

## Ascension Essentials by Gary Bate

I want to be done with writing. As much as I enjoy it, I want to be done with this obligation I feel towards helping other people. I feel like I'm 'giving back', but in truth my writing reaches only a small number of people and I'm unaware if it helps anyone. So let's nip this in the bud with this final piece:

All that exists is energy and clearly it's intelligent.

We all have 'stuck energy' because we are 'here'. If we didn't have stuck energy we'd be elsewhere.

We have energy centres that interact with our bodies at areas that involve various endocrine glands. For this purpose we'll call them chakras and each centre has a different frequency interaction and carries a different level (aspect) of mind. There are 7 of these chakras and our energy is stuck in the first 3, which is between our legs, our sacral plexus and our solar plexus.

Contrary to the heavy programming here, we have an option in this lifetime, which is ascension or death. Ascension is nothing more than releasing our stuck energy.

If I tell you what is stuck, then the ball is definitely in your court in terms of your destiny:

### Chakra 1

Thoughts about survival  
The 'image' you portray to others (Spirit is imageless)  
Body focussed thoughts (you're not your body)  
Sex in the absence of love

### Chakra 2

All emotions and all fantasy that triggers them

### Chakra 3

All aspects of control (see my other piece on my home page)

You will ascend if you unstick (retire) all of this stuck energy. Maybe you'd rather die?

I could go into this more here but I'd only be repeating myself. For those of you who find this insufficient, please read my other free material on my website <https://www.whatstress.com/>

All emotions are a lack of understanding (wisdom) and all fantasy is mind constructs that are not real (reality). All control is a simple choice – control or allow (love).

So there you have it. You don't need a guru. You don't need to attend lavish events. You don't need to go to church or pray to any external god. It's all within you and it all about moving stuck energy.

You have seven windows – the higher 4 open as the lower 3 close. This is the science of ascension. It's simple yet very difficult to do! I fuckin love science!!

I hope I've made a constructive difference to your life as I am now done with writing ~ Gary Bate.