

EPISODE 121

[INTRODUCTION]

[00:00:09] ANNOUNCER: Welcome to The Alpha Male Coach Podcast, the only podcast that teaches men the cognitive mastery and alpha mindset that it takes to become an influential and irresistible man of confidence. Here's your host, certified life coach and international man of mystery, Kevin Aillaud.

[EPISODE]

[00:00:32] KA: What's up my brothers? Welcome back to the Alpha Male Coach Podcast. I am your host, Kevin Aillaud and Happy New Year. It is now 2021 and all resolutions begin today. Wow! I got to tell you. I love that this episode is actually released in on the 1st of January because the I'm going to set the tone for 2021 in regards to what you're going to be hearing on this podcast this year.

First, I want to remind you guys for the last time, you won't hear me say this again, but I want to remind you that you can save over 50% on all Alpha Male courses by going to the alphamalecoach.com and checking out the banner at the top of the page. All three courses will be on sale until the end of the day, Sunday. That is the end of the day on the 3rd. If you guys are listening to this after January 3rd, then they're going to be up back at that regular price, which is still an amazing deal given the value that you're getting on those courses. I mean, truly brothers, is \$300 worth developing indomitable self-confidence or gaining control over your desire to buffer with food, drugs, alcohol, sex, TV, social media.

I know social media is a big one for you guys who are actively doing something, and then unconsciously, you reach for your phone to check some app or play some game. I mean, is \$300, it's nothing for the life-changing results that you get from doing the work that is in these courses. If you act now, you're going to be able to get them for even less than \$300 because you're going to save 50%, right?

Today, I am going to set the tone for the rest of the year. As you know, every student in the academy is working towards their personal, impossible goal and that begins today. All of them taking action to build 25 action-based fails per quarter. This requires a foundational understanding of the universal truth and the model of alignment. That is what the podcast will be focusing on this year. But that's not the end of the episode, right? There's a couple more things that I want to teach you.

First, and this very important. Everything, everything is one, I cannot emphasize that enough. What I'm going to teach you in this episode might sound like there are three things, but that's not the case. There is only one thing. There is no zero. Zero is made up. Zero never existed and never exists. There is never nothing. There is always something and that's something is everywhere at all times. It is a something where the center is everywhere and the circumference is nowhere. Zero is an illusion. Zero was invented for their creation of imaginary numbers in mathematics and it is not real. I cannot say this often enough and you will hear me say it throughout the year as you learn more about the alpha state.

Brothers, this is a secret to the universe, okay? Zero doesn't exist. There is only one. Duality is also a myth. There is no good and evil. There is only good. There is the alignment with good and there is the misalignment with good. There is only one and that one is good. And now, I'm going to proceed, right?

Now, we're going to get into the episode. Now, we're getting to the podcast. All right. Everything we experience in this life comes in three parts. All right? There's the thing, there's the way the thing works and there's the result of the thing having worked. All right? So to put it in another way. There's the invisible, there is the way the invisible becomes visible and then there is the visible. These three aspects or parts of the thing are actually the thing itself. They're all one, that's why I said that in the beginning. They're all one. It may appear to us to be three things. However, all three things are actually one thing in three forms.

The three forms are not three different things. They are the same thing. So this is the creator, this is the process of creating and this is the result of creation. The creation is not separate from the creator, nor is the process of creation. All three are just different ways of talking about or observing the oneness of the same thing.

Now, I know that may sound really esoteric and spiritual. Maybe even religious and superstitious. As far as being esoteric goes, I think you all know my style of communication by now. It's very counter-intuitive, it's very esoteric. I am a free mason after all. It may even be spiritual in some ways and I want you to know that all science comes from spirituality. They have to learn to harness that, which is unseen so that it can be seen and studied. There is no science that exists today that was not once considered spiritual. This is why the origins of natural science began as philosophy before the advent of technology that allowed humans to see more deeply into the heart of that, which is natural.

I'm going to give you an example, and example that I've used before. It's electricity. Now, I could use electricity, I could use gravity, I could use energy, I could use anything. But we're just going to talk about electricity. Remember, there is the thing. There is the way the thing works and there is the result of the thing having worked, okay? So we have electricity, the electromagnetic field, right? That's the thing. Nobody knows what the thing is. Nobody knows what electricity is, right? No one has seen it. No one can even describe it. It's just there. It's electricity, right? Nor we can't describe gravity. Gravity is there. We can catalog it, we can book it, we can write it down and say it's mass times acceleration or mass times distance.

I'm telling you guys, we don't know what gravity is. It's just this thing. It's just this force. Electricity is the same. So we have electricity, which is the electromagnetic field. We have the law through which electricity works, right? That's the way we catalog it. That's the way we observe it. It's the relationship of watts, and amps, and volts, and Ohm's Law and why we ground electrical currents and how to run current through different types of metals and different gauges of metal wires.

Then we have the result of electricity having worked, right? We have refrigerators that keep food cold. We have computers that I'm using to record this podcast. We have lights and so on. Similarly, and to put it another way. There is the invisible, right? There is the way the invisible becomes visible and there is the visible. With electricity, this is clear. Electricity is invisible. It's all around you. Right now, the electromagnetic field all around the earth is in all places at all time. It's true, humans have developed ways of creating power through heat. However, there are

ways of pulling electricity out of thin air and researchers are actually working on that right now as a renewable source of free energy, but that's not the point. I don't want to get into that.

The point is, is that electricity itself is invisible. Nobody knows what it is. It's just there. Now, you don't see electricity, you see the effect of it. The way you see the effect of it is through the way in which it moves from the invisible electricity to the visible light. You do not see the electricity running through the copper wire. The copper wire is the medium through which the invisible electricity becomes visible light. It isn't the wire, it's the law that allows the wire to be the medium.

I also gave the example of the creator, the process of creation and the result of what's created, so look around you. Just look at the world around you. Everything you see is a result of the invisible becoming visible. The chair, the desk, the car, the computer, the plane, the skyscraper, the mirror, the lamp, the paper. Everything that we would say is man-made. Before it was man-made, what was it? It was a thought; it was an idea. It exists nowhere in the world of form. It only existed in the mind of someone who is ready to bring it from the invisible thought to the world of form through creation.

Did you think we were just delivered here with all of this technology an innovation already existing around us? Now, of course, most people do take these gifts for granted. However, nothing man-made existed before someone decided to create them from the realm of the invisible, which is mind. Even language, I can use language. Consider that. Consider the written language. It's visible. Sentences come from words. Words come from letters. Letters are pictures that we created to represent sounds we make, and those sounds represent our intentions or invisible thought in our mind. Language itself is in effect as it exists in the world of form.

Okay. So what's the point, right? Like you'll say, "Okay, coach. You've spent nine minutes now talking about this podcast. What's the point?" Here's the point. We live in a world of unity and oneness. That's number one. The oneness has three components that are not different things and are not separate from each other. Yet they have distinct characteristics that allow us, human beings to observe that which is invisible, given an expansion of consciousness and evolution in

mind and body. All things that we observe are the created as an effect of creation by a creator. This is the secret of three things being one thing and the very thing that you are.

You are a three-in-one yourself, my friend. You are a creator. You have a power through a process of creation and you are able to enjoy or lament the results of your creation. This is why we are not like the other animals of the earth. We have a likeness to the great architect of the universe, made in the image and likeness, such that we are like the creator. A creator with the power of creation and an experience of what's created. The great architect thinks and the universe is formed you think and your life is formed.

Now, I'm going to take a step back a bit and go into the teaching for this episode, right, because I know that that was very like – it had some moves to it, right? I told you the point of this episode is to set the tone for the year, and now I'm going to explain that. Now first, remember that you are a three-part entity. A single being, a one being that has three parts. Some humans might call this mind, body, spirit, union. I won't go that far in this podcast, although I do understand the concept and it holds in so far as we are able to understand it. That being said, your alpha state is your alignment with your creator, your personal creator. No one can tell you what your life should be like. No one can tell you what to do. No one can answer the question of, "What is my purpose?" Only you can do that.

When you say, "I don't know", you are misaligned with your alpha state because your alpha state always knows. I want to go further to say that your alpha state is the very best version of you, because it is your true self. It's the wholeness of you. As you become more of who you are, two things happen. First, you become more aligned with your alpha state and second, you grow in individuality and vulnerability, which is to say you branch off from the pack and simultaneously allow others to judge you without fear because there is nothing to fear from other people's opinions

Look, I've done a podcast on vulnerability before, but I want to repeat here and now that vulnerability is not a position of weakness. It is a position of indomitable strength, knowing that you are free to exist as an individual, as your individual, alpha without any fear. Some people think vulnerability is a scary place and this can be true if you are not aligned with your alpha state. You can feel fear in vulnerability, but that's the illusion. True vulnerability from your alpha

state is a fearless place because you are vulnerable only in so far as you know you can handle what other people think, knowing it has nothing to do with you and everything to do with them.

The beta condition is neither your true self nor a creator. It does create however. It creates through the past. It creates through fear, it creates through doubt. It does not create anything new, so I don't consider a creator in the sense that when you are operating from the beta condition, your creations are more of a habitual repetition than the actual unique creation. The beta condition is a mental process. It's not a conscious chooser. The conscious chooser is the alpha state.

You can be conscious of your beta condition, so consciousness itself is not the alpha state. The choose of what to be conscious of intentionally with purpose and rationality with reason in order to grow into more of who you already are. This is the alpha state. The beta condition is like a record left on repeat. You may not be listening to the record or you might be listening to the record, right? It can be conscious or subconscious. However, it doesn't produce anything new or elevate you into more of who you already are. That is your creator. Your creator is the alpha state.

The medium of creation is the universal truth or the law of cause and effect. This law like all natural laws is subjective to your alpha state and impersonal and it's action of creation. The law doesn't judge, it doesn't choose, it doesn't say, "No, you shouldn't be creating this or that" right? It doesn't do that. It just acts on the thoughts you provided via your alpha state or beta condition. I'm going to take this quickly back to electricity. The wires don't care what they're providing power to. It could be to bring light to a room or it could be to bring 2,000 volts to a criminal on death row. The wires don't care and they don't judge, and they are subjective to the person flipping the switch. Either the light switch or the electric chair switch, right? The law of cause and effect is the same. It's subjective and it's impersonal.

Because I am talking about the law of cause and effect and this is the first day of the New Year, I am going to recap very quickly the universal truth and the model of alignment. It is so important for you to see how this all fits into this episode. The universal truth is that all circumstances are neutral. I'm going to skip over that part. I'm going to skip over circumstances because that's

more a way to teach volition or free will. It's really that – but I want you to know, I want to begin with the thoughts. I want to begin with the T line.

Your thoughts are choice always. They're either coming from your alpha state or your beta condition. Hear me when I say that either way, you are choosing them. If they're unconscious, there's still a choice. You're just unaware of the choice you're making. Once you become aware of the thoughts in your brain, you are now 100% in the driver seat. Your thoughts are the first cause of creation. They are what is released into the law to begin the process of creation by turning the invisible, the thought into the visible, the form.

Your thoughts create emotions. This is a biological explanation. I can prove to you through biology of how that occurs, which I have talked about in previous episodes. For this episode, I just want you to know that emotions are the reason we have feelings. Our feelings are the vibrations that occur due to the chemical reactions that happen in the cells of your body from the emotions connecting to an entering those cells. Your feelings are also the first cause of creation. They are what is released into the law to begin the process of manifestation by returning to you the intentions of your thoughts.

Now, feelings drive actions and now we are back in the realm of effect, right? We're back in the realm of body. We're back in the realm of body. We're back in the realm of creation, depending on what you want to call it. Effect, body, creation, result. Your actions are in effect, a result of how you feel. The actions you take will continue to drive, the process of creation through the medium of manipulating form. This is why you cannot control other people. You can manipulate objects, right? You can move around objects and things. You can't manipulate people. People can choose to be controlled, but you can't control them, and there is a difference.

Now, actions are what you do and are complete in effect, in form. The power of your word or what you say bridges the gap slightly. And I am not going to go into that in this episode. It's a little much, it's a little too much. The actions that you take however through doing, the doing of the action determines the result and that's the consequence. The doing is a small portion of determining results because it is in effect on an effect. This is form manipulating form. If I move an object from here to there, it makes no difference in form. The cause or the reason, the why

behind the action, the intention behind the purpose of the movement is the true creator of the created.

Humans are not machines. Animals are machines. They act from instinct, a programming in their brain to do what they are created to do. Humans are animals, yes. The shift from the animal doing to the human being is the momentous leap that I teach and I coach. We are born as animals with human potential. It is up to us to evolve into this potential through the universal truth, which is the law from the alpha state, which is your creator. What about the third part, what about the created. That is everything that we see around us in the realm of matter and density.

To be clear, this includes our bodies. This includes other people's bodies. It includes all molecular objects, like rocks, like woods, like water and everything made up of these objects. It's just everything we can see. It's the visible, the visible effect or result is the neutral state of matter. There is nothing in form that gives us an experience or feeling. Only our thoughts create the way we feel. One of the alpha tenants, and I'm going to do an entire podcast on the alpha tenants. I'm going to list this for you guys.

But one of the alpha tenants is that we don't want a result, we only want the way we think the result is going to make us feel. This is true because nothing in the realm of matter creates the vibration of experience, right? Everything in the realm of matter is a circumstance or is it a result. The created is perfect. Everything, all circumstances are perfect. You guys know that, right? Like all circumstances are perfect. Everything that happens, happens for us. The created is perfect. It is neutral. It is unfolding right in front of us all of the time.

This is the circumstance as they are presented and the results of our creation as we create them. But none of that is what's creating our experience and none of that is what's creating our feelings. The only thing creating how we feel, the only thing giving us the experience of life is our thoughts. Now, I'm going to circle back all the way to the beginning and remind you guys of what I started with, the tone I'm setting for 2021.

Remember, you have three parts of one thing. There is oneness, all things are one. The creator, the process of creation and the created. These are three things that are actually one thing. You

are the creator. That is your alpha state. The law of cause and effect is the process of creation. You are not separate from this creation. You are not separate from this law. You cannot be separate from this law because you are always acting in this law. Both the circumstances of your life and the results you create for your life are the created and you cannot be separate from what you create because you're always creating it with your alpha state or your beta condition. You cannot not think. You are always thinking, you are always creating. The law of cause and effect is always working.

These three things are one and this what I will be teaching you throughout 2021. We are going to dive deeper into the alpha state. Let me say that when I tell you I'm going to dive deeper in the alpha state, I'm going to talk about the alpha state in a very broad, general and inclusive way. Only you know what your alpha state is. Only you know what your purpose is. Only you know how you want to live your life. Only you know what your dreams are. There is no alpha state that anyone must adhere to.

Jiddu Krishnamurti, one of the guys who has been a wonderful teacher of mine. I've read all of his work. He said, truth is a pathless land. What he meant is that no one can tell you what your truth is, only you can. There is nothing outside of you that will determine your truth for you. There is no external truth. There is no truth in any religion. There is no truth in any politics. There is no truth in any philosophy. There is no truth in anything. The truth is within you. The truth is your alpha state. You determine your truth from your alpha state. I'm going to dive deeper into that in a very broad, general, inclusive way because it's up to you to determine the specifics of how you want to engage with your alpha state and what you're going to create from it.

Now, we're also going to take a deep dive into the law of cause and effect, which is the universal truth and the model of alignment. This knowledge is by far the most liberating aspect of your personal oneness to know. I mean, know, my friend that you have the ability to literally create from thought, from belief, is the most empowering and freeing concept you can accept into your life. Finally, we're going to talk about the realm of form. We're going to talk about how neutral form matter and density is. This requires a shift from doing to being and letting go of the attachment of egoic and superficial things.

Now, stop, that does not mean that we are just going to let go of our goals. In fact, it means just the opposite. Just because money, just because other people and just because your body are all in the realm of form and are completely neutral, it doesn't mean they aren't a part of the oneness and perfection of creation and they cannot be separated from the alpha state or the law. The aim is to maximize the external through the internal to develop amazing relationships with other people, to create massive wealth and to optimize your health through the alpha state and the universal truth.

Now, here's the thing with the created. Here's the thing with all your results. As an alpha male, you get to create anything you want and no one can tell you otherwise. Listen, I said this before, there is no single effect that is alpha and I know this is probably what you were taught. You are probably taught that there is such a thing as alpha. That alpha men are so and so and alpha men are such and such, right? Like there's this one way you have to be to be an alpha male. I'm going to tell you right now that that is garbage, it's ludicrous, it's non-sense. I am redefining alpha right here and right now. You can live your life however you want provided it doesn't harm the rest of creation, which is the world and other people.

Look, brother. If you want to be married, then go be married. If you want to be a serial dater then be a serial dater. If you want to have a bunch of women, a bunch of open relationships, the have a bunch of open relationships. No one is going to tell you that this is the way you have to be. Here's the way that I recommend you be is that you don't lie, that you don't manipulate, that you don't run around. Because all of that comes from fear, all of that comes from insecurity, and doubt and worry. Be an alpha, be honest with yourself and you will be honest with other people. If you want to travel, go travel. If you don't want to be in one place for the rest of your life, don't. If you do, then do. It's all in the matter of what your dreams are. Live the life of your dreams, provided once again that it doesn't prevent other people that same alpha state, that it doesn't harm other people.

Look, I can go on an on giving you examples. But the truth is, I don't know what your alpha is. Remember, the truth is a pathless land. There is no one way an alpha is. In fact, it's just the opposite. In order to live in your alpha state, you will become even more of an individual. You will break away from the pack and you will live an authentic, unique, fulfilling and inclusive life.

Now, I am so excited to be entering into 2021 with all of you. I am honored to be on this journey with you in this time and through this space. I am privileged to exist in the 21st Century and be involved in the bounty of abundance in this time and I am grateful that our destinies have connected so that we can learn from and teach each other the truth by piercing the veil of illusion and seeing into the heart of nature. Until next week my friends, elevate your alpha.

[END OF EPISODE]

[00:26:45] ANNOUNCER: Thank you for listening to this episode of the Alpha Male Coach Podcast. If you enjoyed what you've heard and want even more, sign up for *Unleash your Alpha*: Your guide to shifting to the alpha mindset, at the alphamalecoach.com/unleash.

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