

## Ascension by Gary Bate

Physical life and emotional life are as close as your breath. The fabric of this World is emotion. You are held here by your emotions (that's the trap). The hierarchy here controls you through your emotions – that's why they spread fear in the marketplace.

Specifically, we are bound to this World by the emotions we place on other people, places, things & animals. Our emotions only exist because of what we don't understand – so we are bound to this World for as long as we don't understand it and that goes beyond the grave into our future lives...

What we don't understand is the love we are missing. Love is the knowledge, it is the wisdom.

Anyone or anything can bind us to this World; so if we want to evolve we have to understand what hooks us into them or it. Attachment to family is the most common enslavement...

The process of ascension is easy in theory, but how many people can treat all other people equally? Ascension is the natural result of a life well-lived, but how can that even be an option if you think you're going to die?

We die because we think we're going to die and because we are running emotions in this emotional World. But what happens if we open up to another option and we cease running emotions due to our wisdom? Do we really lose anything or do we simply gain a higher life?

If there's nothing to hold us here then where might we (as time-travellers) go? One thing is for sure, we won't need vaccine passports or digital I.D.s !

Could it be that there is an alternative to death? Could it be as simple as mastering one's emotions? People, places, things & animals - can we be with them but be emotionally detached from them?

Please let me know if you find any greater enlightenment than this! From yours truly...

This society reveres emotion – have you never wondered why?

We are not here to be victims to this environment; we are here to master it!

You can argue this as much as you like but you will find that you are arguing from your emotions...

Every thought matters because with every thought we either rejuvenate our bodies or we deplete them. We do it to ourselves...

What's sandwiched between the Light and here? The emotional realm in infrared. The lords of the Light (the Energy Vampires) control there and they control here through their agents here. They control all of us through our emotions and they feed off that energy.

Everyone on this planet is in the same boat, so please never be so naïve as to think anyone is better or more superior to you. The only difference between people is their degree of awareness – period.

Ultimately, your advancement is down to you and it has nothing to do with this World. Your advancement is the degree to which you master yourself and evolve your Soul in the process.

Anyone can ascend and become the time-traveller, if they desire to and dedicate their life to self-mastery. I am here to make you aware that you've got that choice ~ Gary Bate [www.whatstress.com](http://www.whatstress.com)