

MANIFESTO FOR LIFE



By Arthor McCabe

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Table of Contents

Copyright.....	2
A Personal Manifesto for One & All.....	4
Take What You Need and Leave the Rest.....	5
The Science and Wisdom Behind the Manifesto for Life.....	5
The Research.....	5
Channel Science.....	6
Channel Formation (6 main Virtue Categories).....	7
Virtues and Vices.....	8
A Proactive Strategy for Change.....	9
How to Use the Manifesto for Life.....	10
One Love One People.....	10
THE MANIFESTO FOR LIFE.....	13
Poetized and Subliminal Audio Version.....	23
Contact.....	23

A Personal Manifesto for One & All.

The Manifesto for life is a personal manifesto created by Arthor McCabe that can be adopted by you straight out of the box or used as a starting point for creating your own personal manifesto.

A personal manifesto is a declaration of who you want to be and how to want to live in every aspect of your life. Your personal manifesto is a blueprint for the qualities, virtues and character strengths that your greatest version will possess; including your core values, beliefs, what you stand for and the purpose and direction of your life.

A personal manifesto is designed to give your life meaning and direction (North star) and also acts as a tool to motivate and a catalyst for change on your journey of personal transformation from who you are now to who you have declared you will become in your personal manifesto.

Take What You Need and Leave the Rest.

Nothing in this document and the accompanying **VIRTUE MECHANICS GUIDE** that you can access through our [Holistic life Architecture Programme](#) is designed to be or portrayed to be the ultimate guide or rule book to character development or anything else. It's just a theory and a framework for personal development that you might want to use in part or whole to assist you on your own journey.

Think of it as a tool for the hero's journey that you can pick up, repurpose and discard at any time. Extract only what you need and what feels right (resonates) with you and leave the rest.

The Science and Wisdom Behind the Manifesto for Life.

The Research

The Manifesto for life is a product of years of research on virtues, character strengths and the unseen energetic qualities that make up who we are and our way of being. The framework

for the Manifesto for life is based on the Channel Science Theory.

Channel Science

Channel science is Virtue Science / Ethics blended with a little quantum physics to give context as to the source of all energy and the quality of the core program/frequency of the UNIVERSE, which is UNIVERSAL LOVE.

Within the Channel Science Theory, all energy and life originate from one source. The UNIVERSE is one giant energetic organism/operating system that we are all plugged into and part of. What's more, we are all unique expressions (channels) for the energy of the UNIVERSE to flow through and express itself in new and unique ways.

UNIVERSAL LOVE is not just love as we know it; but an entire spectrum of virtues and character strengths that we learn to adopt and embody on our journey of personal transformation as we learn to match the core frequency (UNIVERSAL LOVE) in our own unique way. ***A process of becoming the same but different***

Within the Channel Science Theory, UNIVERSAL LOVE is made of 70 + virtues and character strengths that fall into 6 categories that your channel is formed with.

(See the Virtue Mechanics guide for a full list of virtues and channel formation diagrams)

Channel Formation (6 main Virtue Categories)

1) Wisdom: Connecting with UNIVERSAL LOVE and making it our main focus in life (energy coupling).

2) Integrity: Becoming a solid reliable channel for this energy to work through. (Channel wall)

3) Temperance: Maintaining the quality and balance of this energy. Protecting this energy from internal or external corruption (Energy / Fuel filter)

4) Strength: Qualities needed to keep this energy flowing and increasing in volume (Fuel pump)

5) Unity:- How we connect with and share this energy with others (Energy distribution loop).

6) Joy:- How we express our love and appreciation of the source of our being (Energy return loop).

Virtues and Vices

Becoming your greatest version requires working on all aspects of your channel and finding the middle way with all things. The virtuous way to do something is the right way without excess or deficit; it's the way the UNIVERSE would do things without creating any type of disharmony or triggering the corrective action of Karma and other Universal laws.

Deficits and excesses (**vices**) in our way of being are the root cause of all our problems. When there's something that were lacking in our character it causes our channel to collapse or implode in some way (we can't take the pressure). On the other hand, if there is an excess in our way of being in some aspect of our channel; this causes blows outs (loss of channel integrity) that are played out in our lives via literal blowouts that stop us in our tracks and force us to take a different approach to avoid further repetitive blowouts.

Excesses and deficits are always linked as we overcompensate in one area to mask or compensate for an area where we are lacking. The answer to this is to find the middle way (the virtu-

ous way) in both areas, which is where the Manifesto for life and the accompanying VIRTUE MECHANICS GUIDE come into play.

A Proactive Strategy for Change

The Manifesto for life was created using the Channel Science Theory. It's separated into the 6 main virtue categories that form your complete channel and strives to embody all 70 + virtues within these categories to help you become the well-rounded, vice-free, virtuous character that your greatest version already is.

The Manifesto for life is a proactive, holistic strategy for change that helps you understand how the various virtues and character strengths fit together to form the whole; then inspires you to change and embody them.

(The Manifesto for life is designed to improve your overall channel health, to develop you character and help you become a better person over time; a strong virtuous character that naturally gravitates towards balance and the middle way with all things)

How to Use the Manifesto for Life

The best way to use the Manifesto for life is twice a day. Read it first thing in the morning and last thing at night. As you wake up and fall asleep you're in a twilight zone where you have easier access to your subconscious mind; which means the Manifesto will sink in deeper and set the stage for how you want to think, feel and act in the upcoming day.

The Manifesto for life contains positive affirmations and I AM statements that declare to the UNIVERSE and yourself who you want to be and how you want to act, in every aspect of your life.

The more you declare who you are and how you want to be, the more your behaviour and your personality will be modified over time as the Manifesto goes to work reprogramming your subconscious mind with the content and intentions within it.

One Love One People

On A final note, before you read the manifesto, It must be said with great emphasis that the Manifesto for Life is for everyone, regardless of religion, race, colour, sex and nationality.

It is not hard and fast rule book, but a framework for creating your greatest version. It's yours, so add your own special sauce if you need too. For instance what you may refer to as God is Referred to as the UNIVERSE or the Source in this guide. You can replace these names with what ever best suits your *current* beliefs.

The manifesto for life is not a religion, its virtue science blended with quantum mechanics. However, It can be modified to suit your religious beliefs if needed; its completely flexible and entirely your choice. The key thing to remember its about creating a personal development tool that makes you a better person regardless of who you are and what you believe.

One thing we can all agree on is that becoming a better person on an individual level helps everyone in the collective. Virtue, dedication to self-improvement and self-regulation, the middle way and finding balance in life are embedded in virtually every religion, in historical culture, in philosophy and in codes of conduct for warriors; it's part of life itself.

Wanting to become a better person and safeguarding from personal and societal corruption is part of the human condition and something we can universally agree on and rally behind.

**The Same
but
Different....**

THE MANIFESTO FOR LIFE



WISDOM

I believe there is only one source from which all energy, matter and life flows from.

I am a channel for SOURCE energy to flow through and express itself in new and unique ways; Life happens through me, not to me.

Life is a training ground for my soul, where I learn to think, feel, act & create in alignment with UNIVERSAL LOVE.

I am the soul creator, the chief architect and the triumphant hero of my own story. Responsible for everything within it.

I will meditate daily. The silence will be my guide and my teacher and never the noise of the outer world.

I will maintain a continuous mindful connection with the UNIVERSE. This connection will be my ongoing protection, provision and source of never-ending wisdom and revelation.

I will stay firmly rooted in my truth all day every day. I will not be moved or shaken by the outer world which is merely the fruit of my thoughts and not the source of my power.

I will create a clear vision of the future I want to create and feel what it's like to live there now.

I will cultivate a peaceful state of mind and remain optimistic and hopeful at all times in my vision of the future regardless of my current circumstances.

If I need guidance I'll look within and ask the UNIVERSE to place signposts on my path.

My inner world is more important than my outer world.

INTEGRITY

I am a warrior on the battlefield of the mind.

My enemies are negative thoughts and feelings that corrupt my inner world and skew my vision and perception of reality.

I stand for peace, love, freedom and the UNIVERSE'S perfection and harmony in all things.

I am dedicated to becoming a unique expression of this perfection in every aspect of my life.

I will live a happy, healthy, wealthy life free from fear, hate or worry in all its forms.

My life is the HERO'S journey. It's an ongoing story of personal transformation. Every day is a new chapter, filled with new obstacles, new friends, new lessons, new teachers and a new perspective for tomorrow.

I do not accept any labels the world may try to give me. Nor do I willingly label myself. labels are limits on my power. Instead, I adopt, embody and reflect the positive qualities and virtues of the UNIVERSE.

I will live my life like a warrior, performance bound by this moral code of conduct.

I am honest, truthful and trustworthy at all times. I am above board in all my affairs.

I will never tire of doing the right thing. I will think, feel, move and act only in a righteous positive way.

I do not follow the masses; I follow my heart and go my own way.

I am authentic, sincere and true to myself and others at all times.

I am independent in all things; I am unaffected by the influence or opinions of others. I do not seek approval or favour from anyone except the UNIVERSE.

I am noble and pure. I will remove anything short of the UNIVERSE'S perfection from my inner world and its reflection from my outer world.

TEMPERANCE

I treat myself with love and respect. I give myself the fuel, the rest and the exercise that it needs every day.

My body is a temple. I am dedicated to becoming fitter, faster, stronger, healthier and more vibrant and energetic every day now.

I keep my physical appetites in check and I do not use, abuse or consume any substances that have negative effects on my mind or body.

I spend my time, money and energy wisely. My way is the middle way without excess or deficit.

How I think and feel is always my decision and never a reaction to the world around me.

I am in a constant state of mindfulness, forever vigilant of negative thoughts (The Enemy).

I cut down negative thoughts and remove them from my consciousness with truth statements and positive affirmations (Swords of truth).

I am slow to anger and quick to forgive. My mood is stable and positive.

I am patient with all things, especially myself.

I am modest and humble and I never grumble.

STRENGTH

When it is dark, I will shine. When it is hard, I will grind. When I am down, I will rise.

I will never bend or break in my trials. I will be tempered and perfected in the fire.

In my darkest hour and my brightest day, I will stand poised and serene.

Failure is my friend and my teacher. I will Learn and grow through my mistakes and not from celebrating my successes.

I will face my fears head-on; I will never run or hide from them.

I will step boldly out of my comfort zone and take fearless action daily to achieve my goals and manifest my dreams.

Every day shall be a leap of faith into the unknown. Closing the gap between my world and my vision of the future.

I do not judge and I am not affected or concerned by the judgments and opinions of others.

I will make simplicity an art form and remove all that is unnecessary from my world and my way of being until only that which is true remains.

I am laconic; I say what I mean and mean what I say with precision and conviction.

Dedication, determination, perseverance, diligence and consistency are superpowers that I wield to transform myself and my world every day.

When the rest of the world taps out. I will take another lap and show them how good it feels to draw breath and be alive.

UNITY

I will seek to deepen the love for the SOURCE of my being daily and to share that love with the collective in any way that I can.

I treat people like I want to be treated; With dignity, courtesy and respect.

My vibe attracts my tribe and within it, I am friend and family to all.

I am kind, considerate and compassionate with all that I meet.

I'm honourable and reliable. I am a rock others can hold fast to.

I serve the world with my gifts and talents; I do not use them just for personal gain.

I do not judge or condemn, I focus on truth and lead by example.

I protect my truth by acknowledging and correcting my wrongs. I am fair, just and merciful with myself and others.

JOY

Love is the currency of the UNIVERSE and I practice feeling and expressing it more and more each day.

I am eternally grateful for all that I am and all that I have.

I will bathe each day in my love and joy from within and never in the fear and hate of my surroundings.

I use fun and laughter daily to sincerely express my gratitude and joy for life itself

I am in a constant state of awe and wonder for life and the beauty of creation.

I never take life too seriously. I find humour in my faults and humility in my strengths.

I will find new creative ways and mediums to express my joy and love of life every day for myself and those around me.

I will learn things that make me wiser and stronger in my love, connection and understanding of the UNIVERSE every day.

THE END

Poetized and Subliminal Audio Version

A Poetized and a Subliminal Audio version of the Manifesto for life is in production and will be available soon. Find out more [HERE](#)

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