optimally Your Super-Conscious Awareness is Working for You, if that's what you intend from your Heart Space.

Super-Conscious Aware Thoughts are outcomes of your Super-conscious perceptions and Super-conscious intentions that are working for you and infinitely organizing vital knowledge and attention attraction to optimally position your Super-consciously created optimum vision, so it can be continually energized and lived as your reality.

Work: Action for a specific purpose, intention, or goal which is part of the process of creating your holographic vision within the context of your desired life.

Is being super-consciously aware and allowing the alignments caused by your correct super-conscious perception an action for a specific purpose?

Is super-conscious thinking an action for a specific purpose, intention or goal?

It surely is, if you intend it to be from your Heart Space.

The Heart Space is the optimum place to be Super-Consciously aware of all the interactions and interdependences within your environment, and perceive your thoughts and possible outcomes.

I see Thinking as life force particles moving around other life force particles, utilizing the available highest love, awareness, knowledge, and attention to observe and correctly perceive the present agreements, boundaries, openings, and opportunities to foresee and energize potential new optimum future enjoyable alignments of Love, Awareness, Vital Knowledge, and Attention Attraction to increase intelligence so that new expansive creations can be conceived as envisioned intentions with Intelligent Desire to be energized and created as future outcomes.

Loving, fun relationships are those that honor the power of the Heart, and each of us within the Heart Space as having the ability to live the life we most desire to experience each day during our creative process.

Your Vision is energized by your current mood which is the effect of your recent certain thoughts, before, during, and after interactions, inter-dependences and acknowledgements.

Optimum certain thoughts increase the speed of the energy in motion to focus and align life force particles to create a desired vision as an experienced reality.

Just Like the Heart in Your Body, Your Heart Space has a cycle for a healthy balance of energy flows to optimize the vital areas and surrounding environment.

Your original perceptions and intentions for your present desired optimum vision set the central point that balances your energy and thoughts there after. If your thoughts are optimizing they will bring the central-point indicators upscale and update the central point indicators for your present and future thoughts.

The thoughts that optimally align with your current up-to date big vision will enhance your certainty and mood, thus align your focus to energize and position the desired optimum vision and your actions there after to do what is required to get the results you envisioned.

If you have non optimum thoughts your certainty and mood will drop because this is indicating to you, that following through on those thoughts will shift your focus away from the central vision and cause conflict with your own ethics paradigm.

You perceive and dream of what You desire to create **with all** that you have contained with your life force.

You intend to create what You desire to have, **with all** that you have contained within your life force, where you desire to have it, when you desire to have it, and whom you desire to share it with.

You can perceive and intend to optimize your alignments of:

Love

Awareness

Knowledge

Attention Attraction

Intelligence

Intention

Vision

Memory

Energy

Positive Polarity

Magnetic Attraction

Cause

Red Blue Green Dot Colorization

to optimize your creative potential and outcomes.

When you Super-Consciously intend to optimize all that your dreams are made of from your Heart Space with another who also intends to optimize all that their dreams are made of from their Heart Space, the combined results and effects can seem miraculous or even impossible to others who perceive and intend to maintain the status quo in their life.

Your Intelligent Desire is sustaining Your Intention, which directs alignments of life force particles to Create Your Vision in space and time.

Intelligent Desire is the mood caused by expansion of your capacity to use your super-conscious awareness to acquire and apply knowledge, so your goals and dreams can be projected into your future. Your goals create the time for you to focus on creating your vision with the energy flowing from the Heart Space. Optimally, Space and Time are important parts of life that allow you to envision your desired outcomes and flow energy into maintaining your focus on your desired vision until it manifests as your experienced reality.

When you know and honor that life force particles contain all of the things that dreams are made of, you can knowingly align all of your life force particles to achieve your goals within your dreams. You can be super-conscious of creating the space, time, desire,

intentions, visions, relationships, plans, actions, and exchanges to master your skills and optimize your abilities, so you can create your whole life the way you desire it to be, look, and feel.

Being certain of your goals and dreams is reflected by your ability to allow your energy to flow through your thoughts, words actions and into your goals and dreams. Excuses are created to block or divert energy as an attempt to handle lack of certainty... **If you have ever believed you can not be, do or have something, I am pleased to tell you as a friend, that information is not true when you look at it from your Heart Space.**

You may have been convinced by "significant others" that there are limitations in life. THE ONLY LIMITATIONS IN LIFE ARE SELF IMPOSED BY BELIEVING OPINIONS AND IDEAS THAT ARE NOT ENTIRELY TRUE. Don't just take my word for it, look around and see, there are plenty of successful people who are walking evidence of it. If you are willing to allow the truth to guide your awareness, *you can know what is optimum for you and create the energy to achieve anything you desire.*

Can you imagine how great you would feel if you were living your most desired dreams everyday? Well you are living your dreams, and because they are your dreams, you are in the

directors chair, and can make any changes you desire from your Heart Space.

Think about it, the only reason someone feels good is because they know in their heart they are living their most desired dreams. And, the only reason a person would feel bad is because they know they gave up on their goals and dreams. I'm sure everyone has experienced both, but its what you do next that counts now and in the future. Honor the Power of Your Heart and Let Your Intelligent Desire flow through out your life. If you have your heart open to experience and create your goals and dreams, you can and will, naturally shift the positive energy within yourself to optimally align and energize your goals and dreams.

YES WE CAN,.....so make your dreams come true. If you think you need some help just ask.

If you ask an artist "did you enjoy painting this picture" I bet all the tea in china, He will **not** say " oh no, I only enjoyed it the day I finished it". He will tell you that each day he allowed his inspiration and love for creating to flow into the brush, the paint, and onto the canvas. When his painting is complete all of the love is flowing together in the image, and His Heart is open to acknowledge the beauty before him, and inspire another creation.

Game Sense

Your *Intelligent Desire* flows out from the Heart Space with your awareness to position and energize your vision for your favorite game. Intelligent Desire aligns with your Game Sense so you can play your game at your optimum energy level. Life is a Game, with many smaller games within it. Everyone is Playing a game and some are playing a game of pretending their not playing a game.

What is the definition of Game?

A form of play or sport for a purpose, to amuse ones self, and/or others. It can be non competitive or competitive, organized with rules, participants, locations and equipment, with a way of scoring which indicates the balance of skills and knowledge used to direct the actions of the participants, (*indicators of participants game sense*), for the purpose of the game to be achieved. A fun Game would be indicated as lively or playful amusement.

What is the definition of Sense?

The ability to perceive, feel, or be conscious of a thing or being. Awareness, or recognition of being, a thing or energy. n. Any of the feelings of energy aligning such as sight, hearing, smell, taste and touch by which a person becomes aware of external objects and changes in the condition of its own body and field of awareness.

Practical wisdom or assessment for decision making and initiating motion of energy through the body or team for the purpose of intended actions for their game.

What is the definition of Awareness?

The level of consciousness and subsequent energy one can appreciate, (*fully or partially*) from aware: conscious, cognizant, implies knowing either by perception or information.

What is the definition of Conscious?

What one or a team is aware of right now, presently. The conscious mind, contains what is being recorded now or is readily available from the past of what you are willing to know. This is the mind that holds all of the information you need to accomplish what you are working on in the present.

What game are you playing?

What game do you desire to play?

Is the Game Your Playing the Game You Wanted to Play?

If You answered Yes

Congratulations!!!!

If You answered No

Congratulations also!!!!

Why?...Because NOW You Are Aware Of The Game You Want To Play. NOW Is Your Point of POWER, so You Can Start Directing Your Intelligent Desire with your Super conscious awareness, To What You Do Want, Right Here, Right Now.

Stay Focused In Your Desired Game by Giving Yourself Permission to Play, Right Here, Right Now.

Make a list of all the things You love or like about the game you want to play. Allow the game you are playing but do not desire anymore to end, and allow space and time for your new game to unfold in your life.

Each day spend some time imagining being in that game and achieving all you desire in that game, imagine how great it feels to play that game...

Imagine having created the opportunities to get into action.

Allow yourself to see opportunities to play the game where you want, when you want, with others who want to play the same game also. Be aware from your "Heart Space" of opportunities to get into action as Yourself, Using Your Super-Conscious Mind to Enjoy the freedom of your imagination and an abundance of certainty creating energy for your actions to optimally align with playing this

game. Allow yourself to see the opportunities..... they may even find
You first.

Games were created so we could have fun with each other,
so allow Your Self to have some fun...

Favorite **U**tilization of Your Power **N**ow

Vital Knowledge



Vital: crucial: **extremely important and necessary**, or indispensable to the survival or **continuing effectiveness of something** 2. needed for life: required for the continuation of life 3. lively: full of animation or vigor.

Knowledge: the knowing and awareness of the **interactions and interdependences** of the **correct, exact**, and precise correctness of spirit, game, perception, intention, vision, plan, who what, where, when, why, how, importance, value, mood, responsibility, motion, and action, with accurately predicted consequences, outcomes, and accomplishments of those interactions and interdependences. Knowledge is all that has been or can be perceived or grasped by the being; awareness, comprehension, learning. 1

Vital Knowledge will optimize your skills and abilities in all areas of your life. Just like the oxygen that permeates your body, and reaches all areas via your blood. Your knowledge is within your awareness contained by your life force particles, which are further contained by your positions and roles to carry out specific functions. Knowledge can align just like oxygen is inspired and transported

within your blood to your vital organs, to energize them so they can perform their specific functions.

Vital Knowledge will optimally align all within your life force, to maintain your ability to optimize your perceptions, intentions, visions, plans, actions, and results, so you can continue to reach your major goals and live your dreams. You will know with certainty when you have vital knowledge, because you can feel the positive energy enhancing your perception through out all areas of your whole life. You couldn't go back to living life with the old alignments of knowledge even if you tried to, the change is profound.

Learning is the process of allowing what you do know to increase so you can have more fun and complete your creations, while you live your dreams. Learning is for creating. We all have our own code of ethics which are our own most important rules for living. When our own codes of ethics are adhered to by ourselves, we enjoy learning and living life fully.

What codes do you live by, to experience and create in life?

Are they your own? Did you decide on them for yourself?

Intelligent Desire



Intelligent Desire is in alignment with **your goals, expansion** and playing your current game or new game, at your next optimum level of consciousness.

Having the Correct Definition for *Intelligent Desire* enables you to envision what you desire in the present and in your future. This is a vital part of the setup process for creating your thoughts, energy, space, time, things, relationships, results and your whole life, the way you desire them to be.

Intelligent Desire is often substituted with emotions of desperation or dependency. They occur as a result of not honoring your potential to create, by making the opinions of others and problems (incomplete actions) more important than your own capacity to acquire and apply knowledge for creating what you do desire to experience and create in life.

Love is how you feel in the presence of others within the Heart Space.

Intelligent Desire is how you feel about your optimum creative ability and what You will create in life.

Experience: involvement in something over time: active involvement in an activity or contact with an environmental condition or social influence that has a effect, perception of events or people over a period of time that leads to an increase in knowledge and/or skill.

Create: to make something. To bring something into existence. To use the imagination to produce a design, as in a work of art.

Intelligent Desire is the feeling you have when you get a glimpse of your possible greater future. Intelligent Desire is an impulse of energy reaching higher levels of consciousness, which if appreciated for its high level energy can be utilized to energize your greatest achievements.

From the Heart Space you can honor your Optimum Intention to Create Your Desired Optimum Vision as reality in life. By doing so, You focus your attention on your optimum vision, which naturally directs optimum energy into your thoughts, communications, and actions to duplicate the optimum vision as an optimum reality in your life. Setting a goal from the Heart Space naturally creates time for a goal to be achieved in life.

Optimally utilizing the time you created by setting your goals from the Heart Space, allows you to use your super-conscious awareness to acquire and apply vital knowledge for your optimum intentions and vision to become your optimum reality in life. You know and honor what is important to you and your creative process.

Your Intelligence is your capacity to acquire and apply vital knowledge to enhance all within your life force, so You may achieve your Goals and live your Dreams.

Your Goals and Dreams are the Most Important Things to focus on. Being able to honor other's goals and dreams from the Heart Space too creates an optimum balance of the combined energy to optimally utilize in your relationships and through out your whole life.

Allowing high level energy to be utilized to optimize your capacity to acquire and apply correct important knowledge will enhance your reach and be experienced by You as higher levels of aware intelligence which will enhance your skills and abilities in your chosen games in life.

Your definition of Intelligent Desire also affects your ability to communicate clearly with others to create alliances and teams, so you can work with each other for a common goal and vision. When your definitions are the same you can envision the same outcomes

and collectively direct your Love, Desire, Awareness, Vital Knowledge, Attention Attraction, Intelligence, Intention, Vision, Memory, Energy, Positive Polarity, Magnetic Attraction, Cause, and Red Blue Green Dot Colorization toward successfully co creating the teams desired outcomes. By acknowledging this ability in others, you simultaneously enhance your own abilities, as you have demonstrated the awareness to perceive at that level of consciousness which is a work with ability, and allows the aligning and sharing of life force for any common goals you may have or create in the future.

Are you utilizing your Love, Desire, Awareness, Knowledge, Attention Attraction, Intelligence, Intention, Vision, Memory, Energy, Positive Polarity, Magnetic Attraction, Cause, and Red Blue Green Dot Colorization, to play and succeed at the highest level in your chosen game to create the life You desire as a result?"

Have you ever been "In The Zone", the experience when everything goes right and you feel like you have an endless supply of positive energy while in action?

If you have, you know what I am talking about when I use the term "Heart Space". When you are "In The Zone" you are allowing

your Intelligent Desire to flow effortlessly from the Heart Space and into your actions. You are just having fun and living your dream. You love to be alive and life is a pleasure to be a part of.

Being In the Zone is being in action from your highest level of mastery with energy flowing from the Heart Space into your goals and dreams. This feeling of ease and abundance of energy is what it feels like to allow your energy to flow from your Heart Space into your actions so you may play out your vision and honor your prime dream for life..

Your *Intelligent Desire* flows to and from your Heart Space where it sends out a certain message that starts the process of organizing Your potential for your future intentions, so you may envision new expanded experiences for your own amusement.

Intelligent Desire can be perceived as an Impulse of pure energy in optimum alignment with your own prime dream for life, experienced through the senses as momentary feelings of ascending, or bliss. This feeling of bliss is an indicator of the dream, desired from the Heart Space actualizing in the present.

Intelligent Desire energizes Your envisioned intention, like a light projecting your consciously envisioned intention into your life as a full Three Dimensional Holographic Vision, experienced as reality.

Intelligent Desire is a glimpse of the bliss that is to be experienced when you are imbued with the energy released from your life force particles by fulfilling and acknowledging your completed creation from the Heart Space.

As each part of the prime dream comes true as reality, there is a burning in the heart or inner celebration of the win, which we call pleasure. This pleasure is the indicator that your original optimum intention and Vision are being experienced, acknowledged and enjoyed. The energy is ready to be super-consciously directed for your next purpose. This is the optimum time to imagine and view your opportunities for your future, so the enhanced awareness and free life force can be realigned for getting you into action on the next part of your dream. You will feel this Energy release, how long it lasts can be from a second to hours, days, months, or years. You feel these moments of bliss and pleasure as the energy flows in harmony with the Center of Your Heart Space. This experience enhances the perception of the energy as the intentions pass through your conscious awareness to be viewed with your highest truth and context.

Feeling *Intelligent Desire* is a guide that you are experiencing your own desired dream, you are growing, and in

motion flowing with the river of your potential and your highest most powerful agreements.

Teams can experience this also. Optimum team work occurs when all members of the team are honoring their potential with the same correct perceptions and intentions to experience the team's desired envisioned intention...as well as to honor their own goals and dreams.

This Impulse of bliss is experienced in the now, and draws forth an innate knowing. A memory of bliss is a mere shadow of feeling bliss in the present moment. When you feel bliss in the now, you know it. You feel stronger and more certain within yourself. You can remember what bliss feels like, but only by experiencing the optimum alignment of your Heart Space with your optimum positions and actions in reality. All outcomes within the Heart Space and extending to the edges of your reality are directly reflecting your alignments of Love, Awareness, Vital Knowledge, Attention Attraction, Intelligence, Intention, Vision, Memory, Energy, Positive Polarity, Magnetic Attraction, Cause, and Red Blue Green Dot Colorization, within those dimension points.

This is why You feel the enhanced flows and greater effects that are experienced as you get closer to fulfilling your dream and

reaching a new threshold, thus expanding your space, time, energy and game as a new experienced reality. You are honoring more truth and allowing more love to be the primary source of your energy and cause of your intentions organizing all else within your life.

Optimum alignments of positive thoughts, awareness, desires, intentions, visions, communication, and actions in the present, act like infrared signals that open doors to desired opportunities in life. You may flow energy to these opportunities and make more of them in your expanded future by acknowledging them, and creating an optimum intention to allow them to align within your optimum vision in the next part of the plan for your optimum future. You attract like energized and focused friends, who can align to share energy for working with each other, to enhance each others speed and accuracy of perceptions, for present and future intentions to become reality.

Your **Love for self and others** and Your **Intelligent Desire for experiencing and creating your dreams** as reality, optimally energize and position your vision within the context of your life. Just like RNA and DNA work together in the cells of your body. You are the Spirit and Life force that perceives and intends for all interactions and interdependences to occur in all areas of your life.

As your Intelligence is within your life force, you have the capacity to acquire and apply knowledge that is in alignment with your own positive perceptions and intentions for your desired goals and dreams . The Desired Dream is created as the setting for the optimum energy to flow through. This Intention then directs the optimum energy flows to align the vision with like flowing optimum energy, to attract others with similar goals and dreams, which optimizes the ability to acquire and apply correct important knowledge. So, if the focus on the *Intelligent Desire* is maintained and utilized consciously to achieve your goals and live your dreams, the energy will reach higher frequencies such as bliss. Alternately, *Intelligent Desire* can become slower by creating counter intentions which are not optimally in alignment with your goals and dreams and cause distractions to your original intention and align with like lower frequency energy, or **oppositional intentions** and **blankness**. An indicator would be experienced as disinterested, fear, or boredom. This simply means the focus has shifted from your dream to someone else's dream or an area of fear. If you are conscious of the potential desired and undesirable effects, you can maintain your awareness and up date your vital knowledge. This will allow you to be certain about your own desires and monitor your effectiveness, to

optimally align all within your life force to achieve your goals and live your dreams, and help your friends to do the same.

Imagination



All is possible in the Imagination of the spirit and capable of being contained within the life force. Imagination is a brilliant tool for creating your life the way you desire it to be. Using your imagination with masterful skill to help others or simply enjoy optimum relationships is a very natural easy thing to do when in loving relationships.

Thoughts are born with certain creative energy ready to be the driving force to utilize and transform ideas into inspiring and amazing creations. Everything begins to take form within the imagination. If you can imagine it you can create it. I once bought a book mark that said; Imagination is Consciousness having fun, by anonymous. That really says it all in the context of this book.

The Key to creating what is imagined is within your Heart Space. You can get your golden keys out and unlock your highest Love, truth, perceptions, optimum intentions and prime dream for life from within your Heart Space to create all you desire to experience and create as reality. Or, you can pretend your dreams are not important and let your brilliant potential remain latent for another time. It is completely up to you.

Your Life force is ready to contain and uniquely organize your Love, Awareness, Knowledge, Attention Attraction, Intelligence, Intention, Vision, Memory, Energy, Positive Polarity, Magnetic Attraction, Cause, and Red Blue Green Dot Colorization, any way you love, desire, and focus your attention with certainty.

The ability to imagine can be likened to the ultimate freedom. Not to escape an undesired reality, but to create the reality that is desired most. When we focus from the Heart Space, We are acknowledging the Spirit and Life Force that we are, we can see fun, exciting possibilities for experiencing and creating in life.

When we focus from a worn out role or position in life without consciously acknowledging the Spirit and Life force that we are, and our infinite natural ability to perceive and intend, we are keeping ourselves under lock and key away from the future we once truly desired and fully Intended to experience and create.

Attention Attraction



Attention: A quantity of life force; **active consciousness.**

The **power** or **ability of concentration.** When interest becomes fixed we have attention.¹

Concentration: focus of thoughts or resources: the direction of all thought or effort toward a particular task, idea, or subject.

Group or number: a large number of things or amount of something collected together in one area.

Focus to align resources: work with.

Attract: to draw upon or secure another's attention, or become the focus of someone's attention. Appeal to. Appear to, engage, exchange or align things of mutual interest.

Attraction: the power of attracting or the feeling of being attracted, drawn to someone or something.

Like attracts Like.

Everyone has energy flows that started out as love. From within this love You create a strong desire flowing from the Heart Space to create or do something in life that you foresee as enjoyable or fun. So, You create an optimum intention and an optimum vision of that optimum intention, and allow your desired position to

communicate from to relate and get into action to enjoy experiencing and creating the envisioned outcomes from that focused position.

Attention is directed into images for specific functions. Attention Attraction is a vital part of the ability to exchange love, awareness, and knowledge to expand Intelligence and optimally align intention, vision, memory, energy, positive polarity, magnetic attraction, cause, and red blue green dot colorization until those specific functions are achieved and enjoyed within the prime dream for life.

We can focus our attention on others or with others, which is like extending our field of love, awareness, knowledge, and attention to merge with the other field of love, awareness, knowledge, and attention through the perceived space between us, to communicate with each other.

Focused Attention has its own uniquely encoded Attention Attraction. The love, awareness and knowledge that was available at the time the attention was focused to include another or create an imagined outcome is contained within the life force particles and aligns with like attention and flows of subsequent energy for creating desire outcomes. The specific combination of love, awareness, and knowledge perceived and aligned with attention given to the

envisioned intentions gives it this unique code. It is similar to a fingerprint, only it has invisible properties that can only be perceived if the creator allows those properties to be perceived and another has the like love and awareness to accurately perceive it. This unique Attention Attraction, attracts similar or compatible, focused Life force – emanating from the awareness and positions of others and things to align for a common purpose. This is the spiritual ability to share resources so all involved can reach their goals and complete their current cycle of actions and outcomes within their prime dream for living.

When in communication with each other from the Heart Space with Love, Awareness, and Knowledge of Spirit, Life force, and self, a person can focus their attention to be conscious of all interactions, exchanges, interdependences, and moods that are experienced within a relationship. This will optimize the ability to direct the quality of the energy flowing from the Heart Space to create a natural alliance. A natural alliance will allow all Love, Awareness, Knowledge, Attention Attraction, Intelligence, Intentions, Visions, Memory, Energy, Positive Polarity, Magnetic Attraction, Cause, and Red Blue Green Dot Colorization, to align optimally and

co-create with more certain and focused attention from the Heart Space.

With out the acknowledgement of Spirit, Life force and Self and the combined ability to super-consciously contain and align Love, Awareness, Knowledge, Attention Attraction, Intelligence, Intention, Vision, Memory, Energy, Positive Polarity, Magnetic Attraction, Cause and Red Blue Green Dot Colorization, ATTENTION ATTRACTION IS SET TO the level of acknowledgment and consciousness it was conceived in, NOT HAVING WHAT IS VITAL FOR LIVING. This level of Awareness is limited to attract and align with others who do not consciously acknowledge Life force and its capabilities within their life experience.

Acknowledgement of truth in action is a certain way to reach a new level of conscious Intelligence.

Do you see the power and potential people have to hold a position, (conscious or unconscious of Life force) and continue to energize a vision until a super-conscious acknowledgement of Life Force is experienced?

If while reading the content of this book your mood level optimizes, this is an indicator that your attention is optimally aligning with your most desired goals and dreams. If your mood drops this is

an indicator of attention dispersal, and your focus is being directed else where due to a missing or incorrect definition/s, or something else that is being made more important than your own goals and dreams. Return to the point where you were focused and re-read the paragraph seeing the vision of each word. If you don't see a vision with a word, you know that word is the first word you need to look up in the dictionary. Notice the acknowledgments you are conscious of and foresee your free life force ready to contain your optimum alignments, and continue reading and define any additional words to continue to optimize your intelligence.

You may notice that when you put distance between yourself and your goals and dreams you experience undesired moods, such as frustration, fear, anger and boredom. Thankfully, you can re-focus your attention attraction on flowing desire from your Heart Space to your goals and dreams when you acknowledge that your mood is indicating a shift away from your goals and dreams.

Remember Your Love is transformed into desire by you from your Heart Space so you can create your dreams as reality. Any Energy that is less than optimum for your goals and dreams indicates that it has stretched or shifted out of alignment with its original central intention, which is to be here now, and attracting like

energy to optimally align and energize your vision, as you continue to experience and create from your Heart Space, within the reality of life.

You Know when you are in the Heart Space because your Thoughts, Perceptions, Intentions, Visions, Communication, Agreements, Actions and Outcomes are in Optimum alignment with who you are and what you desire most. You allow and enjoy space and time as a part of your life. You allow yourself to feel and enjoy emotions and acknowledge them as indicators of the energy you are using in life.

You Laugh because you are aligning energy from your Heart Space with your original goals and dreams. Your optimum Intentions and vision are aligning all within your life force and gradually creating your vision as reality.

Laughter is the best indicator of your energy reaching an optimum level of consciousness. Laughter occurs when you are doing what is important or in alignment with you having fun, in your game, within your life.

Laughter: the act and sound of laughing. The perceivable energy expressed from the Heart Space.

Revise the key definitions and see where they will serve you the best.

Intelligence



Intelligence: The capacity to acquire and apply knowledge.

Capacity: volume: a measure of the amount that can be held or **contained by Life force, something or someone or some group.**

Maximum volume: the maximum amount that can be held or taken in.

Maximum productivity: the maximum amount of output or productivity.

Spiritual, Mental or Physical ability: Spiritual, Mental or Physical ability for something or to do something.

Official role: an official function or position that somebody has as their capacity as team captain or leader.

Electricity measure of electric output: a measure of the electric output of a battery or generator.

Computer storage space: the amount of data that can be stored by a computer device.

Ability.

When fully present in the Heart Space, you have access to infinite intelligence. Your intelligence is proportional to your Love,

Awareness, Knowledge, and Attention Attraction, and aligns with your intention to energize and position your vision within your life. If intended, Your Intelligence may be used to optimize your current situation. Or if you intend, your intelligence may be being used to keep a non-optimum situation in position to maintain the status quo, which after some time will appear to be much smaller when compared to others who optimize their Intelligence and live their most desired dreams.

Do You desire to Optimize Your intelligence?

Intention



Intention: the will to reach an aim, goal, objective, or dream.

The quality of purposefulness.

From your Heart Space you have the ability to see all possibilities, past, present, and future, which gives you the ability to make choices and create an optimum intention to empower your dreams. This optimum intention is an ability to infinitely organize the Love, Awareness, Vital Knowledge, Attention Attraction and Intelligence so an Optimum Vision can be positioned, stored, and energized into experiences and creations. Intention allows the desire to follow through into the vision that is the central focus for all subsequent energy to flow through and project out as our reality in life.

From the Heart Space, Intention is in optimum alignment with empowerment to fulfill dreams. Joy is experienced when the energy created from your certain intention is released by the attainment, or acknowledged completion of your intention.

- What optimum position or roles do you intend to create from?

and

- What do you intend to create for yourself and others?

Possibility and Potential become an exciting prospect form your position of Loving, and knowing that your dreams are the most important creations in your life. This Loving, and Knowing joined with your optimum intentions is a prerequisite for Optimum alignments to occur. **Alliances and all other relationships that are acknowledged from the Heart Space are vitally important also, as they are required to co-create the dreams into reality.**

Each of us are connected as the Unified Spirit and Life force within the Heart Space. The appearance of separation occurs due to the agreement to create and utilize space for creativity, and the acknowledgments of our own desired original co-creations in space which we perceive with time, within our human experience and created reality.

Our Human Potential is directly related to the love and truth we allow to flow within our awareness. The Golden Key to human potential is to continue to love and acknowledge the spirit and life force in others and their creations until they can receive, acknowledge, and allow love to be the primary source within their created reality. Once they perceive your highest love and truth trying to align with their highest love and truth, they will begin to see what

could be possible and allow their imagination to be free to desire, and then intend to live their most desired dreams as reality. That spiritual acknowledgement is the strongest most certain force that can draw upon its highest most loving intentions and attract the like intentions within others, regardless of their counter intentions and unconsciousness. Spiritual Acknowledgements are instant outside of space in the infinite field of spirit. Spiritual Acknowledgments and Intentions within space/time reality are just like water seeping through a sponge, it will take some time, but once it starts it will fully permeate the spaces within and be clearly visible to those who know what they are looking at.

You can intend from your Heart Space to flow your life force into the creation of your dreams each day and maintain your optimum focus and your optimum relationships. Appreciate the power You and others have to optimally align thoughts, perceptions, intentions, visions, communication, agreements, plans, and actions so that what is most desired can come into being and be experienced as reality.

Honor the Power of Your Heart

As long as you perceive, intend and acknowledge from your Heart Space you can enjoy your life and you can enjoy helping

others to live their dreams also. Sharing Optimum intentions is incredibly powerful if all involved are intending from the Heart Space with their most loving accurate perceptions and Knowledge.

Original Intentions can be honored and allowed to infinitely organize all within your life force, so you may create your vision for life as a reality.

When you knowingly intend from the Heart Space within your human reality long enough, you begin to experience outcomes which lead to constant happiness and consciously creating a balanced position with goals to experience and co-create new great futures for yourself and others.

This shows up in life as, You being responsible for your thoughts, words, actions and outcomes. For Example:

- Being present with others from your Heart Space to honor your highest truth and consciously intending to share your optimum thoughts and energy to make great decisions together.
- helping someone else by finding out the details of what they want and what is required before agreements are co-created.
- Consciously knowing that new memories will be stored with the optimum shared energy at the time of agreement – and checking to be certain that all is in alignment with your current big Vision.

- Experiencing the above with accurate perceptions and desire and enjoyment.

Original intentions can change into counter intentions when a person doesn't recognize a distraction or non optimum alignment with their dream. When People Ignore their highest truth and their “Spiritual Heart Space” long enough they begin to experience a lack of pleasure, which can lead to pain, and then they unconsciously create additional intentions and positions with substitute goals, focused to not experience pain. They begin to utilize their energy to forget about their original positive intention. This creates a counter intention and second best position for subsequently blocking their original natural positive thoughts from flowing to their original desired position and creation. This shows up as accepting the status quo in life and even defending it from due to a fear of worse outcomes that are believe to be possible. Their desire is no longer flowing to live their prime dream for life, it is now flowing to a substitute for their prime dream. All of this is going on after the desire and intention for the original vision has been put on hold or forgotten about, and the intention to fully perceive and enjoy the created reality of the optimum vision is made to be less important, simply by making a distraction or a temporary problem more important.

This is what happens when we make something else more important than our own desires, dreams and happiness. It can occur in many ways when a communication cycle is incomplete or a non optimum situation is silently agreed upon. Some of these distractions or counter intentions can be:

- Agreeing to help someone else, without all the details of what is required before the agreement takes place (not checking in with your own desires before you agree, and not bothering to check that you share the same definitions for the words used).
- Inheriting other peoples beliefs and the energy that they store attached to those beliefs. These are easily transferred from a friend or loved one when entering into unconscious agreements. Just like the transfer of data from one computer to another, the mind works in a similar way. Its important to know what you are agreeing with. Your agreement is like the yes button in your windows computer software to transfer files of stored energy and information between you and others (perceive their optimum intention and vision and your aligning mood before you agree).
- Remembering a previous time you did something similar can activate old unconsciously stored energy and memories in your mind (this can work for the positive and the negative, the

key is knowingly using it). Check to see if it is optimum to recreate it in the present. Check to see if it will serve you. Ask yourself if it contributes to your prime dream for life, optimum intentions, and Up to date Vision for living? Or, Can it be updated with more accuracy in a new context?

By Acknowledging Spirit and Life force within yourself and others, as being present and capable of picking up on these simple and powerful indicators, you are sure to repeat your successful actions again and again.

Do you Super-consciously intend to include allowing your Super-Consciously created self to be, do, and have all that you desire to experience and create, in all areas of life?

Can you hold that intention for your friends too?

Vision



Vision: The Vision is the big picture. This is how your life, Environment, and those connected to your dream will optimally appear and operate in the physical universe as you approach its completion. The vision is the software for the mind.¹

Visualization: The formulation of attention into a full three dimensional model, containing spiritual energy, space, shape, time, location, attraction, and persistence which is perceivable by aware others.¹

Your Vision is positioned and energized by your mood. The energy that a person is resonating in at the time of creating and setting a vision for themselves to experience is contained within the vision. The energy will be experienced as the mood that will be duplicated and experienced during the actualized outcome. So if you are thinking about creating something in your future, it would be wise to get into a mood and flow of energy that you would like to duplicate in your future outcome.

This is why successful people become more successful. When successful people envision something they desire to experience as a part of their future, they are including the feeling of

success in the vision. And, It is also why unsuccessful people can appear to continue to create unsuccessful outcomes in life.

When an unsuccessful person tries to create something new they often unconsciously add their disappointment (undesired attention) from their past or current situation into the vision. They are envisioning what it would be like to be out of their situation to avoid pain, rather than acknowledging their spirit and highest truth as capable and certain of duplicating what they desire most. The spirit and truth of who and what they truly are is forgotten and left out of the vision for living, so this is what they include in their visualization for their future. They get exactly what they include in their new vision for living. The only problem is they can't imagine life without the unwanted disappointing outcomes so they continue to get more of what they do not like.

It is true that people can create many things they do desire without consciously acknowledging the spirit within, but they don't include their unwanted outcomes to be a part of their vision for their future. Their ability to know what to put into their visualizations is working well, because it is their natural way of creating. We all have this natural ability and it is always available, unless a person changes the rules by putting beliefs in place that they then adhere.

If a person is utilizing their primary energy of love to fuel their desires, the energy that will be perceived by others who interact and work with that person will be love. The compatibility of the relationship will depend on the energy that is being utilized by all involved.

A person's mood can change slightly or dramatically when they interact with others as they are creating their big vision as reality. They use their Love, Awareness, Vital knowledge, Attention Attraction, Intelligence and Intention to accurately envision the positive current and future alignments they may have with another's big vision, by allowing the space and time for both visions to co-exist as optimums while they look and decide on the possibilities they may share in a relationship. In the event that each others visions are mutually agreed upon as optimum, a friendly relationship is formed and resources can be shared and enjoyed.

This is our unique contribution to each others lives. We can all create what we desire when we can acknowledge and honor with the greatest respect and admiration, our Spirit and Our Own Creative abilities, and the Spirit and Creative abilities of others. When Spiritual Acknowledgment is our shared reality, the spirit is as one, and our

creative abilities and resources can be shared and enjoyed with ease.

Your ability to focus, allocate, and maintain the direction of your attention is vital for creating your Big Vision, as your consciously created reality. Your Current Perception of Reality is accurately indicating the alignments and contents of your Life force.

You are the one with the golden keys to living your desired big vision, and responsible for creating your current alignments of :

- **Love.....** the spiritual acknowledgement you have for yourself and others. The primary Energy for aligning with others to communicate and mutually agree to share resources for creating your big vision as reality in optimum alignment with your prime dream for life. The love that is flowing from the Heart Space to align life force particles, and optimize Your desired position within your BIG VISION for living.

OR: Hate (distance and fear created by an undesired substitute for the primary energy)..... you have within your life force, from not acknowledging Spirit and Creative abilities within with Yourself and others to create Your own Goals and Dreams from the Heart Space. Resulting in aligning with an alternate position and vision, which subsequently co-creates an unconscious boundary between you and

your original Big Vision. Of which, once it is acknowledged with the primary energy of love and spiritual awareness of your highest truth, it will be permeated by love, and be released by more Spiritual truth until it is restored to its original state of love for self and others again. This is a natural phenomenon and occurs during balanced self refection, and receiving loving support from those we are close to or admire for their success in the area we once dreamed of experiencing and creating for our selves.

● **Awareness.....** you have of the interactions and agreements with yourself, others, and things, for experiencing and co-creating your life. The awareness you have within your life force from aligning to optimize your desired position and creations within your BIG VISION for living.

Or, **Unawareness.....** you have within your life force from focusing on and aligning with an alternate non-optimum position and vision, between you and your original Big Vision.

● **Vital Knowledge.....** you have available within your life force from your Spiritual knowledge and aligning all else to optimize your desired position and creations within your BIG VISION for living.

Or, **Ignorance.....** you have within your life force from omitting your spiritual knowledge from your current games and aligning with an

alternate position and vision, creating a barrier between you and your original Big Vision for living.

● **Attention Attraction.....** you have within your life force from optimally aligning Love, Awareness, and Vital Knowledge to optimize your desired position and creations within your BIG VISION for living. Or, the sum of **Attention Dispersal.....** you have within your life force from non optimally aligning Love, Awareness, and Vital Knowledge by aligning with an alternate undesired position and vision, creating substitute alignments in multiple areas between you and your original Big Vision.

● **Intelligence.....** you have within your life force from optimally aligning Love, Awareness, Vital Knowledge, and Attention Attraction to optimize your desired positions and creations within your BIG VISION for living.

Or, the **Stupidity.....** you have within your life force from non optimally aligning Love, Awareness, Vital Knowledge, and Attention Attraction, and aligning with alternate undesired positions and a substitute vision, which created unknown outcomes creating confusion between you and your desired creations and your Original Big Vision for living.

● **Intention.....** you have within your life force from aligning Love, Awareness, Vital knowledge, Attention Attraction, and Intelligence to duplicate your prime dream in life as your BIG VISION of living in the physical universe reality.

Or, the **Oppositional Intention.....** you have within your life force from non optimally aligning Love, Awareness, Vital Knowledge, Attention Attraction and Intelligence, and aligning with an alternate undesired position and vision, to stop something undesired from being created, between you and your prime dream being duplicated as your Big Vision for living.

● **Vision.....** you have within your life force from aligning your Love, Awareness, Vital Knowledge, Attention Attraction, Intelligence, and Intention to duplicate your prime dream for life as your Vision of living, and the subsequent vision you have within your life force from aligning to optimize your desired positions and creations as parts within your BIG VISION for living. Vision that can be acknowledged by you as desired, created, experienced, and completed, will free your life force particles and increase your potential to experience more desired outcomes and have more fun while creating in life. Visualization is like You with your ability to imagine with a fully stocked Creative Pallet, that has every different medium in life

available to be used so you can create all that your heart desires and then see the possibilities that can evolve from your outcomes.

Everyone has their own desires, ideas, and images of fun. Being unique is our natural spiritual ability.

Or, the **Blankness**..... you have within your life force from non optimally aligning Love, Awareness, Vital Knowledge, Attention Attraction and Intelligence, that set the scenario for being overwhelmed by oppositional intentions and undesired visions that dominate your attention and act as a substitute for your prime dream in life, which then becomes your experienced Big Vision for living.

Not acknowledging your prime dream for life at this point is like being in a black box on your own with a few magazines and board games to keep you occupied, and then trying to adjust your eyes to see where you are going and what you are doing. You can try as hard as you like to read the magazines and play the board games by yourself, but all you will experience is the possibilities of the black box. It wouldn't take long before you would be looking for a way to go beyond the black box spiritually, mentally, and physically to have fun.

● **Memory**..... you have within your life force from optimally aligning Love, Awareness, Vital Knowledge, Attention Attraction, Intelligence, Intention, and Vision with your prime dream for life, as optimally

organized recordings stored in the conscious mind to be drawn upon and duplicated as desired, to optimize your desired positions and creations within your BIG VISION for living.

Or, **Forgetting**..... You have within your life force from non optimally aligning Love, Awareness, Vital Knowledge, Attention Attraction, Intelligence, Intention, and Vision with your prime dream, and aligning it with an alternate undesired position and overwhelming, unforeseen outcome. You decide to put yourself in a black box scenario to block out and avoid any further similar undesired experiences, which shows up in life, as not being able to draw upon positive recordings stored in the conscious mind, and not able to duplicate your Big Vision for living within your prime dream for life.

● **Energy**..... you have within your life force from optimally aligning Love, Awareness, Vital Knowledge, Attention Attraction, Intelligence, Intention, Vision, and Memory to animate your prime dream for life, and to experience and optimize Your Self and your desired positions and creations within your BIG VISION for living.

Or, the **Inertia**..... you have within your life force from non optimally aligning Love, Awareness, Vital Knowledge, Attention Attraction, Intelligence, Intention, Vision and Memory with your prime dream for life, and aligning with an alternate undesired position and vision

within the black box scenario positioned between you and your desired Big Vision for living.

● **Positive Polarity**..... the certainty of perceptions, intentions, interactions and interdependences you have within your life force from optimally aligning Love, Awareness, Vital Knowledge, Attention Attraction, Intelligence, Intention, Vision, Memory and Energy to optimize all alignments within your life force to honor and duplicate your prime dream for life which has optimized Your Self, desired positions and creations in the process within your BIG VISION for living.

Or, **Negative Polarity**..... the uncertainty of perceptions, intentions, interactions and interdependences that you have within your life force from non optimally aligning Love, Awareness, Vital Knowledge, Attention Attraction, Intelligence, Intention, Vision, Memory, Energy, with your prime dream for life, and aligning with an alternate undesired position and vision within the black box scenario positioned between you and your original Big Vision for living.

● **Magnetic Attraction**.... you have within your life force from optimally aligning Love, Awareness, Vital Knowledge, Attention Attraction, Intelligence, Intention, Vision, Memory Energy and

Positive Polarity to optimize your desired position and creations within your BIG VISION for living.

Or, the **Magnetic Repulsion**..... you have within your life force from non optimally aligning Love, Awareness, Vital Knowledge, Attention Attraction, Intelligence, Intention, Vision, Memory, Energy, Positive Polarity, Magnetic Attraction, Cause, and Colorization with your prime dream for life, and aligning with an alternate undesired position and vision within the black box scenario positioned between you and your Big Vision for living.

● **Cause**.....you have within your life force from optimally aligning Love, Awareness, Vital Knowledge, Attention Attraction, Intelligence, Intention, Vision, Memory, Energy, Positive Polarity and Magnetic Attraction to optimize your desired position and creations within your BIG VISION for living.

Or **Effect**.....**you are not willing to be responsible for** that you have within your life force from non optimally aligning Love, Awareness, Vital Knowledge, Attention Attraction, Intelligence, Intention, Vision, Memory, Energy, Positive Polarity, Magnetic Attraction, Cause and Colorization with your prime dream for life, and aligning with an alternate undesired position and vision, within the black box scenario between you and your Big Vision for living.

● **Red Blue & Green Dot Colorization (Visibility of projection).....**

within your life force from optimally aligning Love, Awareness, Knowledge, Attention Attraction, Intelligence, Intention, Vision, Memory, Energy, Positive Polarity, Magnetic Attraction, and Cause to optimize your desired positions and creations within your BIG VISION for living, and allowing them to be perceivable by aware others.

Or, the **Invisibleness** within your life force from non optimally aligning Love, Awareness, Vital knowledge, Attention Attraction, Intelligence, Intention, Vision, Memory, Energy, Positive Polarity, Magnetic Attraction, Cause, and Colorization with your prime dream for life, and aligning with an alternate undesired position and vision, between you and your original Big Vision for living.

● **THE SAME IS TRUE FOR A COUPLE, A TEAM, A GROUP, A COMPANY, A COMMUNITY, A STATE, OR A NATION.**

A big Vision is as big as you allow it to be. The bigger the Vision is, the more room you have to include friends and honor their big Visions also.

Memory



Memory: Ability to retain knowledge: to retain in the mind, learned information and knowledge of past events and experiences, of which you can retrieve that information and knowledge.

Some one's stock of retained knowledge: some one's stock of retained knowledge and experience.

Retained impression of event: the knowledge or impression that somebody retains of a person, event, period, or subject: memories of a happy event. Recollection: the act or an instance of remembering.

The preservation of knowledge, perceptions, and intentions and images. The storage of information that can be maintained for retrieval and holographic reproduction as reality within the creative process. The Ability to return to original shape: the ability of some materials or energy forms to return to their original shape after being subject to change or transformation.

The optimum purpose for memory is to hold the Big Vision in the mind – so it can be projected by you continually and reflected as your universal reality. Memories are stores of specific perceptions attached to attention to cause images of intentions that make up the

big vision that you desired to create as reality. So if your actions are in optimum alignment with your memories of your prime dream for life you will know in reality by feeling happy.

Every Life force particle has memory, just like every cell in your body has memory. The RNA works with the DNA in your cells to hold the Big Vision for your Body, as all of your cells are energized by you, and align with each other to duplicate their specific part of that Vision and optimize their area in the body so the whole body can function efficiently. Each cell has a specific intention and carries out its functions to align optimally with all other cells as a system. Heart cells have a powerful memory to keep the vital nutrients flowing within your blood so they may reach all areas of your body, and then clear away the used nutrients from the body. Stem cells have the function to take on the Vision of the cells that they are closely surrounded by to align with the surrounding DNA. Some new research has involved taking the stem cells from bone marrow and injecting them into a damaged heart. The results, although early are highly significant because the stem cells copied the DNA of the heart cells and worked very well as heart cells within the previously damaged side of the heart. With the stem cells from the bone

marrow, the damaged side of the Heart became the stronger healthier side of the heart.

As you are the life force, Your Optimum Memories will align with surrounding life force particles to share your Big Vision as you create optimum new thoughts from your Optimum Position to energize your body so you can get into action to experience and create your Big Vision each day.

The same principles apply to a person who may be feeling broken hearted. You can help them by asking positive questions to find an area of their life that they are enjoying. Together you can use your positive energy and their positive energy to draw upon their love, awareness, and knowledge, attention attraction, intelligence, intention, and desired vision to acknowledge and celebrate successful outcomes that were intended to be shared.

The intention can be fulfilled to allow the stored energy to be released to flow into the use of positive skills and abilities to improve the areas that are being perceived as not working, or failing. Those areas can then align with the vision allowing positive energy to permeate further into non optimum areas and realign the stored energy with the positive goals and prime dream created from the Heart Space with Intelligent Desire.

Love is like the light that etches the vision into the mind, like a film negative that can then be reproduced in full color as a three dimensional holographic vision.

Energy



The Smile is the best indicator of Warm Friendship and Certainty merging to create energy for living life.

Jayne Mason

Energy: Postulated Life Force Particles.

To create energy for your goals and dreams, you create Positive Polarity. ¹

Everything is composed of energy. Love is the original energy flow which can be transformed with optimum perceptions, intentions, and acknowledgments into any energy flow we can imagine experiencing and creating. Optimum Energy Inspires Optimum – Certain thoughts within cycles of perception and intention, via communication between points of **Conscious Acknowledgments and the celebration of creation.**

The Original or primary form of energy is experienced as Love emanating from the Heart Space. Forms of Optimum Energy are Co- Created In the Heart Space, By Sharing and Honoring Each others Ability to Experience and Create with love as the primary energy source.

Optimum thoughts are perceived and Acknowledged as Optimum by you from the Heart Space, which allows the Optimum energy to be in motion to and from yourself for creating your reality. The Big Vision is a group of optimum images aligned so that the energy passing through them will project the images into the environment to be experienced and shared for enjoyment.

Acknowledgement occurs when the experience and creation is fully perceived with the original intention. The perceiver is at one with the creation and others for the purpose of having fun, creating enjoyable relationships, experiences, and things in life.

Optimum Energy from Your Heart Space can transfer through your field of awareness to be acknowledged and enjoyed by Your Self from Your Optimum Positions and Roles in life, to Create Your Optimum Vision for living as an experienced Reality,

and

through another's field of awareness to be viewed from their Optimum Positions and Roles in life, to **help** them and/or you Create an Optimum Vision as an experienced reality.

The Energy You Create is always emanating from You to be used by Your Self and Others.

Optimum thoughts, Optimum perceptions, Optimum awareness, Optimum sharing via communication, and Positive friendly acknowledgments are those in optimum alignment with your optimum intention and optimum vision for living.

These Optimum thoughts and Optimum perceptions, allow the Optimum awareness for Optimum sharing and Positive friendly acknowledgments to create effects that are like sparks that ignite your high level energy into motion. When you are lovingly thinking from the Heart Space you can enjoy certainty about your thoughts and perceiving with loving awareness, which can include acknowledging optimums frequently, which will keep that ignited high level energy in continuous motion and animating your vision for living in alignment with your prime dream for life.

When You have masterful thoughts, masterful awareness, and masterful acknowledgments you have a set up for living that allows your attention to focus in any area you choose. This allows intelligence to create an optimum intention to allow high quality energy to pass through your optimum visions like light through a projector template into that area.

Optimum creative energy is formed within the Heart Space by utilizing attention with certainty to create and organize

optimum thoughts, ideas, awareness and knowledge with the intention to be duplicated and perceived through living in the physical universe.

Spiritually we are causing our Love, Awareness, and knowledge, to naturally align into focused attention from the Heart Space to imagine what we dream of experiencing, which harmoniously creates an increase in intelligence, allowing our intention to live our prime dream for life. By recording our prime dream it in the mind as a memory and directing primary energy into duplicating it as reality, we energize our actions and produce outcomes that we have spiritually envisioned, as those we would enjoy from our primary role as self within our reality in the physical universe. This energy phenomenon is experienced as the emotion desire. Just like breathing you don't need to think about the process for it to work, you just think about what you desire with love and certainty, and the energy flows into the actions until you have created what you desired to experience in as reality.

The Love, Certainty, and Desire flowing from Your Heart Space is like a flame that streams into your field of awareness to optimize your conscious experience and creativity, allowing you to:

- Super-Consciously utilize and optimize your knowledge and perceptions,
- Super-Consciously align specific knowledge with your attention that will set the attention attraction within your life force and empower yourself and others for the purpose of creating and having fun in life.
- Super-Consciously expand your Intelligence - allowing the capacity for your desire to continue to flow and energize the infinite organizing power of your intention,
- Super-Consciously and lovingly set your vision into position within the conscious mind,
- Super-Consciously continue to allow the conscious mind to be energized by the continual Love, Certainty and desire created daily, by acknowledging and renewing your optimum thoughts and energy in alignment with your highest truth and ethics – to honor your Super-Conscious intentions
- Super-Consciously Attract others with similar friendliness,
- Super-Consciously Fully acknowledge the friendships and allow the energy contained within that friendship to return to its original form of love,
- Super-Consciously co-create your shared vision until it manifests and is experienced and celebrated from the Heart Space as your co-

created reality, which completes the cycle of experiencing and creating your own desired dream.

Once the intended creation is experienced and acknowledged from the Heart Space as completed, the attention is free to expand and be used to acknowledge and reflect on what has been created, and if desired potential future creations. The primary energy is free to permeate and expand the area and inspire more optimum thoughts until the next part of the prime dream for life becomes the experienced and acknowledged reality.

The same applies for a team. The Heart Space is where the team desire and decision to create a shared vision is agreed upon and originates.

From the Heart Space teams also allow the ability to create and perceive forms of energy, space, and time for the desired team experience to manifest as the teams reality.

The focused attention remains within their shared life force until the vision manifests, and is experienced and celebrated from the Heart Space as the co-created reality, which completes the cycle of creating the teams own desired and agreed upon vision of successful outcomes.

This is why I call the energy flowing from the heart space with the purpose to experience and create, *Intelligent Desire*. Intelligent Desire when appreciated for its origin and potential to cause expansion and optimization of all within your field of imagination and created reality is as powerful and creative as you allow it to be.

Optimum Energy flows to your Optimum Positions for energizing Your Optimum Visions.

The energy You create is always emanating from you to be perceived by yourself and others.

Your Ability to Super-Consciously create Intelligent Desire from the Heart Space and Communicate to direct it, and share it in Optimum Relationships will determine your outcomes within your Big Vision as your daily reality. This will allow you to reflect and indicate your personal power and potential being utilized in the present.

As a coach, when you acknowledge an area to be optimized and have the student tell you about it, and any negatively aligned life force they are perceiving, together you set the life force free in that moment. When that life force is free you can see where the energy was originally intended to flow to. It can then be acknowledged in the presence of the coach who will share the insight and honor the

original intention, to see what it was that the student began creating. The energy can be released and flow into the next cycle of action and outcomes. This is very important. If the life force is not acknowledged as being free, then it will just go back to being in an incomplete, misaligned state or position again because that is how it is perceived and agreed upon by the person/s who originally positioned it with another or a group of people. This agreement sets the flow of energy for the area which ultimately sets the ability and skill level to perceive the truth from that area.

This is how people create unacknowledged flows of love and energy, as painful negatively charged energy they free the life force by sharing their feelings, but without acknowledging the capacity they have to realign it with their up to date big vision. They can feel as though they are not making progress or going backward. The truth is they are not fully acknowledging the power they have in that moment of sharing.

To realign the free life force, we can look at the whole area it is within, **from our most loving view point** and allow the free life force to newly align with our current up to date Big Vision. The Love will re-energize the life force to realign with what your heart truly desires, and you can trust in that love to allow you the freedom to

experience the potential optimum perceptions and optimum intentions so you can acknowledge them and include them, which instantly up-dates the free life force with the optimum perception and intention. The acknowledgment allows the energy to flow into the next cycle of perception and intention (which is a cycle of Creation) in alignment with the prime dream for life.

We don't need to dig around in fixed painful negatively charged life force. We can allow the loving power experienced from the Heart Space to optimally perceive and intend to align all optimum parts within our creations from our most loving viewpoints in the physical universe. The Heart Space is where we can see consciously what is optimum and non optimum, and allow the optimum parts to energize the non optimum parts until they become optimum. By acknowledging what you love within an area you create an optimum viewpoint to look at the surrounding areas with that same love and see the possibilities you may decide to include in your updated optimum scenario.

The greatest Human ability is sharing, and so over looked due to its simplicity. Sharing love, awareness and Vital Knowledge for optimizing life is simple and highly effective. (Even though millions of people would say otherwise to defend their well

accomplished status quo) Each time we share we create a cycle of perception and intention as a creative relationship within our big vision. When the cycle is acknowledged the energy is free to flow back and forth in harmony, to continue the cycle of flowing high quality energy to all parts of our lives (just like the heart pumps blood to all areas of our body). Chronic negative energy pools are back logs of energy that have been sent with perception and intention, but didn't align with and acknowledgment on the receiving end....the energy within the life force is resonating as a frequency of not being desired, or not able to receive and complete a cycle of communication or creation... the Spirit and life force responsible for flowing energy through the area does not receive an acknowledgement of the desired outcome with the love and truth that can be perceived from the Heart Space, and so the areas vibrate on the incomplete energy frequency until an acknowledgement is received or the Spirit Super-consciously changes the desired result....When changed unconsciously by not honoring the original envisioned intention and then creating a counter intention, this can cause temporary conflict and confusion of alignments of energy flows intended for the vision to be created. The surrounding areas also

begin to react to the change or conflicting alignment and start to align to an unconsciously created outcome with the changed energy flows. Eg: Many people have their finger on the pulse of the mass produce copier in the physical universe. They are busy buying anything and everything copied on a mass scale, while avoiding duplicating their own prime dream for life. They will have copies of everything newly created and then discard them when the next new mass copy of something is manufactured. They go to work to get money so they can continue to buy copies and parts of other peoples prime dreams which are basically substitutes for their own vision, and then complain about the state of the economy and environment, while all the time using their life force to hold up their black box scenario to ignore the Spiritual abilities they have, and the truth of the creative process.

All this so they can continue to play old unfinished games from old substitute positions created for them by others who wanted someone to play the game they created with their rules, so they could experience the substitute Power and subsequent energy from being the creator of a larger scale game. This energy becomes chronic debilitating energy in spiritually illiterate humans beings – when the game continues and becomes the dominant game in their

life which was never intended to consciously end. There are people living their lives who believe their worth is connected to a role and an old game, and that they have no other purpose in life, but to play by the rules set for them in that game by those who created the game. They are being the role, and living it conditioned to behave for a reward or avoid punishment. Maybe they like it that way to punish themselves for agreeing to it in the first place.....only they know the truth, the truth that could set their ability to imagine free.

Communicating from the Heart space is a fundamental ability, which has the potential to restore a persons focus and energy back into their own vision and games in life. Enjoy sharing ideas and energy with others with this Heart Space Awareness, so you and those you coach may experience and create your own big visions for living.

Positive Polarity



Positive: certain

Polarity is an extreme difference. A situation in which two things, people or groups have qualities, ideas, or principles that are used to emphasize that a difference or contrast is as great as it can be.

Polarity : opposite physical characteristics in a system: the condition, in a system, of having opposite characteristics at different points, especially with respect to electric charge or magnetic properties.

Polarize: to make the differences between ideas or things more clear-cut.

Positive Threshold

Positive polarity is the extreme within your creation, where your most certain and optimum thoughts, ideas and perceptions are. These certain optimum thoughts, ideas and perceptions set the threshold for present and future conscious utilization of Love, Awareness, Vital Knowledge, Attention Attraction, Intelligence, Intention, Vision, Memory, Energy, Positive Polarity, Magnetic Attraction, Cause, and Red Blue Green Dot Colorization.

Negative Polarity is the extreme Opposite of Positive Polarity, at the other end of the scale where your uncertain and non-optimum thoughts, ideas, fears, and perceptions cause a temporary screen like effect that can appear to block out and replace your Positive Polarity. Negative polarity can include the effects of living life from a fearful position or by being trained into thinking you are something other than the life force or Spirit and life force.

Positive Polarity and Negative Polarity are both important in the context of Optimizing living with certainty and having the certainty to acknowledge non optimums also.

Polarity Optimization (also be called perception optimization) can reach a certain threshold and stretch it out in the process of growth and evolution. Polarity optimization occurs in a cycle, similar to the cycle of the heart in the human body.

While you are living life and enjoying your relationships you are shifting viewpoints and experiencing all within your current level of perception, and aligning to fully experience the current level and reach a new threshold level. This is part of your original intention, to grow and evolve into new levels of conscious self paced learning,

skills, and abilities to participate fully in the lifestyle you have chosen for yourself.

Polarity Optimization is the result of you intending from the Heart Space to optimize your quality of living, by consciously shifting your attention back and forth from positive to negative poles. The purpose is to enhance the positive skills and abilities and complete cycles of creation by utilizing your existing knowledge and acquiring new specific knowledge that will help you to upgrade your skills and abilities to actively participate in and create your desired outcomes for life and living.

The optimization cycle enhances your capacity to acquire and apply knowledge so you may follow through on your ideas and intentions until your dream is fulfilled. Living from the positive view points of your life is enjoyed by allowing more truth to flow from the positive pole into the field of conscious awareness and utilizing vital knowledge at the negative pole so cycles of desired creation can continue to be energized. Asking questions from the more conscious positive pole draws optimum knowledge and experience from your original positive perceptions and intentions used to create your Vision for living. This causes an increase in visibility of the original

intentions and perceptions energizing the current alignments of perceptions being recreated as reality.

Learning is the process of allowing **what you do know super-consciously to optimize and flow love and light on your uncertain and incomplete areas of your goals and dreams so you may envision more optimum possibilities for truth in action to occur in those areas**. Optimum Learning is not being forced to **read** and write and copy because someone says you have to.

Once again comprehensively defining words and terms at this point allows you to be more specific and allow your highest quality flows of energy into all of your life force particles within Your Optimum Positions to align with the Intention and vision, thus enhance your whole life. This also allows the energy to flow back to the heart space with an acknowledgement from increasing the positive polarity. This can be felt as an increase in momentum while in action reaching your major goals and living each day of your vision to honor your prime dream for life.

When Your Love, Awareness, Vital Knowledge, Attention Attraction, Intelligence, Intention, Vision, Memory, Energy, Positive Polarity, Magnetic Attraction, Cause and Visibility are optimally

aligned within your current level of consciousness you have reached your thresh-hold for your current level of consciousness and can expand beyond the threshold into your new level of conscious inquiry and living. Once threshold is reached and expanded to a new quality and certainty you will experience a Rapid De-Polarization Phase, as the new level of consciousness will be unknown. Going through the next phase will prepare you to include the expanded area within your prime dream for life. This can be a great adventure, and the key is to stay focused on your core intentions and vision, and allow the new level of consciousness to be energized by your continual positive thoughts about your intentions and vision for living your life as you desire it to be while expanding into a new level of creativity.

De-polarization Phase

Love for self and others from the heart space generates the optimum energy to positively align what is needed for the New part of the desired creation to unfold, and update the old incomplete or uncertain ideas and knowledge contained within the expanded level of consciousness. The uncertain ideas and knowledge are ready to be optimized with the new level of insight. The uncertain ideas and knowledge are ready to be assessed and optimized by consciously drawing upon your up to date positive original perceptions and

intention for knowledge and energizing the incomplete desired outcomes.

During the De-polarization phase one may go within the Heart Space to be at one with the positive and negative poles. This is the part of the cycle to evaluate what is important prior to and within the interdependences, interactions, skills and abilities, as you reflect on the direction of attention and outcomes created by you to set your new bigger goals. From the Heart Space you can optimally organize and align the **Vital knowledge and successful creative skills that you do have to decide when you are ready to begin to apply them to increase the positive polarization of your expanded consciousness in the physical universe.**

You Reflect on your progress and allow your thoughts to encompass both positive and negative polarities with the intention to complete the next stage of your dream. Depolarization occurs as a part of the cycle of renewal. De-polarization allows your highest level of energy to identify uncertain areas which you experience as confusion or conflicting thoughts and ideas. You direct the attention to the areas to be optimized by acknowledging the original intention, which clears old out dated perceptions and intentions to create space in a new unit of time extending from that present moment.

This is an important phase and as stated it is meant to be rapid. Non-optimum intentions freely align with your current optimum Intention and Vision, allowing more energy to flow with greater speed and accuracy to draw upon the needed love, awareness and knowledge to optimize those non optimum areas and resetting the attention attraction and potential for containing the expanded intelligence. The Natural Shift in consciousness is creating a greater capacity for acquiring and applying knowledge for the next part of the dream to be optimized and created as reality.

This is a natural cycle, but unaware people with non-optimum intentions and vision often experience the depolarization phase as a time that they feel bad about being uncertain, or feel bad about the quality of their outcomes. Polarity conflict occurs when there is rapid changing between positive and negative poles unconsciously from non-optimum positions causing unpleasant sensations.

The simple way to help someone in this situation is to help them focus from a positive, by asking them about the things they are certain about, love, enjoy, and are good at duplicating. Then when they are present with their positive energy flowing from the Heart Space, you can appreciate and acknowledge their positives together,

and help them to look at the negative with more certainty and shed some light on the cycle they are experiencing and creating in their life. Asking Optimum Questions to draw upon the optimum Knowledge from the Heart Space of another is one of the highest acts of friendliness you can share. Extending Friendship from the Heart Space is an attribute of highly successful coaches and leaders.

The Next part of the cycle is the Plateau phase.

Plateau : stable phase: a period or phase in something when there is little increase or decrease.

Level out: to reach a stable phase after a period of movement or development.

This phase allows the previously non optimum area, with newly positive realigned life force particles to become balanced for greater potential in their new optimum alignment with the other positively aligned life force particles, or to be at one with the positively aligned life force particles. Just like the body of a developing baby in the womb, the cells divide and take on the RNA and DNA (or certain Intention and Vision for the cells).

Re-polarization phase

From the Heart space you can then optimize your reach within your space and time to the expanded new level of consciousness, with

the increased amounts of positively aligned life force particles. The life force particles are ready to be updated and shifted into alignment with the desire to experience and create on a greater level or bigger game, until once again threshold is reached within the expanded capacity of consciousness.

The cycle continues until such time that you fulfill your dream. The energy, space, and time you create for your dream is totally up to you, and you will know with certainty if you are optimally flowing life force to your big picture, by the quality of your thoughts and the emotions you feel.

Of course the same setup applies to the big vision co-created by a team. When everyone in the team can think and desire to reach common goals and dreams, as well as their own vision, they are set up for success. The most certain thoughts and subsequent ENERGY will be positive and attracting like energy and things into your field of awareness.

Sometimes we can get distracted (dis - attracted) from our own dream by directing our attention to others, friends, family, work etc. Its fun to co-create with others too, but check in with yourself to make sure what you agree to do with others is in alignment with your own prime dream for life. Be aware of how much energy, space,

time, and money you are aligning with another's goals and dreams, so you can keep the balance in check.

Always maintain the natural optimum positive energy as the more important energy. Your Moods are just like the gauges in your car, they reflect how much energy you have available, the gas is high or low just like the moods you experience, they are high or low, and directly connected with what you are focused on and doing in the moment. Don't wait until you're feeling empty to optimize your life force. Go into your heart space consciously each day and let your *Intelligent desire* flow to your optimum intentions and vision.

If you find yourself blaming others for something that happened to you, the alignment of your attention has become non-optimum, and really all that has happened is you became so present attending to someone else's goals and dreams that you temporarily forgot about your own. Just go into your heart space and be at one with your original positive perceptions and intentions, and you will be back to your natural happy self.

We take our correct next step in life
When we honor the truth of who we are,
And what we want to experience and create,
Which allows our creative ability to flow
To the rhythm of our heart.

Jayne Mason

Magnetic Attraction



Magnetism: personal attraction: the strong attractiveness of something, especially the power of somebody's personality to influence others. The attraction from a sending point to a receiving point, for group cohesion and optimization within life force.

Magnetic

Attraction of magnets for iron: the phenomenon of physical attraction for iron, inherent in magnets or induced by a moving electric charge or current.

Force of magnetic field: the force exerted by a magnetic field.

Powerfully charming: having a great power of attraction with people a magnetic personality.

The distinctive intention emanating as noticeable characteristics that are socially attractive – come together as opposite in having – each other wants something the other has – position to exchange – as in communication, one is the sender and one is the receiver, and both are able to be inclusive and switch positions.

Attraction

Drawn to, due to an alignment of values, goals, ethics or reason.

Power of attracting: the power of attracting or the feeling of being

attracted. *The mutual attraction was instant.*

Appealing quality or feature: a quality or feature that attracts somebody. *The idea has its attractions.*

Repulsion

A force between two bodies of the same electric charge or magnetic polarity that creates the appearance of things to repel or separate them. To create distance between Two or more things.

It is this repulsive force between atoms and molecules at very short distances that tends to keep them separated by their own certain intentions.

A feeling or energy in non optimum alignment, or dislike.

Repulsion is the effect of certain set boundaries within the loving awareness of life force.

Cause



Cause: that which makes something happen. A person, event, or condition that makes something happen or exist, or is responsible for an action or something that happens. Source point.

A goal or principle served with dedication and zeal.

Effect: a change or changed state occurring as a result of action by a cause or agent.

You are the Source and create the cause that makes things happen in your life. The outcomes you experience and create are the effects of the balance of your observations, decisions and actions or when negatively aligned the unbalanced effects of lack of observation, decisions and action. Your conscious ability to observe decide and act on your desires is always reflected through out your outcomes.

You know when you are at cause or being the conscious source of your energy and creations when You;

- have an abundance of love for yourself and others
- feel strong and certain perceiving that you are living your dream.
- are certain of your current optimum Intention
- are certain of your current optimum Vision

- are certain of your current optimum Plan
- are certain of your current optimum Actions
- are at will, responsible for your outcomes
- have a smile on your face and feel happy with your efforts
- enjoy your relationships
- enjoy your games
- play to win and optimize your skills and abilities and enjoy helping others to do so too
- enjoy conscious awareness
- love life and experience pleasure with ease
- communicate to optimally align – Love, Awareness, Vital Knowledge, Attention Attraction, Intelligence, Intention, Vision, Memory, Energy, Positive Polarity, Magnetic Attraction, Cause, and Red Blue Green Dot Colorization from your Heart Space ~ to enjoy living and creating with others.

Colorization



Red Blue Green Dot Colorization

Visibility :ability to be seen in color: of being able to be perceived as an image in reality or as a holographic image.

Perception of energy, or light as colors in projected images.

Invisibleness: impossible to see: not able to be seen with the eyes or perceivable, not experienced as real or in existence.

2. hidden: hidden from view.

3. made transparent magically: impossible to see as a result of magic or pseudo-scientific processes.

4. not easily noticed: not readily noticed or detected.

5. unrecorded statistically: not reflected, recorded, or reported in economic statistics.

invisible earnings

Reality: all that exists or happens: everything that actually does or could exist or happen in real life. Created Experienced outcomes.

Prime Dreams



You – dream and **You** – Desire, to make your dream become your experienced reality. When Optimally Aligned Your *Intelligent Desire* is contained within your life force particles and flows through your paradigms to make your dreams come true. The Ability paradigm consists of You the Spirit / Perception, Intention, Vision, Plan, Implementation and Results.¹

The Plan is your blueprint created in the mind by the preceding envisioned intention and perceptions positioned with your attention by forming your decisions and agreements. The plan includes all the optimum images for the experiences desired by you. The Optimums act as a guide so you will know if you are following the plan, they are reflected upon by yourself as conducive to positive thoughts which then emanate unique energy flows in your space and time and are experienced and interpreted through your body as moods. You get into action and implement the plan and your dream comes true.

If you are feeling happy you know you are in alignment with your dream for life. Each moment of happiness comes from you optimally aligning with your prime dream, and/ or helping someone

else to optimally align with their prime dream for life. Each mood represents the alignment of you within your prime dream paradigm matrix, positioning yourself to enjoy the experience of the envisioned reality.

Each positive mood represents an energy flow from your Heart Space reaction to your original optimum super-conscious thoughts and their alignment with your prime dream in the conscious mind used in present time. This allows optimally aligned thoughts and energy to empower your actions. Energy flows emanate from your certain thoughts and their alignments with your original goals and prime dream for life. So your mood is an indicator of the alignment of all thoughts within the plan you created (acknowledged - knowingly or unknowingly) for your dream to come true.

Positive and Negative feelings are reflecting the quality of the thoughts and energy creating the emotions an expressions on your face. A smile or frown says it all.

Communication



Communication: exchange of information from a location or position to another, such as between and within life force particles. The exchange of information and images between people, e.g by means of speaking, writing, or using a common system of signs or behavior.

Communication within the Heart Space will honor the desires of those involved, and allow new ideas and possibilities to arise and create additional viewpoints to experience and create from in life. Learning and Love align so communication between self and others can optimize, which leads to optimization of all alignments conceived from the Super-conscious mind.

Communication is the breath of life which inspires and permeates our dreams and goals to exchange energy in its many forms. Just like the oxygen we breathe that fills the lungs and permeates the body causing each organ and cell to be optimized and also cleared of used energy.

Communication is a vital to empowering yourself and those you work with to create the reach required to follow through on creating the outcomes to duplicate your prime

dream for life. Imagine having your Intelligent Desire flowing with every thought you think, and every time you speak you are aware of your intention to empower yourself and your team to live your desired dreams.

Communication occurs between you and everyone and everything in your presence. Communication allows You to perceive and align love and/or Hate, Awareness and/or Unawareness, Vital Knowledge and/or Ignorance, Attention Attraction and/or Attention Dispersal, Intelligence and/or Stupidity, Intention and/or Oppositional Intention, Vision and/or Blankness, Memory and/or Forgetting, Energy and/or Inertia, Positive Polarity and/or Negative Polarity, Magnetic Attraction and/or Magnetic Repulsion, and Colorization and/or invisibleness with another, or thing to experience and create your and their optimum desired outcomes,

or

to stop unwanted outcomes (which ends up happening anyway if you focus your attention on it long enough).

One of the key fundamental successful skills for a coach is opening the clients awareness to the power of asking positive expanding questions as a major part of creating anything they desire to experience in life. To ask questions from the Heart Space about

another's goals, most desired dreams, skills, abilities, and their success, allows positive energy to flow into the expanded shared awareness, so together it is possible to correctly perceive the optimum intentions and visions, which will allow the alignment of high quality energy to flow through the vision for living and honoring their prime dream for life.

Being able to share what is drawn upon as optimum is the key to creating a successful reality. By agreeing on the envisioned outcomes with another or others and working with each other for a shared purpose the positive energy can flow through out the relationship and fuel the present and future actions required to experience and create what is envisioned as successful outcomes. The process is just like the alignments within and surrounding a cell. All functions within the cell align to the RNA and DNA (or cellular intention and vision) for the body to be in its form within the matrix of the perception area (intra cellular and extra cellular fluid). The cells group to operate for a common goal, and can have their own specific functions at the same time.

From your Heart Space you correctly perceive all of the information and images in your perception area. By perception area I mean, that which **you can consciously** perceive, which includes the

underling perceptions and intention being emanated to and from others or things. Your ability to fully perceive is influenced by the self imposed capacity to set optimum boundaries and/or limitations. From the Heart Space you can see and evaluate boundaries and their purpose. You can consciously pause to check your progress and see if your short term outcomes are aligning within your prime dream for life. Just like an artist steps back from the canvas to get an overall view of the image he is creating. Your capacity to acquire and apply knowledge within your vision for living will be reflected directly as your ability to communicate your positive perceptions, definitions, desires, optimum intentions, your vision, agreements, plans, actions and outcomes in the context of your prime dream for life.

When two or more people are together with their attention focused on an intention to be in optimum communication from the Heart Space, their life force particles align so they both can permeate the space and see from the various viewpoints held by each other. Loving consciousness awareness is an important factor in the communication cycle.

Naturally higher concentrations of certain energy within Life force flow to lower concentrations of certain energy within life force to

balance the concentration or to become one and co-create an optimum outcome. The result is always that the lower concentration is brought up scale. If all involved in the interaction are present from the Heart Space, then the combined mood will be perceived by all.

Reactions occur when different viewpoints come together. Physically, no two things can occupy the same space at the same time, but they can optimally align and share the larger space in close proximity, and this is why successful people choose to spend more time with others with similar Love, Awareness, Knowledge, Attention, Intelligence, Intention, Vision, Memory, Energy, Positive Polarity, Magnetic Attraction, Cause, and Red Blue Green Dot Colorization, because of the certain energy they bring to their relationships. Their life force is aligned optimally and energy can flow harmoniously in the presence of like others.

From the Heart Space, thoughts are spiritual things. Thoughts are inspired and duplicated in the physical environment with certain energy, such as, love and desire shared to increase knowledge and certainty. That energy can be consciously perceived by ourselves as our mood and by others in a communication cycle. Agreements are like bridges with multiple lanes that allow the energy to flow both ways between those in optimum communication.

Super-Consciously perceiving what you send and receive within a communication cycle is vital for optimum alignment of:

- Your Love for Self and Others, Their Love for Self and Others, and The Combined Love for Self and Others.
- Your Awareness, Their Awareness, and The Combined Awareness
- Your Knowledge, Their Knowledge, and The Combined Knowledge
- Your Attention Attraction, Their Attention Attraction, and The Combined Attention Attraction
- Your Intelligence, Their Intelligence, and The combined Intelligence
- Your Intention, Their Intention, and The Combined Intention.
- Your Vision, Their Vision, and The Combined Vision.
- Your Memory, Their Memory, and The Combined Memory.
- Your Energy, Their Energy, and The Combined Energy
- Your Positive Polarity, Their Positive Polarity, and The Combined Positive Polarity
- Your Magnetic Attraction, Their Magnetic Attraction, and The Combined Magnetic Attraction
- Your Cause, Their Cause, and The Combined Cause
- Your Visible Reality, Their Visible Reality, and The Combined Visible Reality

Everything is aligned with what is consciously perceived and intended.

On the whole the Result can be summarized as:

Your Optimum Position within the Heart Space

+

Their Optimum position within the Heart Space

=

Your Shared Optimum Position within the Heart Space and the reality experienced as Your Mutually Agreed upon Optimum Relationship and subsequent interaction, interdependences, and outcomes you co create in life.

Perceiving from the Heart Space optimum position or role, and having an optimum intention and vision before you communicate, will allow you to be at one with all parts of the whole created experience. You can energize your: desired optimum vision, desired skills, abilities and your optimum outcomes to reflect the life you can agree on with love and be able to include others also.

When You come into the world as an infant you are in your Heart Space. Your Energy is Love and you can feel the energy from those around you. You feel the alignments of energy in your body

and your reaction by enjoying loving relationships. You communicate by expressions and by making noise. As you grow and develop you begin to perceive and align your perceptions and intentions so they may be used by you to navigate yourself in life. Of course you have parents who do most things for you as a child, but your body is already evolving and growing to accommodate your future expanded experiences with a bigger stronger body.

You are the life force energizing every cell within your body and you are in constant communication with those around you. This constant communication is experienced as energy carrying perceptions and intentions to align with the optimum visions of those in communication with you and others around you. Just like messages that your cells can interpret and respond to for your body's optimum development. When in communication with your parents (who you share DNA with) or significant others you allow your energy to flow as a combined energy. The stronger more certain energy being sent from the Heart Space, will be perceived by those in the communication cycle. When love is experienced by both parent and child the certain energy is optimum and creates optimum agreements and alignments of perceptions and intentions to allow energy to flow to and from each other and into the space they share.

The love is perceived by both parent and child and the result is empowerment of free flowing actions for living the reality of each others vision to honor each others own prime dream for life.

When two or more people are in communication, from the Heart Space the perception field encompasses all of their available and optimally aligned life force.

So, when parent and child are in communication a unique energy field is created from the alignments of Love, Awareness, Vital Knowledge, Attention Attraction, Intelligence, Intention, Vision, Memory, Energy, Positive Polarity, Magnetic Attraction, Cause, and Red Blue Green Dot Colorization within the space of both parent and child, and can be perceived by the parent and child. A reaction is the effect of the perceived (from the heart space or from another viewpoint) alignment within the individuals own conscious awareness, and their ability to foresee the likely future effect on their own goal and dreams. The reaction is the major factor in choosing to allow the alignment as optimum and desired or partially desired or not desired at all.

Your Self: is a created identity that is created by you, using the combination of knowledge, ethics, power, and choice of game.

This identity then positions you as a player in a game. Thus gives you your role in life.¹

You Position Your Self to allow your life force to align and duplicate your intended outcomes in life. You utilize your mind and body to create your playing fields in life. You cause closeness and distance between yourself, your goals, dreams and significant others - depending on your super-conscious alignments of Love, Awareness, Vital Knowledge, Attention Attraction, Intelligence, Intention, Vision, Memory, Energy, Positive Polarity, Magnetic Attraction, Cause, and Red Blue Green Dot Colorization. Closeness and Distance ultimately indicate Your level of mastery over your ability to utilize your communication skills and optimize you abilities to achieve your goals and live your dreams. As Your Self you also allow life force to align, to correctly perceive and know your allies skills and abilities within their levels of mastery too.

An artificial self is a manufactured identity that is created by others for you, using the combination of their knowledge, their ethics, their power, and their choice of game (in the accumulated energy of those involved in creating your vision for you). This identity then positions you as a player in their game. This gives you your role in

their life. Allowing you to flow life force to duplicate their intended outcomes and create your artificial or temporary visions and games.

They are controlling optimum alignments and non optimum alignments between their own goals and dreams and your self, depending on their alignments of Love, Awareness, Vital Knowledge, Attention Attraction, Intelligence, Intention, Vision, Memory, Energy, Positive Polarity, Magnetic Attraction, Cause, Red Blue Green Dot Colorization, within the game they are playing. The game they are playing with you indicates the level of mastery they have over their perceived skills and abilities, and their perceptions and knowledge of their allies and opponents strengths.

As a persons Love, Awareness, and Vital Knowledge expands, they may shift out of an artificial or temporary self and focus their attention to expand their intelligence and update their intentions into their own image of the self they desire to experience living from. Their own conscious desires will become the more powerful energy and expand their space and time to include their most desired experiences and creations for them selves and others.

The speed and accuracy of which this natural development occurs depends on being able to surrounding ones self with others who also optimally intend and envision their own goals and dreams

from the Heart Space, and can envision them selves with their own optimum alignments of Love, Awareness, Vital Knowledge, Attention Attraction, Intelligence, Intention, Vision, Memory, Energy, Positive Polarity, Magnetic Attraction, Cause and Visible reality in life.

When a person is in the energy of Love their ability to access and draw upon more truth occurs naturally so that more accurate knowledge can be shared in communication. They can then perceive each others intentions, goals and dreams which begins optimizing the energy in their relationship. When a person is being in the energy of fear they have shut down their ability to access truth and accurate knowledge, so they may not be duplicated. They do not want to share the negative energy, as they only see its non optimum effects. They are most likely focused from the viewpoint of an artificial self, with their own knowledge, ethics, power, and game in conflict with the artificial self that is dominating their attention. The energy is causing a repulsion effect. The mood will be confusion or worse, not knowing which way to turn or action to take, as there is too much of their attention flowing to this artificial self, with limited knowledge of how to create and naturally be in love with ones own self and others.

This is when a coach is needed to ask those positive questions from the Heart Space and allow the person to re-focus from the Heart Space and acknowledge their own goals, dreams and success. Then help them to look at the area that caused the confusion from the Heart Space with the clarity, certainty, and ability to focus available from there.

The natural ability to perceive and share certain energy with others can not be deleted. The energy from an uncertain, unhappy relationship is still shared and duplicated just as in positive happy relationship. When the fundamentals of a happy loving relationship are ignored the opposite will occur. The duplication process still occurs. Artificial Identities can become the main position a person communicates from. This position is used to enforce the rules that others must play by, and set boundaries that stipulate restrictions as to who can play, and the level of ignorance they must be willing to agree with and utilize to communicate about how things cant be done, and will never get better.

Optimally, You will be super-conscious of your choice to shift in a positive happy direction with certainty of your optimum intentions and visions for creating your life as you Intelligently desire it to be.

Heart Space Communication Check list:

- You are Present within the Heart Space
- You have Love to share
- Your Awareness is open
- Your Highest Quality Knowledge is at the ready
- Your Attention is free
- You are ready to communicate
- You check to see if the other person is ready to receive your communication (is there attention free?)
- You send a communication that they can understand
- You make sure that your definitions are the same, in the context you are communicating about
- The other person can focus their attention on the area and draw upon their knowledge to respond so you can understand their reply
- You can understand.
- You acknowledge and appreciate the other persons reply
- They feel understood and appreciated
- There is a clear shared vision of what is agreed upon within the relationship and it is acknowledged openly.
- The shared energy is experienced as love, cheerfulness, joy, warmth, friendliness, etc.

- There is an increase in certainty within your relationship
- There is more love within your relationship
- There is more truth within your relationship
- There is more enjoyment within your relationship
- There is an Increase in knowledge about what is important within your relationship
- Both (all in the group) are present and responsible for the outcomes of the relationship

What position or role do you Optimally Communicate from to perceive and align Love, Awareness, Vital Knowledge, Attention Attraction, Intelligence, Intention, Vision, Memory, Energy, Positive Polarity, Magnetic Attraction, Cause and Red Blue Green Dot Colorization?

Do you Communicate from the Heart Space?

When Communicating from your optimum position or role, do you check to see if the other person is present in their Optimum position or role?

When communicating from your optimum position or role do you perceive and intend to optimally align Love, Awareness, Vital Knowledge, Attention Attraction, Intelligence, Intention, Vision, Memory, Energy, Positive Polarity, Magnetic

Attraction, Cause, and Red Blue Green Dot Colorization, with another's optimum skills, their optimum abilities and their optimum outcomes?

Do you communicate with an optimum shared view point so all involved can fully perceive each other?

Do you communicate with the intention to optimize your skills and abilities? Do You Communicate to Enjoy Yourself?

Connected to the ability of communication, have you ever used that ability to help another to achieve their goals and honor their prime dream for life and living?

Connected to the ability of communication, have you ever used that ability to help yourself to achieve your goals and honor your prime dream for life and living?

Body



You energize your body from the Heart Space to allow yourself the power to play your chosen games in life.

Your body is always in working order to reflect what you have perceived and aligned. We can consciously perceive our body to check in with our alignments and results.

The Heart Space is always here right now. Every Cell has an energy field, your energy, flowing from your Heart Space, and each cell has memory with RNA and DNA working together to duplicate the Vision for the Cell.

This is why drugs work or don't work. If you agree that they will work the energy and DNA will be aligned to allow the desire effect to take place. It is also why people taking drugs to try and make themselves feel better only to experience a temporary effect and then when the drugs wear off, they feel worse. They have forgotten the power of their heart, they are lost in a heart break, which has occurred and they are continuing to try and hold on to the dream they perceive as being lost. Coaching someone with a heart break is just the same as coaching anyone else who is focused from a negative to a negative or perceived problem. You can ask them

some questions about the positive aspects of their life and get them back into a more certain energy and view point. If they are not interested in being happy, then you know you are talking to an artificial identity as discussed in the communication chapter. This is when it is vital to communicate from the Heart Space and acknowledge them as a spirit and let them know if they have a change of heart and would like some help, you will be there. Trying to convince them your way is better, will only remind them of other people who wanted them to do it their way. Your friendliness and energy may take some time to reach them in their Heart Space, so allow that time to unfold and move on.

Our Heart is a vital organ, and from the Heart Space we can tune its rhythm. The heart beat is the best indicator of the energy you are flowing from the Heart Space and circulating through out your body and environment.

From the earliest stages of development in the womb our hearts are beating and allowing the energy from the Heart Space to energize the cells forming and grouping, to become our bodies.

Each time the heart beats, the contractions of individual cardiac muscle cells are coordinated and harnessed to ensure that

blood flows in the right direction at the proper time.³ Two types of cardiac muscle cells are involved in a normal heart beat. Contractile cells produce the powerful contractions that propel blood, while specialized muscle cells of the conducting system control and coordinate the activities of the contractile cells.

The cells responsible for initiating and distributing the stimulus to contract are part of the conducting system of the heart. The conducting system is a network of specialized cardiac muscle cells that initiates and distributes electrical impulses. The heart is the control center for flows of blood rich with inspired oxygen, to reach out to all areas of the body to sustain and enhance each and every cell.

Can you imagine every tiny cell in your body vibrating harmoniously and effortlessly, while communicating with all other cells for the purpose of maintaining and optimizing Your Body? Close your eyes and take a gentle breath through your nose and feel what its like for a moment.

Did you do that?

What did it feel like?

Nasal Breathing is the Optimum way for the body to breath. Just like communicating from the Heart Space with another –

optimally energizes your big vision. The only time You breath through your mouth is when You have previously feared not being able to breath, and that has scared You into breathing with your mouth.

When we are babies and in loving communication with our parents, we breath through our nose while we drink our milk. We breathe through our nose when we sleep. We breathe through our nose when we play. Our body as a collection of tiny cells communicating harmoniously with each other, is receiving the air (which is also focused energy) that has been inspired through the nose, and sending out the used air with carbon dioxide back into the environment, so it may be recycled by nature. Just like recycling garden waste or updating your ideas and thoughts to fit your current desires.

Commonly, when we are children we experience a cold or flu type illness. Our nose gets blocked and our body lets us know it has a back up plan for emergencies, and we begin breathing with our mouth. After a few colds or flues, we can chose to forgot about our natural way to breathe and continue to breath via the mouth, *just to be on safe side.*

The nose is the body's filter and humidifier, it processes the air so that the highest quality of oxygen can permeate your body and harmonize every cell. It also has a waste management plan so the byproduct, carbon dioxide, can flow back out of the body and flow with another purpose. This process optimizes your perception, relaxation, concentration, coordination, and actions. All of your senses through the body: sight, sound, touch, taste, hearing, space and time awareness, etc are enhanced by nasal breathing.

The flows of oxygen are related to consciousness. All body movement and emotions are the end of the line, occurring as a direct reflection of your ability to be consciously present and communicate from the Heart Space. It is the indicator of your ability to honor the power of your heart and organize your mind's content, which is all that has been intended and envisioned, by You, and energized by the flows of certainty you are consciously creating from your optimum viewpoints, positions, and roles within the Heart Space. You can have all of these processes working with each other so you may experience and create from Your Heart Space and Optimum Body in the environment you are present within.

Relationships



Coaching tools for Co-Creating Optimum Relationships

We will revisit key areas that have been presented previously, with some new questions to allow you to view your potential from various angles and viewpoints.

Do you have an Intention from the Heart Space to Optimize Your Presence and Power within your Relationships?

- Do you Optimize Your Thoughts about Your Relationships?
- Do you Optimize Your Perceptions and Knowledge about Your Relationships.
- Do you Optimize Your Intentions for Your Relationships.
- Do you Optimize Your Vision for Your Relationships.
- Do you Optimize Your Plans for Your Relationships.
- Do you Optimize the Outcomes of Your Relationships.
- Do you Enjoy Your Optimum Visions for your Relationships as Reality.

Long-term goal

Do you Allow Love to flow into your relationships to be enjoyed by others, and back to you, so you may live and share the life you desire most.

The Present Situation

In Your Life, Do You Co-Create Your Relationships?

Where do You Co-Create them from?

Do You Consciously Create them from Your Heart Space?

What do you consciously create your relationships with?

Are You Thinking from Your Heart Space?

Are you utilizing your **Love, Awareness, Knowledge, Attention Attraction, Intelligence, Intention, Vision, Memory, Energy, Positive Polarity, Magnetic Attraction, Cause and Red Blue Green Dot Colorization to successfully play at the highest levels of conscious awareness and create the relationships in life that you truly desire?**

Love is how you feel in the presence of others within the “Heart Space”.

Desire is how you feel about your ability to create using the energy from within Your “Heart Space”. Can you Imagine being able to co-create relationships from within the heart space.

Your Heart Space

Being present in your heart space is where;

Your heart space is where your Desire to create relationships flows from and back to. From Your Heart Space you allow the ability

to create and perceive space, time, and energy forms for your desired optimum relationships to become reality.

Optimum Thoughts

Optimum Thoughts are those in alignment with creating your most desired dreams. Optimum Energy from the Heart Space inspires Optimum thoughts.

Optimum thoughts are like sparks that ignite your high level energy (High level energy is love) and transform the energy for the attainment Of your Goals and Dreams. The bigger the thinking the bigger the spark – or continuous thinking in the Heart Space can become the flame. You will know when your sparks become a constant flame of desire.

Optimum Communication

Optimum Communication Creates Optimum Relationships. Your definitions affect your ability to communicate with others and create alliances so you can work with each other for a common goal. When your definitions are the same, all involved can envision the same outcome and direct the shared attention and energy toward successfully co-creating those desired outcomes together.

Love

What is Your definition of Love?

Awareness

What is Your Definition of Awareness?

Knowledge

What is Your Definition of Vital Knowledge?

Attention Attraction

What is Your Definition of Attention Attraction?

Intelligence

What is Your definition of Intelligence?

Intention

What is Your definition of Intention?

Vision

What is Your definition of vision?

Memory

What is Your definition of Memory?

Energy

What is Your definition of Energy?

Positive Polarity

What is Your definition of Positive Polarity?

Magnetic Attraction

What is Your definition of Magnetic Attraction?

Cause

What is Your definition of Cause?

Red Blue Green Dot Colorization

What is Your definition of Red Blue Green Dot Colorization and Visibility?

Chose a relationship you would like to optimize

Get the Idea of having an optimum relationship with

Intention and Vision

Do you have an optimum intention and vision for having a relationship with.....?

What Could You do?

What could you to do with your “Love” to co-create an optimum relationship with.....?

What would be the effect of doing that?

Repeat these steps until you can visualize yourself using your Love to co-create an optimum relationship with.....

What Could You do?

What could you to do with your “Awareness” to co-create an optimum relationship with.....?

What would be the effect of doing that?

Repeat these steps until you can visualize yourself using your

Awareness to co-create an optimum relationship with.....

What Could You do?

What could you do with your “Knowledge” to co-create an optimum relationship with?

What would be the effect of that?

Repeat these steps until you can visualize yourself using your

Knowledge to co-create an optimum relationship with.....

What Could You do?

What could you do with your “Attention Attraction” to co-create an optimum relationship with?

What would be the effect of that?

Repeat these steps until you can visualize yourself using your

Attention Attraction to co-create an optimum relationship with

What Could You do?

What could you do with your “Intelligence” to co-create an optimum relationship with?

What would be the effect of that?

Repeat these steps until you can visualize yourself using your
Intelligence to co-create an optimum relationship with.....

What Could You do?

What could you do with your “Intention” to co-create an optimum
relationship with?

What would be the effect of that?

Repeat these steps until you can visualize yourself using your
Intention to co-create an optimum relationship with.....

What Could You do?

What could you do with your “Vision” to co-create an optimum
relationship with?

What would be the effect of that?

Repeat these steps until you can visualize yourself using your Vision
to co-create an optimum relationship with.....

What Could You do?

What could you do with your “Memory” to co-create an optimum
relationship with?

What would be the effect of that?

Repeat these steps until you can visualize yourself using your
Memory to co-create an optimum relationship with.....

What Could You do?

What could you do with your “Energy” to co-create an optimum relationship with

What would be the effect of that?

Repeat these steps until you can visualize yourself using your Energy to co-create an optimum relationship with

What Could You do?

What could you do with your “Positive Polarity” to co-create an optimum relationship with.....?

What would be the effect of that?

Repeat these steps until you can visualize yourself using your Positive Polarity to co-create an optimum relationship with.....

What Could You do?

What could you do with your “Magnetic Attraction” to co-create an optimum relationship with

What would be the effect of that?

Repeat these steps until you can visualize yourself using your Magnetic Attraction to co-create an optimum relationship with.....

What Could You do?

What could you do with your “Cause” to co-create an optimum relationship with

What would be the effect of that?

Repeat these steps until you can visualize yourself using Cause to co-create an optimum relationship with.....

What Could You do?

What could You do with your “Red Blue Green Dot Colorization” to co-create an optimum relationship with

What would be the effect of that?

Repeat these steps until you can visualize yourself using your Red Blue Green Dot Colorization to co-create an optimum relationship with.....

Goals and Dreams

What goal or dream have you optimized?

Vision

What is Your Optimum Intention and Vision for Having a Relationship with.....now?

Recommendation

Honor Your Self each day and Spend at least 30-60 minutes consciously acknowledging your strengths, Skills, Abilities, positive attributes, goals, intentions, and prime dream..... and the strengths, skills, abilities, positive attributes, goals, intentions and dreams of those included in the optimum relationships you desire to have.

You can expect to see positive agreements and outcomes within your relationships that are in alignment with the goals and dreams of all those included in the relationship.

Your Next Step is to make a promise to yourself to stay focused on your optimum vision and allow yourself to receive and enjoy the unconditional love, time, space, and desired outcomes as they align and accumulate to create your big vision as reality, one day at a time to honor your prime dream for life.

Keep a daily journal so you may look back in a year from now and see the transformation that will have occurred.

DAILY JOURNAL

“Let Your Intelligent Desire Flow”

From the Heart Space as the creator of yourself and having correct definitions, enables you to envision what you desire to experience and create in your future, which is a vital part of the setup process for energizing and aligning your perceptions, intentions, vision, plans, relationships, actions, results, and your whole life, the way you desire them to be.

Intelligent Desire is in alignment with expansion and playing a bigger game in life. Honoring the Power of Your Heart will always lead to your optimum intentions and vision becoming enjoyable experiences and creations in life.

In What areas are you utilizing your Love, Awareness, Vital Knowledge, Attention Attraction, Intelligence, Intention, Vision, Memory, Energy, Positive Polarity, Magnetic Attraction, and Red Blue Green Dot Colorization to successfully play at the highest level and create the life you truly desire?

Journal Entry:

Your Long-Term Goals & Dreams

Imagine Your Most Desired Dream

Spanning From Here Now,

Reaching Into Your Future.

What Do You Dream of Having?

Write Your Answer:

Do You Have an Intention to Create What You Dream of Having?

Intention Has
Infinite Organizing Power.
Imagine that the Entire Universe is a
Vast Ocean of Consciousness,
And That Your
Infinite Intelligent Desire is
Igniting Your Intentions
To Emerge From Your Heart
and
Ripple out into this
Ocean of Consciousness,
Where Your Dreams are
Fulfilled With Ease.
Envision Your Desired Outcome and
Say to Your Self with certainty,
“My Intentions Have
Infinite Organizing Power”

Do You Have a Clear Vision for

What You Desire and Intend to Create?

Write about your vision, describe it in detail. Keep writing until what you have written resonates deep within your heart, causing optimum alignments and certainty about the present moment and the future you are creating each day.

Daily Journal: Morning Questions

Do you intend to have Love flowing from Your Heart Space to energize your thoughts and create space and time for living each part of your vision today?

Do you have any other intentions for today?

What moods do you intend to experience today?

What vision do you intend to focus your attention on today?

What position or role do you intend to communicate from today?

Connected to your goals and prime dream, what do you intend to be Super-consciously aware of today?

What Skills and abilities do you intend to use and naturally Improve today?

Daily Journal: End of Day Questions

Did you have Love flowing from Your Heart Space to energize your thoughts and create space and time for living each part of your vision as reality today?

What intentions did you follow through on today?

What moods did you experience as a result of following through on your intentions today?

What vision did you focus your attention on today?

What position or role did you communicate from best today?

Connected to Your Goals and prime dream, what were you Super-consciously aware of today?

What Skills and abilities did you use and naturally improve today?

What was your level of love and success today?

Celebrate In the Heart Space



Celebrate: v. to observe a time or event with acts of respect, festivity or rejoicing.

To announce openly; proclaim. To praise with enthusiasm and admiration. Openly acknowledge and enjoy. Appreciate,
Acknowledge & Enjoy

Appreciate: gain in value: to increase in value, especially over time
value somebody or something highly: to recognize and like the qualities in somebody or something. To acknowledge something: to accept something as valid within a context.

Acknowledge: 1 admit something: to admit or accept that something exists, is true, or is real.

2. Show awareness of something: to respond to something such as a greeting or message to show it has been noticed or received.

3. Show appreciation of something: to show appreciation or express thanks for something such as a letter or gift.

4. Recognize somebody or something legally: to recognize or admit the existence, rights, or authority of somebody or something, especially in a legal context.

5. vt. thank somebody officially: to officially or publicly recognize someone's communication, work or outcomes.

Enjoy: 1. find something pleasing: to take pleasure in something

2. vt. have use of something: to have the full and satisfying use or benefit of something

3. vt. benefit from circumstances: to benefit from a desirable condition or situation

4. or enjoy yourself, vr have good experience: to have a pleasurable experience from your position in the game you are playing have a good time: used to express a wish for somebody to have a pleasurable experience.

Write up your success story

Include all of your abilities and successful outcomes. One at a time, fill in the **blank space** with each ability you desire to fully acknowledge, and ask yourself the following questions in the context of your prime dream for life and current optimum vision. Or ask a friend to ask you the questions, and practice your communication skills with a friend at the same time.

Celebrate to Update

Use the optimum energy released by acknowledging and celebrating your beginnings, alignments, and successful outcomes, to optimize your alignment of intention and vision for your present and future optimum relationships and creations.

Eg.

1. How could you use your ability to acknowledge, to help someone or a team?

What would be the effect of that?

Repeat these questions until you can visualize yourself using your ability to help someone or a team.

2. How could someone or a team use the ability to acknowledge, to help you?

What would be the effect of that?

Repeat the questions until you can visualize someone or a team using the ability to help you.

3. How could someone or a team use the ability to acknowledge, to help others.

What would be the effect of that?

Repeat the questions until you can visualize someone or a team using the ability to help others.

4. How could you use the ability to acknowledge, to help yourself?

What would be the effect of that?

Repeat the questions until you can visualize using the ability to help yourself.

Mastery



“The ultimate balance of alignments and exchanges within a game”.

Jayne Mason

The dictionary definition of Mastery is expert skill: expert knowledge or outstanding ability.

2. Complete control: total control over something.

Let us take the word **MASTERY** into the Heart Space and define Mastery as: Having the expert Skills and abilities to balance alignments and exchanges within life force - to honor your prime dream, while also honoring the prime dream of those you interact with, resulting in consistent high quality duplications of your desired, intended visions, as reality.

Mastery is being able to fully perceive and intend, to begin, and continue to create what is envisioned until it is experienced and enjoyed in reality as originally *Intelligently Desired*.

Are you reaching for mastery within the game you love?

If you desire to master the game you love,

Do you have an optimum intention and Vision for mastering the game you love?

Maybe you have already mastered the game you love and you are deciding on creating a new game for yourself, or maybe you are just starting a new game. Either way mastery is mastery. Mastery is fun. Reaching the ultimate balance of alignments and exchanges within the Heart Space will flow optimum energy out into life, which is also a very worthwhile and fun thing to do. Enjoy Your Journey of Mastering the games you love.

Can you imagine what this world would be like if everyone had a well defined intention and vision for their goals and dreams from the Heart Space?

Creating a New Game



Opportunity is like an open doorway created by you as result of life force aligning with your desires. Opportunities are every where all of the time. Where we are consciously looking will determine our ability to see those opportunities.

You are the Spirit and life force, Energizer and Creator of your dreamed reality. What you do successfully, is in alignment with the role and position you super-consciously conceived and created for yourself to play the game, You desired to play.

At times we are faced with a game that is about to end or has ended. Just like sports men and women who have played the game they love for so many years and then they are faced with retirement. They have reached their highest potential in their game and they are being surpassed by younger new players on their way up. The same situation can occur for anyone, maybe they have been made redundant from their job or they reach retirement age.

This can be an exciting empowering time in life if they can go into their Heart Space and celebrate what they have already achieved and use that positive energy to create a new and exciting vision for their future.

If this is your next step, or you would like more information about our coaching and training services, then contact us at

<http://commtrainingalliance.ning.com/>

Potential Mastery Development Pathway



Step 1. Work Shop: Introduction to Communication with Intelligent Desire.

Step 2. 2 Day Workshop: Creating Energy for Potential Mastery

Step 3. Work Shop: Introduction to Team Work & Potential Mastery

Or: Work Shop: Introduction to Team Work & Potential Mastery for Game Coaches

Step 4. 2 Day Work Shop: Team Work & Potential Mastery of the Games Matrix

Step 5. 2 Day Work Shop: Potential & Energy Mastery for Transformational Leadership

Step 6. Self Paced Study Course: Communicating for Potential Mastery & Transformational Leadership

Step 7. Designing and Presenting ~ Introductory Potential Mastery Work Shops

Step 8. Designing & Creating Your Own Potential Mastery Coaching Center

Step 9. Public Speaking and Mentoring : Potential Mastery

References

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2. Walter A C, (1994, 2004). The Secrets to increasing your power wealth and Happiness Or how to be "In the Zone". Wisdom Publishing. USA
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About the Author

Jayne Mason is the author of *Intelligent Desire* and Creator of Potential Mastery Communication Training Alliance.

Jayne has been a coach and trainer for the past 20 years, who has worked at the highest levels helping people to excel in sports, health and business. Jayne has traveled extensively to work with master coaches and mentors to research and apply advanced techniques in the fields of Human Potential, High Performance, and Emotional Intelligence.

Jayne's wide experience of coaching people to be “In The Zone” to honor and live their dreams, has allowed her to distill the Essence of Successful Visualization and Communication techniques into Potential Mastery Workshops, where participants practice successful interactive techniques to create their optimum outcomes in their own chosen field.

Jayne also specialized in pediatric nursing and developed a passion for transformational leadership while studying at the University of South Australia. Jayne has worked with children and adults with life threatening conditions in her previous role as a Registered Nurse, where her coaching skills enabled her to communicate with patients from a holistic viewpoint, so together they

could co-create relationships to promote certainty, and focus on enjoying and optimizing health and wellness.

Jayne Says: " In 1997 I commenced University studies for a Bachelor of Nursing Degree. Within my degree, I have studied comprehensively, Reflective Nursing Practice, Human Anatomy and Physiology, Sociology, Human Science, Social Interaction, Microbiology, Pharmacology, Patho-physiology, Transformational leadership, Pediatric Nursing, Primary holistic health Care, Clinical Sciences, Policy and Politics, and Issues in Nursing. During that time and up to the present, I also continued to study coaching every year, which has included Sport Science, Human Potential, High Performance Coaching, Emotional Intelligence, Communication, Ancient and current philosophy, Business Planning, and Human Resources. By going over all of my work and checking my definitions repeatedly each time I gained a new level of conscious awareness, I have been able to put all of My knowledge into context from many viewpoints, which allows me to perceive interactions and interdependences in the context of life that I never could have imagined as being possible with out knowing who and what I am with certainty.

If you are interested in
Potential Mastery Coaching and Training
and would like more information, or
would like to book for a workshop go to:
<http://commtrainingalliance.ning.com/>

or

Call: 0415726979 (AUS)

61 415726979 (INTERNATIONAL)

Recommended Reading

The Giving Zone, By Bruce Painter

The Giving Zone opens up a whole new world for all of us to explore - a world of unlimited joy where each of us is giving freely, and inspiring others to give freely.

Enjoy a practical and in-depth sojourn into understanding the dynamics of giving. Discover how to give intelligently so that acts of giving and receiving will become perpetual, replenishing all who participate with a successful, prosperous, and fulfilling life.

\$19.95 soft cover

<http://www.livinginthegivingzone.com/tgzbook.html>

also available at www.amazon.com

Ten Twenty Seventy – Your Formula for Mastering

Personal Finances, By Malcolm Bugler

Do you have a lack of money?

Are you under the shadow of debt?

Need a tried and trusted, permanent solution?

In his book “Ten Twenty Seventy – Your Formula for Mastering Personal Finances” author Malcolm Bugler provides a powerful guide to completely being in control of your money. With a down to earth style and uncompromising delivery, Malcolm lifts the lid

on the mysteries of personal finance to put you back in control.

Born out of a search to solve his long-term difficulties with money, it is based on sound principles that have been successfully applied for over 2000 years. This is no “head in the sky” text, being packed full of practical exercises and tools to assist your journey to understanding. Investment in book “Ten Twenty Seventy – Your Formula for Mastering Personal Finances” will repay itself many times over in increased literacy in one of the most misunderstood subjects on the planet.

To start your journey to mastering money, visit the Ten, Twenty Seventy website: www.tentwentyseventy.com

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