

Give me beautiful philosophy anyday, because if I can contemplate it without changing any of it, I might get to experience it at some point in my future. I'd rather that than find myself arguing with you as to which one of us is correct :)

I heard a teacher once say, "What the World needs is truth!"; but my retort to that would now be, "Whose truth is that?"

We're asked to trust in the science, but whose science is that and how do we know it is correct and true? There are many 'bought and paid for' scientists who spew out false narratives.

Who can you trust in these days? Yourself! Trust in your gut and if it feels right it probably is.

What follows is obviously how I see things... If you can wade all the way through it, you might be thinking differently by the end of it. My motive is simply to get you to contemplate, because my experience is that that enriches you and gives you options that you wouldn't otherwise have ~ Gary.

The Elephant in the Room

The biggest secret is out in the open for everyone to see and yet most people are not seeing it.

An ideal is a creation in someone's mind and it can be based upon true facts or it can be contrived.

The bigger the lie the easier it is to accept – fact.

If there's a problem, there's a reaction and people look for a solution. Now turn this around...

Make the solution your ideal. Create the problem(s). Get the reaction and steer the narrative towards your ideal – easy!

Better still – have a multi-faceted ideal and create many related problems...

Any simple (repeated) mantra steers your narrative e.g. Putin's war.

Keep your focus on your ideal, engage other people with it and keep everyone else distracted by getting their opinions, keeping them arguing amongst themselves, making them feel important, testing their memories of the past, keeping them competing with each other and in general create as much chaos as you can in order to keep stirring their emotions. Emotional (fearsome) people are easily steered...

There you have it – MIND CONTROL in plain sight (the elephant in the room).

Go to the top (their ideal) and see how they steer you. Join them as a 'free' public member – they'd love to have you. They are experts at engaging you with their ideal. They're very friendly. They'll stimulate your mind and hopefully you'll collaborate with them in their ideal, but if not, it doesn't matter because they already have your government on board.

I am a member because the future interests me and I like to know what's coming... Here is their impressive website: Strategic Intelligence <https://intelligence.weforum.org/>

So where does my work, which I've conveyed in my writings; fit into their idealistic future? There is no conflict or contest between my views on natural evolution and true Spirituality and the idealistic future for mankind being driven by the World Economic Forum.

The masses will continue to be steered down the WEF's route...

The awakened minority can observe the elephant in the room (until they're fed up of observing it) and at the same time do their own internal work, which I have talked about in all 7 of my books...

You can lead a horse to water but you can never make it drink. I have provided an oasis for people to drink from and that's the best I can do.

Just two kinds of person

It's always merely philosophy until you've lived it yourself and it adds to your truth.

Personally, I don't think there's anything mysterious about great knowledge; I think it's as easy as 1,2,3. However, I see that there are just 2 kinds of person – one who wants 'to know' and the other who is shut off from knowing. The former continually opens doors and the latter stagnates...

We do it to ourselves. Our own conditioning limits us.

An open mind is a real treasure because it allows us to learn, change and evolve. Maybe this is the reason the great master said, "beloved God open me up to know". That's about as subtle as it gets...

In order to improve our lives, we firstly have to understand and accept how we've created them. It's no accident and it's not at the hands of other people. There's a universal law that applies to everyone and it's called the law of attraction. Some have heard of this but very few understand it.

If you have a victim consciousness then you will continue to be victimised (law of attraction).

If you are a controlling character then you attract victims and other tyrants like yourself.

The Law of Attraction applies to everyone, regardless of where they're from or how they look. It applied to you before you got here and it applies to you at all times in your future.

If you want love in your life then you have to be loving towards yourself and towards ALL life. Life is the mirror. If you are less than loving in any of your attitudes, then that reflects back on you and you cause dis-ease in your body (Law of Attraction).

It's true that we are all divine in our cores, but we only attract from where we're consciously at...

You equalize (magnetize) to you in relation to how you are expressing your energy in your life. Everything is relative.

There is no mystery as to why your life is the way it is – it's coming from your energy, which is coming from your consciousness.

Living should never be in question because you cannot kill energy. The question should always relate to the quality of your life and that's coming from your energy (consciousness).

That said, the controlling elite here are trying their hardest to make us all victims – they are now so rich that they don't need any of us.

I don't doubt that there will be another pandemic soon and whether or not it's a virus doesn't matter because we can't prove it isn't! Created events followed by lockdowns and vaccines seems to be their pattern. They will do their very best to break the backbone of the Human spirit and tighten their surveillance/control systems.

The way out? Create your own reality using the Law of Attraction...

We all need help to evolve

There are as many different opinions and perspectives and viewpoints as one can imagine and this bears out the fact that truth is subjective. Even the person who tries to convince you that there's an objective, absolute truth, is just expressing their own truth, which is proof that there is only subjective truth.

Your point of observation is unique to everyone else's. Even if many are viewing the same event, all come to it from a different angle and from a different accumulation of past experiences and wisdom gleaned therefrom. When you are present, so is your mind, which is unique to you.

I have just had more surgery, for the removal of an infected sebaceous cyst from my back. They left the wound open so it would heal from the inside out and gave me strong pain relief and 3 more days of antibiotics. I'm sore but I can obviously write ;)

I went through the usual A & E route, where everyone gets screened (triage) but I managed to get straight into A & E (because I had a letter from my GP), so my wait was only 6 hours! I sat close to the reception as the people piled in...

After 6 hours and bloods/obs being done, I got referred upstairs to a surgical waiting ward, where I eventually saw a registrar surgeon and anaesthetist and was asked to return for surgery (maybe) the next day at 7 AM. Yesterday obviously arrived, but initially there were no beds available, so the wait continued. One lady had been waiting there for 2 days without food!

Late morning arrived and music comes to my ears - one 'male' bed had become available and my name was on it!

I was operated on at about 1pm and left at 5 with my meds. Walking my dogs afterwards in the cold was refreshing after the hospital experience. Them pouches need walking every day ;)

Why am I telling you all this? Because I am changed as a result of the experience. The staff were impeccable and if I had been trying to find fault I would have failed. Most of the people arriving at the A & E reception were courteous (even the guy who had been stabbed in the foot who had been dropped there by the police). The receptionist was mega-busy but she still managed to find me a phone charger! My lasting impressions?

We need to stop keep blaming Putin (because, in fact, he acted 8 years too late) and this energy crises isn't down to him – it was already happening and it got deliberately exacerbated by Western sanctions against him. The global (Davos) elite are responsible for this crippling inflation. Their plan is to bring down the economies and usher in their fully controlled, Central Bank Digital Currencies.

Sunak is ex Goldman Sachs, so of course he's going to remove the cap on bankers bonuses, whilst the nurses are working their tits off for basic money! The trouble is, would the Zionist Starmer do any better? I doubt it – it's all rigged!

Mind starts to get lost as control tightens and that's exactly why the Davos elite do it. Do you really believe Sunak, Biden, Jinping, Trudeau et al are working independently from Schwab? And who is Schwab reporting to?

So whilst this Global Racket continues, what should we all be doing, apart from helping each other? It's not just all about you, you, you and me, me, me – that's the subjective, emotional mindset that results from all the deliberate conditioning (propaganda). We need to step out of that and realise it's about ALL of us, because we are ALL gods in garments of limitation (genetically-driven bodies).

If you read my material, I promise you that you will become more 'open' and more 'objective' and in doing so, you will birth new potentials in that genetic garment of yours.

Alien

What is Alien? It's what is unfamiliar to you.

Of course there are different body types for us to inhabit. Apart from our current humanoid bodies, there are the not too dis-similar (but more fragile) greys, which are the commonist sightings and there are reptilian bodies, praying mantis types and no doubt the 'freak shows' depicted in movies.

I guess there are as many body-types as there are craft. Common craft types are reported as being disc-shaped, cigar-shaped and triangular. Massive Motherships can be seen close to our Sun.

Will your next life be in a human body in human consciousness? Believe it or not, you determine that! Maybe there are civilisations that live under red or blue suns? Maybe there are civilisations who live in a higher consciousness, regardless of what type and frequency of bodies they inhabit?

As you evolve yourself, you will gradually move away from the emotionally-based Human consciousness to a consciousness that doesn't seek to control anyone. At which point, you may want to connect with an alien family (civilisation) that your consciousness is more aligned with.

How do you connect? You simply put out that thought...

Many years ago, I lived with a girlfriend in a flat in Wolverhampton. We were both kind of alien curious. There was a skylight directly above our bed, so I taped a piece of A4 to the glass, upon which I had drawn a symbol. The symbol is a gateway in consciousness and it's simply a blue equilateral triangle (a triad) with the number 32 in it.

That night I found myself 'out of body', which was not unfamiliar to me. I became aware of alien presence, several of them. I saw my girlfriend levitating towards the skylight and I said NO/STOP!

We both awakened and she confirmed that she was aware that she was being abducted.

The greys are very intelligent (galactic geniuses) but they are still caught up in control (3rd chakra). Their numbers have dwindled because they have bred-out emotion and thus they don't copulate. They abduct human women, impregnate them and remove that memory; then they return for the hybrid child, which has emotion and the propensity to help re-seed their population. There are apparently large numbers of half human/half grey entities. They are emotional, galactic geniuses :)

Is it wrong of them to do what they do? How mature are you really?

The Greys have a hive mind and a Queen, who probably looks something like the Borg queen in Star trek. You can join them if you wish. But maybe you'll evolve and opt for a better option...?

Maybe vast numbers of us will all finally wake up together and morph to a parallel World? You think that's impossible? It's happened before! Where do you think all those lost civilisations went?

Common Mental Aberrations

There are many common diseases (aberrations) of Human consciousness that aren't obvious when you're embroiled in them. For example, being motivated to try and find acceptance amongst a group of peers; can be the reason for many different types of behaviour. Seeking approval is another flaw that springs to my mind. But there's one that even aware people tend to favour and it's a form of self-delusion.

When you continually justify behaviours that are not aligned with your Soul, you're not only engaging in self-delusion; you're arguing for your limitations. In short, you're kidding yourself.

So, as Spiritual beings, where should our focus be? The answer is simple. We should be wholly focused on getting off this incessant wheel of re-incarnation. Why? Because it's an indefinite trap until we become super-aware and start re-defining ourselves.

We are born completely vacant, to ignorant parents and subjected to societal mind-control from day one. We live lives that propagate ignorance, then we die, get stripped of all our memories and then we are re-born yet again for yet another go at getting off the treadmill...

Do you think this is not true? Are you kidding yourself?

So what does it take to get off the wheel of ignorance? Knowledge. Death is a failure to know enough. I am the same as you – I will die if I don't get to know enough and live what I know...

What keeps us on the wheel of reincarnation is living in an emotional mindset. When we live emotional lives that are focused upon survival, sex, money, image, family and control dramas; we are prime fodder for those who are in control of the wheel. Put simply, if we continue to live in this manner, we stay on the conveyor belt...

If you've read any of my material, you'll realise that I'm no longer 'normal' and dare I say it, I'm proud to be paranormal. We are not here to live 'ordinary' lives; we are here to be extraordinary! Said another way, we are here to become alien to ordinary human consciousness.

Please do not concern yourself with what other people say and do because that's their concern. If you allow yourself to get caught up in it, then you're just feeding your own emotions (demons).

What keeps us attached to this World and glued to the wheel, is our inability to emotionally detach from people, places, animals and things.

I've just this second received an email from the World Economic Forum telling me to 'Understand the Bigger Picture'. Now I find that extremely ironic. They think the bigger picture is just this tiny World on the edge of the Milky way, but my mind is dimensional!

To leave the trap you have to know what keeps you hooked into it. A good starting point is to find out where all your emotion is held. Reading my material will help you to bring that energy home.

It's always best to start at the beginning. *We Are Here To Know Ourselves* will give you an insight into me and my journey, which I think you'll find invaluable when you move onto my later works...

Image

What I am going to say now, sounds very simple, but I'm not sure people have thought of it and I guess that's because people don't think like me!

What this World is about and the prevailing consciousness here is the same thing. This World is all about image and people are motivated by image. The prevailing consciousness here is obviously image consciousness.

There's nothing wrong with that; it's why we came here – to experience it. It's an orderly sense of experience, for all of us who adorn garments (bodies). We are concerned by how we look, the image(s) we portray to others and what other people think about us. This is insecurity!

So what is Human consciousness and what is termed the lower self? It's image consciousness...

The form of your Spirit is so fine that I suppose it could be regarded as an essence. It certainly isn't gross like your physical body. Spirit thus is imageless. Being your higher self and being Spiritual is thus you being imageless.

Imagine being unconcerned by how you look. Imagine being unconcerned by the images you portray to this World. Imagine being completely unconcerned by the opinions of others. That's you as your Spirit.

What goes hand in hand with image(s)? Emotions. This World has been designed to evoke emotions in us. What is ascension? Ownership. It's when we own our lives and become imageless...

I don't care if people think I'm a village idiot. I've done my job – I've detailed natural evolution for everyone. That's all I can do. I can't make people drink and I wouldn't want to try to. If people want to consciously or unconsciously follow the WEF into their artificial future, that's up to them.

The question for you is – at what point do you let go? At what point do you stop being image conscious? At what point do you stop being a servant to your body? At what point does looking in the mirror become unimportant to you? At what point does the content of your next meal become irrelevant? At what point do you retire the need to orgasm?

I try to keep my writings as simple as I can, so anyone can understand them. The irony is – we live our lives for images and for our bodies, but it's this consciousness that drains us until our bodies can't take any more.

The resurrection of your body and even its ascension is inline with you becoming imageless. Now please don't try and tell me that that's not a choice!

FB, Instagram, Twitter, Metaverse, Marketing emails, Dating sites etc. are all image-conscious traps and you now have the choice to remain in your lower self or step into your higher self...

What happens when you start the Spiritual journey of becoming your imageless Spirit? All of the energy you've expended on being an image-conscious 'somebody' starts to come home and it comes back to you through your dreams (those crazy dreams).

Your Spiritual journey is congruent with bringing all of your energy home (back to you). It takes time and you must be patient. As I've said many times before – “a master looks like you because you are the master yet to awaken” ~ Gary.

Why does death seem to be the only destiny?

Why do you die? Is it because everybody dies and you take your turn? No. Is it because your destiny is death and that's set in stone? No.

No matter how somebody dies, one thing always happens – their Spirit (deeper self) pulls its accomplice (their Soul) out of their body, without which their body has no life.

What gives your body life is God, because God is ALL life.

We are not Human beings (men and women); we are gods. Everyone who refuses to give up what it is to be Human, dies.

Spirit knows the trajectory of every individual personality and his/her potential for Soul completion.

When a Spirit removes its Soul before the birth of the baby, it's because the timing/trajectory wasn't quite right. This can happen several times (with the same Spirit & Soul) before the baby is born.

It is also possible that the death of a child results in a quick turnaround and the Spirit & Soul comes through the mother a second time. A Spirit & Soul can also be 'born' to two sisters, meaning that both are mothers to the same Spirit & Soul at different times, regardless of the sex of the baby.

Please contemplate that.

When somebody dies they go back to their imperfect Light body. Why? Because they didn't reach the perfection of their UV body, We walk around with both of these bodies in our auras.

To reach UV blue-body perfection, one has to move one's kundalini energy (permanently) to the heart chakra or above it. What prevents this and causes one's kundalini to anchor down below? The insistence on behaving like a Human being.

There is nothing wrong with behaving like a man or a woman. It just means you're going to die.

The consciousness at the first and third chakras has to be owned for the kundalini to rise up. The second chakra is not an issue because emotions play off of the first and third chakras.

You are a god; you are here to live as one! You are not a human being; that is an experience for you to own as wisdom.

I cannot expand more here, because I would be repeating what's in my books. You can ignore this if you want, but understand you will die and thus you will continue to be controlled.

You may not like what I write, but truth is not dependent upon what you like and truth has never been popular. What's popular in this World is living as if you are a man or a woman...

The mind-control here tells you that you are a Human being (that's a lie). Emotion is revered here. It is true that this World is designed to evoke emotion in you, but the purpose of that is for you to capture its wisdom and eventually live true to your real (deeper) self.

Most people will not get out of the first chakra, because they are body conscious, survival and sex orientated. The third chakra is very tricky, because to move beyond all aspects of control requires one to completely and utterly let go...

Why have I written 7 books? Because ultimately we're all challenged by the same thing (to defy death) and someone has to talk about it!

Defying death can only be achieved through self-mastery and self mastery involves moving yourself (your mind) beyond cellular redemption. The slow degradation of your cells is caused by repetition (what you're addicted to) and this is primarily emotional addiction. Moreover, it's the Human consciousness found in the lower 3 chakras, which I talk extensively about in my books.

So you see, mastery is all about stopping the firing of your body – that's it! You have to stop your cellular redemptive cycles. Why? Because that's how addiction plays out in your body.

You think you're not addicted? Then why do you keep repeating certain emotions? If you've had an emotion more than once, you're addicted! Only wisdom can release you from the conveyor belt...

This World is designed to evoke emotions in us and we are here to find mastery over them, for our Souls. If we fail, we die and we're re-cycled back to this World to have yet another go...

You as the Accumulator

Your body is your latest accumulation. Your other bodies are various finer light frequencies that comprise your aura. You are the accumulator. Your finest, purest, accumulated form is your Spirit.

Being Spiritual is becoming your Spirit, which is imageless. Spirit is known as the god of your being and all about you is known to your Spirit.

There are 2 paths that you can take upon this World – the one path leads to death and the other leads to ascension. You are now sitting at the fork in the road...

The conditioned Human path is fear-based (emotions are fear-based) and this path results in certain death (the loss of your latest accumulation).

The Spiritual path is you embarking upon becoming your Spirit. You do this by becoming imageless.

Living for your latest accumulation and being emotional at its behest, is the conditioned Human path. Shifting to Route 2 is losing the fear to change yourself.

Changing direction to Route 2 requires gains in self-love and this is why love is always the answer.

The highest expression of self-love is self-mastery (becoming a Master).

You are not here to follow anyone (not permanently anyway); you are here to become the master of your own destiny. Consciously retiring all aspects of image consciousness is the great work embarked upon on Route 2.

What you hold onto emotionally (addiction) will show up in your body (sooner or later) and this accounts for imbalances in weight. Let go...

We are all individuals by virtue of us all having individual souls in various stages of completion; yet we are all also the same because we are all made of the same stuff. Mental instability, illusion and fantasy are the result of living contrary to what I've just said.

People are born and people die and there are brief lifetimes in between. This pattern continues indefinitely, unless a person wakes up and consciously intercedes in a lifetime. Most people would rather live illusionary lives than face this truth.

The escape from the wheel of re-incarnation, is self-mastery in one lifetime. You can't say, "I'll do it in my next lifetime" because then you'll have no memory of reading this and you will probably never encounter such knowledge ever again. My books give you the knowledge and thus the option to be greater than you've ever been.

People make an image out of Spirituality, yet Spirituality is imageless. My books are all about the imageless, authentic, Spirituality ~ Gary.

This 'physical' environment

This 'physical' environment and our physical bodies, are the reason we are here; to experience all that is physical, to such an extent that we never want to return to it. The physical and the emotional are very close and without the one we don't get the other.

Even though I know it's all about image, I have just returned to the gym to get into shape. I am not sure I can do it by consciousness alone, but I do know that putting my mind into my training helps a great deal. Even though I know my destiny is to move beyond image consciousness, I see that I still have some way to go and I don't know how long that will take. I only hope I can stay alive for long enough to realise my truth.

After all, image consciousness is merely experiences, but unfortunately we have all become addicted to it. How long will it take us to unwind from lifetimes of physical/emotional living? Maybe we like being trapped here and trapped upon the wheel of reincarnation? Perhaps that's because we don't have the memories of greater environments?

We're all screwed because we care about our images; it's not just how we look but how we portray ourselves to other people. This is image (body) consciousness and if we don't move beyond it we don't evolve and our destiny is death ~ Gary.

Life

We share in it. We all have it. We always have it. It is what we are.

Ignorant are those who say there's no consciousness because consciousness is life, it is God.

Regardless of what you believe, it's the same God (life) in all of us, in every cell of our bodies.

We cannot give to another person without giving to ourselves. If we give purely, it comes back full circle; but if there are strings attached or it's to bolster our images, we rob ourselves.

We'll know when we're in a loving society, because it's a society where everyone gives without any

strings attached. This World still has an awful destiny, because it's a 'take advantage of' World.

When we were all born of the Mother/Father God, we retained that principal spark of life within us.

We are the Sons & Daughters, clones of the Primal Consciousness.

So is your family more important than anyone else's family? No. Is any person on this planet more important than any other? No. It's a big shift in your truth for you to get here.

People play emotional games and they get caught up in control dramas. The truth isn't popular because it cuts through all of that nonsense. A Christ is a man or a woman who lives the truth despite the fact that everyone else is 'acting out' their part in the Human drama.

Christ consciousness is a possibility for everyone. It's the simple yet difficult matter of getting to know the truth and then living true to it. It is obviously not the herd mentality. One has to know what our descent was (from the Primal Consciousness) and know how to do the return journey and ascend. I know how to do it, but it's very difficult because we have all become addicted people.

Indulge me and I'll tell you, because I am of the opinion that everyone is entitled to know:

Firstly, what is it and what does it represent? It's the ultimate in Self Development and people are either inspired to develop themselves or they're not. One is always 'alive' but when personal growth stagnates, one is dead in consciousness until they awaken to the truth.

A teacher can only teach what a teacher knows and most teachers have a comfortable herd. The truth is not popular because it's very uncomfortable. I don't have followers...

After our birth, the cracks started to open because, as gods, we became competitive. The strife on this planet is for the same reason – out of competition was born control and the desire for power.

The true Spiritual journey goes counter to the image worship and mind-control in this World.

Just because you appear to be a composite of your biological parents, doesn't mean that you can't birth new genetic potentials for your future and thus evolve yourself beyond them.

We came here to experience being Human, but also to own it as wisdom. Our wisdom allows us to unfold out of Human behaviour into Heart Centre behaviour, which energetically is a journey of unfolding our consciousness out of the lower 3 chakras. We are striving to go beyond the Light and seat our kundalini energy in our 4th chakra.

Please remember what you are (Spirit) and what creates your personal reality (the deliberate, contemplative, placement of your thinking energy).

When you know what you are and what creates your life, then you will be empowered and fearless.

Every day I say unto myself, "I cancel all destinies that lead to the conclusion of my life". Why? Because what we say with intention is powerful and it creates our lives. By cancelling all destinies that lead to the conclusion of our lives, I believe we will always be in the right place at the right time ~ Gary.

Shiva

What can you learn from a man or a woman who lives as a man or a woman? Nothing of any real importance, because they will always teach you from and argue for what keeps their life together.

I am reminded of Mr. Alan Watts and his central message, which he said was to "integrate the spiritual with the material". I hope he achieved his belief in his life and that benefitted him in some way. It didn't bring him self-mastery and the result of self-mastery, which is ascension.

Whatever the poets, philosophers, gurus and self-proclaimed wise mystics espouse; is all coming from their limited perspectives, because they live as men or women engaged in human behaviour.

We cannot, through some kind of individual will, integrate the spiritual into the material because the material is already a manifestation of spirit! We are spiritual beings having human experiences and not the other way around! So our identity is Spirit and not Human!

The dead had nothing important to say and most legacy is just image and lies...

We are to be (to become) what we are whilst in the material and this is crystal clear in the symbology of Shiva who sits upon a tiger. He/she is taming the animal with the Spirit. In other words, we are to bring our own bodies into a state of calm (parasympathetic, noradrenaline) by ceasing the firing of them (sex, emotions, adrenaline).

We are what we are but ultimately what restricts us is how we choose to behave. We cannot reach the higher echelons of consciousness and ascend as gods if we're still rolling in the haystack :)

People who think they can somehow elevate their existence and evolve themselves, yet still partake in normal, human, emotional behaviour; are deluding themselves. If we don't 'give up' what constitutes human behaviour, we age and die. It's as simple as that!

Mastery ceases (and can reverse) the aging process. It means we only have one destiny – ascension.

I am slowly unwinding and working towards self-mastery (sitting upon the tiger). I know the true Spiritual journey. I am not delusional. I do not follow anyone (why would I?). All who are here need to take on board what I am saying.

It is not popular to tell people to give up sex, emotions and all aspects of control; but that's exactly what it takes to be enlightened and ascend. Anyone who says otherwise is a money-grabbing fake.

Along the path of self-mastery, you will realise that 'they' only have power over you if you succumb to temptation. They being your own mind parasites, which have forms in infrared and the Light.

It's easy to be weak and relent to temptations and that's why it's a narrow path to enlightenment.

Not everyone (very few) will appreciate what I am saying here because very few accept that *consciousness is everything*.

You can live howsoever you want in this life, but if you don't put your Spirit back upon the throne of your being; you will age and die. It's always your choice.

I know my writing is dry and uninspiring at times, because it's not about adding more to personalities; it's about breaking them down to reveal their Spirit.

You will decide if my other material is worth reading. What don't you know that's in my books? I can only do what I've done and make it all available for you ~ Gary.

Wellness

To get well and return your body to homeostasis, you have to change yourself. You have to uproot your past and start to live a new life from your new attitudes. Only you can do this and that's why nobody can save you from your self-made destiny.

Your body is addictive and overcoming this is the quintessential mastery to a much greater destiny.

This may be my conclusion but it's ancient wisdom, which is depicted by Shiva sitting on the tiger.

Your addictions bring you feelings, which you naturally want to keep repeating (because you're

addicted to them). The method of mastery is described in my piece “Stay on the Fence”, which follows this piece...

Remember, the feeling is the milk from the emotion, so there's no way that you can feel it without being embroiled in the emotion of it – the 2 are the same thing.

Emotional intelligence is both a joke and a piss-take by the elite. What we're after is the non-emotional building blocks known as wisdom.

Trust me, I'm taking you 'right in there' and by doing so, giving you life-enhancing choices. I may only have a handful of followers, but these are people who are beyond the destiny of the dying guru.

Stay on the fence and observe. Get used to feeling nothing. Boredom is natural when you become wise and before the new experiences kick in.

The idea that you can go somewhere and get enlightened, yet hold your life together at the same time, is you deluding yourself.

Wisdom, indeed enlightenment, comes via you making a conscious effort to change yourself (to improve your attitude) and the subsequent retirement of all your addictions...

There are many popular teachers and gurus around the World and they're popular because what they teach isn't a threat to 'the Human way of things'. But ascension is the result of enlightenment (wisdom) and that is essentially total mastery over one's body, which means going counter to 'the Human way of things'.

I'll say it again, “we are here to experience Human behaviour then retire it for higher experiences”.

We are all gods and we are all here to realise this.

So why would I pay to go and see a guru or a teacher (same entity), when I know that all I need to do is live my truth, which is to stay on the fence? You don't need to go anywhere – you just need to know what the truth is, then live true to it.

So what is the destiny of everyone who doesn't retire 'Human'? Death and reincarnation. What is my destiny? It depends on whether I remain on the fence. What is your destiny? You choose...

You can observe your thinking and that means you are not it. Your body-mind will always try to push you off the fence into emotional feelings, which is your past because you've been there many times before. Training your mind is essentially returning the serve of your body-mind.

Please get the totality of YOU back under control. Your body and its emotions have had it too good for too long! It's time to reign the PAST in – Christ consciousness simply means no past ~ Gary.

Stay on the Fence

If you fall to the right hand side, you're into feeling good and being right and being positive etc. There's nothing wrong with that. If you fall to the left hand side, you're into feeling bad and being negative etc. But if you stay on the fence and observe, you don't feel anything.

We're all told to get off the fence and make a decision, but we're never told about the stance of our creator, which is jovial observation!

What do you think the saying, “the Father and I are one” means? It means you stay on the fence and experience the joy of feeling nothing. That is mastery and that is Christ consciousness.

You press the buttons and you come off the fence into known feelings (emotions) and the reason you do this is because you're addicted to your emotions.

Emotional addiction is bigger than any other addiction and it's the self-imposed trap here, because nobody has taught us how to move beyond them, until now.

<https://www.innerworkspublishing.com/news/vol37/mindhooks.htm>

I am reminded of the 3 stages of evolution: Namely, Unconsciousness – a person drowning in their emotions; Awareness – the person wakes up and starts to observe their life; Superconsciousness – the Observer is observing itself observing.

You (we) are now moving from 2 to 3. It's OK to feel nothing but joy and that's the effect of doing the work that keeps you on the fence, which ironically is the most powerful place you can be.

Your body, via its own dominance in your mind (body-mind), always nags you to repeat the 'feelings'; it pleads its case to you and you have to take your power back by disagreeing with it.

The trap here is a kind of conveyor belt, which the fallen angels feed upon. Hopefully you're now one of the 1% who won't get recycled this time around.

So here is a World that evokes emotions in you, for 2 reasons; firstly, as the only sustenance for those above in the Light and secondly, to give the 'awakened' the opportunity to own their emotions (feelings) as wisdom.

The only thing that stops people from waking up is their own attitudes! Who said life wasn't fair?

How many of you will forward this to all of your contacts? I know the answer – none of you; yet if you did that, the chain effect would cover the whole World in no time and we'd create a New World this year.

Do you think I'm crazy? Maybe I am, but you can't prove me wrong, because you won't do it :)

Imagine the joy of no feelings because your past has been retired. No more addictions. A body-mind that answers to you because you've taken your power back and you're now in control. You watch it and accept what you want and reject what you don't want.

Talk to it from the totality of your being... From the Lord (Soul) God (Spirit) of my Being (Body) I command you to produce vital energy etc. etc. From the Lord God of my Being, I do not accept or acknowledge any pain, suffering, lethargy, illness and I command you to be well and balanced...

Feelings are the milk of emotions and joy is the absence of them ~ Gary.

Russian Dolls

Everything that exists (including our bodies) exists in the electro-magnetic spectrum of light (different frequencies of energy).

Our bodies are light frequencies and we carry them with us. The 'lights' surround us and they surround all cells in our bodies. These are bands of light, which comprise our Auras. They have been photographed by Kirlian photography and some people see them.

You can interact with this environment because you have a body that is the same frequency as it. If you lose your body (discard the outer doll), your awareness shifts to the next doll, which is the same frequency of your new (old) environment. You are what is at the core of your smallest doll.

The problem with shedding your largest doll is you can no longer interact with this 'physical' dimension. If the after-death (afterlife) realms are so great then why are there queues to get back?

We come back without memory – back into this mind-controlled prison. Our Spirits & Souls (inner dolls) hope that we wake up this lifetime.

Each doll (body of light frequency) is an energetic field of consciousness and all 7 are plugged into you at your 'energy centres', which are sited at your endocrine glands, thus:

1. Smallest doll (highest frequency) is at your Pituitary gland.
2. Rose doll (gamma-ray) is Pineal.
3. Gold doll (X-ray) is Thyroid.
4. Blue doll (UV) is Thymus.
5. 'Light body' interacts at Solar Plexus.
6. Red doll (Infra-red) at Sacral Plexus.
7. 'Physical' body at Gonads.

So you think you're the doll you're looking at but you're actually what's within them all !!!!!!!

The journey towards retaining your 'physical' doll (ascension) is unpeeling the mask from all of your inner dolls. In other words, it's owning as wisdom the consciousness of each one. This is unfolding back to your core (the numbering now in reverse):

1. Sex & Survival
2. Emotions & Family
3. All aspects of Control

These comprise the 'lower' consciousness, which is fear-based (you won't find love in these 3 dolls).

Ascension is achieved when we return our consciousness (our minds) to the Blue doll. Nobody you know has done this because had they done it they wouldn't be here!

Think about it logically – if you've owned this environment, why would you want to be in it? There are better places to go and be.

The truth is, ascension allows you to be anywhere at the drop of a hat. Imagine it – the freedom of the Time Traveller... ~ Gary.

Love & Relationships

If we knew what love is then we would love like God loves us. Perhaps the closest we get to this unconditional love, is the love a mother has for her child.

Love is confused here in the human drama. It is confused with sex; it is confused with smothering; it is confused with emotions and it is confused with the subtlety of control that people exert upon each other.

People often tell others that they love them but how much of that is “I need you”?

Love is not fickle. If you love someone, you love them regardless of what they say or do or how they are. Love is love; it is not conditional.

As for relationships - they exist for many reasons and it's rarely because of true love. To me, there's only one genuine reason to be in a relationship and that's if your partner is good company.

Relationships that are hinged on sex and or emotions or are control dramas, are always fragile.

We will not know love until we raise our kundalini energy to our heart centres and that is a complete letting go emotionally (throwing the sandbags out of the balloon basket).

The greatest challenge in this life is to get out of here alive. That is you conquering yourself...

I have written and published 7 short books to help you and they are all less than £15 to buy. You will decide whether you already think you know enough ~ Gary.

Not for the faint-hearted

People wake up when they're ready to and there's nothing one can say that will change that. We're in a battle with the elite on this planet and very few people currently see that. For instance, they think this war is Putin's war and he is the enemy. They do not accept that Putin and Biden and Sunak and Macron and Trudeau (et al) are all working for the same people. So we're in a losing battle because the common people are still sleeping...

Before the pandemic, the elite told us it was coming. What are they telling us that is coming now? It's something they have no solution for and something that will put us all on our own without any help from governments.

The choice for a Human being is always the same – continue to play the victim or self-empower.

I give it you – the political theatre is elaborate (the mainstream news/tv goes to great lengths to continue their false narratives). They even stop you from getting the other side of the story (RT) !

Why? Divide to conquer always works. I've been to Russia and they're beautiful people. Create the narrative of us versus them and those who fund both sides of war make obscene profits. They don't care about the loss of Human life! They happily killed 20 million Germans and 20 million Russians in World War 2. So what war are we all really in and what's coming next?

The WEF/Davos elite club is not just a 'think tank'; they are orchestrating global policy and the World's leaders are in cahoots with them. They warn us what's to come then they bring it on...

Their plan/ideal is population reduction on a massive scale. They are getting impatient because the die off is too slow. They know people are reincarnated so what does it matter?! Nuclear isn't a great option for them and the ET's keep disabling their facilities. EMP and NEMP are great options...

Will they do it? When the time is right – yes they will. We are all vulnerable. No water after 2 days and no food after 3. They estimate 90% dead after 1 year, which means just 10% will have prepped or were able to take what they needed to survive. It's a Mad Max scenario. Community spirit and friendships go out of the window when people are starving to death.

Sending tanks to Ukraine is much harder to do than an EMP but it makes profit for the already rich. An EMP is easy to do; just consider those so-called spy balloons (HEMPS?). I am not trying to deliberately put the frighteners up you; I am strongly suggesting that you prepare for what the Davos crew say is 86% certain!

This place is very different after just one week without electricity :(

If you think your politicians care about the nurses, ambulance, train, teachers and other strikers; you are sadly mistaken. They don't care! When the shit hits the fan, you won't hear from them and all law enforcement will be at home trying to protect their own families.

At the end of the day, nobody cares about you; you'll be on your own faced with the most primitive survival. Do you think the elite of this planet wouldn't do this? If you do, you have no idea about who your enemy is.

I've got about 100 contacts, but 90% are still entrenched in the nanny state. They have believed the mainstream media mind-control channels. So I will send this pdf out to just a handful – people who are at least open enough to consider the real nature of the World we're all living in.

Mind control is the elephant in the room; it's the biggest secret here. Phillip knew what he was saying when he said “useless eaters”. That's how they see us.

Now I have no idea when the 'right time' is for these elites. It could be this year, next year or 2025. But it's coming as sure as night follows day. Time to prepare ~ Gary.

Growth through self-talk

I am reminded of 2 things:

1. Our realities play off our LOWEST point of energy (consciousness)...
2. What manifests for us is our COMMON thinking...

It's very difficult when your body doesn't feel at its best, to talk yourself into optimal health, but that in essence is exactly what we all need to do.

If we only ever had loving and health-giving thoughts towards our bodies, then those thoughts would be our common thinking and according to quantum physics that's what creates reality.

On my way home from walking our dogs yesterday, I foolishly acknowledged that I'd got pain in both of my knees. I got out of bed this morning and there it was again. No surprise really.

From my Spirit & Soul I do not acknowledge any pain in my body. I am always fit and able-bodied.

Now I must continue with my statement until it becomes my common thinking about my body...

The problem is, we become so busy (unconscious) that we 'react' to how we are feeling and we confirm that instead, thus projecting that reality into the future.

The thought always precedes the reality, so we must become super-conscious in our thinking, in order to experience optimal health and indeed anything else that we want.

Now to point 1:

Our energy naturally sits in our lowest 2 chakras because that's where our consciousness is. Being focussed upon survival and sex and work and family and all of those associated emotions; is what keeps us 'anchored down' and stops us from experiencing the higher states of consciousness.

Simply put, in order to raise your kundalini energy, you have to retire (via wisdom) what anchors you down. It's very difficult because the question is always, "why would I give it up?" In other words, "how is giving it up going to benefit me?" Therein is both the theory and the conundrum.

If the source and the nature of reality is consciousness, then we are also consciousness (energy) and our lives are shaped by how we think. We cannot have radiant health if we don't think of our bodies as being radiantly healthy!

So I must take my own medicine, but how is that going to help you? The problem with the truth is it makes you utterly responsible for every aspect of your life; because, like it or not, you've always been at the centre of your reality creating it.

There are no saviours. You do it to yourself.

When you embark upon your Spiritual journey and you start to retire your past thinking, the energy you expended in the past, slowly comes back to you and this is evidenced in your dreams.

This is what raises where your kundalini energy sits and thus you reach new points of attraction.

Please be determined to keep your body alive for all of your energy to come home. That's the essence of a true Spiritual person. Contemplate, retire, energise. Contemplate, retire, energise...

Now come on, where else are you going to get this knowledge?

Are you convinced enough to forward this? ~ Gary.

The Saboteur

Have you ever wondered why you get some of those crazy thoughts you get? It's certainly like they're not your own (because they're not). If you can trace any one of them back, you can argue that you triggered a neuronet or three because the association can be as simple as a colour you've looked at. But often these days, the crazy thoughts are not coming from past associations you've made but from the crazies who are putting them in you.

Why Metaverse? Because they are in the process of replacing the natural environment with a virtual one. They are literally killing nature. Who are they? The Crazies.

For 75 years they have been spraying us with chemical concoctions that contain nanbots, which are intelligent, self-replicating, programmable, transmitters and receivers. Not only are they killing nature and replacing it with the artificial; they are changing us (our biology) to be in sync with it. What do you think their vaccines were all about? Creating synthetic biology (cyborgs).

They have successfully led you down a garden path. This World is nothing like you thought it was. There's the movie that they've engaged you in and there's the real agenda that going on in the background that very few people look at.

Natural evolution is now very difficult because of what's inside all of us controlling our thinking. The sun shines and the snow looks like snow and you have water and food so you naturally think all is ok. But it's not. You have an enemy inside of you. The Saboteur is active within you...

Is there hope? There's always hope, but you've got to be very strong-willed now. If you don't train your body to sing to your tune, it will bring you down, because ironically, without a conscious master; it fights for its own demise. It doesn't need the nanobots; they just speed up the process...

So you thought you did the right thing when you took their vaccines but you shot yourself in the foot. How could you have known, when you're too focussed on trying to make more money?

Skynet is here and we're all Johns and Susans of the resistance (well 5% of us). The only hope we've got is if the majority somehow wake up and realise the sci-fi is what we're really living.

What is this UFO spat all about? It's not ET's. It's the crazies preparing us for their long-planned fake alien attack. When it comes, just remember it's come out of the north American desert...

What is that horrific earthquake in Turkey all about? They were pissed with Erdogan because he was playing on the wrong side. None of the weather is now natural.

What's the war in Ukraine all about? Sacrifice and money, money, money. Nato always wants more money for its clandestine activities. How many anti-war politicians do you know? Exactly.

People need to understand that what is really happening down here is not divorced from what is happening up there in the Light. In the Light are the 'Angels & Demons' and yes they are Demonic, in that they thrive on Human emotion (fear) and sustain themselves on our memories (energy).

To save ourselves, we are to move 'beyond the Light', which is a journey to conquer all of our fears.

The Crazies are controlling this planet by working in cahoots with the fallen Angels in the Light. Christ consciousness is the only answer to what's happening here ~ Gary.

Going beyond the Light

When great knowledge is freely available it doesn't matter about wealth strata. I am not a fan of esoteric knowledge. Those who make life-changing knowledge available upon conditions and or at prices that filter out the majority, I say, shame on you.

We are Spiritual beings, who can and do limit ourselves by how we define ourselves. An adopted identity, like Human, sticks if that is what we believe we are and how we behave. A victim would adopt an identity of "I'm only Human, don't put the blame on me".

You are Spirit that can manifest howsoever you want. For instance, in your next life, you could manifest as skin, bone and sinew, with no musculature (a Grey) or you could manifest with super strong musculature and scaly skin (a Reptilian). The point is – you are Spirit, you are consciousness and it is only this that matters.

There are Human bodies and Grey bodies and Reptilian bodies that have a consciousness of control. We should all relate to this, because we have all tried to control other beings. Equally, I have no doubt that there are entities (who previously identified as one of these groups) who have found love.

So the body is irrelevant (it's just suited for its environment); it's the consciousness of the traveller.

There are other frequencies. Some are close to this frequency and they are parallel Worlds. Some are higher frequencies (it doesn't get any lower than this World). Your ticket and your future is your consciousness and only you can refine that.

The journey of the adopted Human identity is to the Light and back again (because one cannot go any further than one's consciousness). This World is a reflection (same consciousness) of the more exaggerated realm in the Light. What's there is an exaggeration of what's here. Hence the polarity of good and bad is to the extremes in the Light. Perhaps, now you know why I bang on...

Your dreams are important because they come from your subconscious and through them you get to see what you've owned as wisdom (energy being returned to you), but also you get clues as to what you've yet to own and what is keeping you on this incessant wheel of reincarnation.

We never want to be going to the Light – to the controlling 'fallen angels'; we want to be headed (this time) through the darkness to the higher, finer, frequencies, beyond the Light. Why? Because we're nobody's subject and nobody's victim and nobody's slave and nobody's possession and nobody's sustenance!

It is a lie that we are to fear the darkness. Everything is inverted here.

If you want to be like everyone else then be like everyone else and die like everyone else and have your memories robbed like everyone else and come back to this dystopian World like everyone else. But remember, it's worsening by the day and the future is bleak here.

What is real for you is how you perceive what happens right in front of your eyes and what you personally get to experience. What is fantasy bears no resemblance to this; it's just what your mind conjures up from seemingly nowhere.

Fantasy is what is not real and yet we've all lived in our minds at times. What you think about something or someone is more often than not, completely at odds with how it is or how they are.

A big part of personal mastery is mastering one's fantasy life.

Going beyond the Light means no fantasy life, no lies, no secret life, no ulterior motives, an open mind, no controlling attitudes and no fears (expressed through emotions). In short, a return to innocence via wisdom gained. Everyone is capable of doing it ~ Gary.

Nobody told us, until now

It felt natural to us to mimic our parent(s) or guardian(s). It felt natural to us to cry to try and get what we wanted. We did what we were supposed to do and that was to learn Human behaviour from our elders. They had done the same thing and so it goes on and on and on...

We learned how to be emotional. We learned how to manipulate other people. We learned how to play the victim to get what we want. And finally, we learned how to be a man or a woman and to do 'grown-up' things.

Forming relationships and having families and trying to prosper, all felt very natural to us, and so it should, for it's all part of what we came here to learn – Human behaviour.

In short, we learned Human behaviour for how else can one define a Human being? We did what we were supposed to do and what came natural to us and we unconsciously adopted conditioned personality traits. We came here and did what we came here to do and we partly fulfilled the task.

We've never really done anything 'wrong'; we've just experienced various aspects of Human behaviour and we correctly called ourselves Human beings because saying that we are how we behave is a correct assumption in the absence of any higher knowledge.

Nobody told us, until now, that we are supposed to complete the journey by 'owning' what it is to be Human and in doing so retiring Human behaviour.

When I was about 5 I questioned 'out loud' "what am I". The 'thought' answer that came back was "you are the sum total of your experiences". So, regardless of what I truly am, I am defined by my experiences! If I only ever experience 'Human' and I keep repeating those experiences; I cannot successfully argue that I am anything other than a Human being.

Are we Human beings trying to be Spiritual or are we Spiritual beings having Human experiences?

The answer is the latter, but if we're not in the process of 'owning' and 'retiring' Human behaviour; then we're most definitely what (how) we behave.

A Spiritual person (in a Human body) is a person who is living their life to complete their Soul, which is the owning of the Human experience as Wisdom. This is the 'return' part of the journey.

Why would we want to continue an experience once we've extracted all the wisdom from it? The answer is – we wouldn't!

Most of the time our repetition is addiction (what our bodies have become hormonally addicted to).

So, who/what do we become once we've retired (via wisdom) it all? We realise and become the truth, which is a Spiritual being who has 'owned' the Human experience.

You never have to worry about your body. Your body gets well through the aforementioned process of 'changing your mind' in favour of 'new experiences'. A new experience can be a variation of a similar experience and that trend can continue until one feels 'complete'.

How your thoughts (consciousness) interact with your body is interesting but it's suffice to know that the two (body and mind) are inseparable. Once you've accepted that, you realise that every thought counts and your bodily wellness is all in your mind ~ Gary.

Soul Completion

Do some people live completely illusionary lives from the day they are born to the day they die? Yes they do, that's the strength of the mind-control practiced here. Does it matter? I guess not. They die none the wiser and their reason for coming here remains unchanged.

You can think whatever you like about this life and believe whatever you want, and even the brightest sparks find it difficult to discern truth from the heavy propaganda. So what's the answer to this conundrum and what can you do? The thing you should have been doing all along:

Everyone who has a conscience has a Soul and the purpose of one's Soul is to record, as wisdom, the experiences we have. Where we miss the wisdom, this forms an unresolved 'weight' in the Soul. Ascension occurs when one's Soul can be weighed against a Feather. This is Soul Completion.

There is unresolved emotion held as memories and there is wisdom, which is resolved emotion. In a Light review, what is seen and stolen by the so-called 'Lords', is the emotional memories and what is not seen and not stolen, is the wisdom that's in one's Soul.

It should now be clear that we have 2 possible destinies – going to the Light or going beyond it.

The purpose of this life and indeed all past lives, is (was) to unburden your Soul (to remove its weight). To do this, you must ask for the wisdom when appropriate. How many people keep coming back here just because they're stuck on one thing?

Your Soul is personal to you. No two Souls are the same. What you need to learn to lighten your Soul is different to everyone else. You are unique!

The so-called 'Lords in the Light' are only interested in people with heavy Souls, because that's their fodder (emotional energy). Heavy Souls are recycled until they achieve resolution.

So what are we all missing? Wisdom (truth). Why? Because it is hidden from us? Why? To control us and secure the supply of fodder. The 'Lords' work through the controllers here and these entities are who our controllers worship.

Is your guru going to tell you this? No. They'll happily keep you distracted and focussed upon them.

It's time to reset your navigation system to the correct destiny, which is Soul Completion. It so happens that I have published a book by the same title, which very few have read! Why? Because mind-controlled people think they know best.

Do I care? Yes, I care enough to have written 7 books and made them available to the World...

But do I feel sorry for people who die and stay on the conveyer belt? No, because from the aspect of the Soul, we all had the same opportunity when we were re-born here.

Everyone's destiny is in their own hands and that's the way it's always been and the way it always will be. There are no real victims here (that's the illusion). There are just people who have never been told the truth and what their real purpose is. Perhaps you might like to give a few of them the chance by forwarding this?

I have provided an oasis for people to drink from. I don't care if they choose to follow barren paths. I respect everyone's free will to choose their own destiny ~ Gary.

Let's Cut to the Chase

The correct knowledge is powerful and it's truthful. People have free will but only to an extent – that being that they can express themselves however they want against the backdrop of a heavily controlled society.

Here we basically have two kinds of people: there are those of us who are open-minded and are interested in our personal growth, development and evolution; and there are those who are closed-minded and can't be bothered to discover the truth. The former group have two possible destinies and the latter have only one.

This is for anyone in my group who wants to aspire to a greater destiny than death. People who are just trying to live a long life until they die, are kind of already dead in a way. So this is for anyone who aspires to go beyond the Light (to ascend).

Like I said, the correct knowledge is powerful and it moves energy back to yourself (evolution). In order to get that knowledge (truth), you have to desire it and thus have an open-mind. The evolutionary shift one undergoes is moving from a limited, conditioned state of mind to an unlimited mind that is full of wisdom.

You don't have to do anything in particular, like events or meditation or yoga or drugs or snake oil or special diets etc. I know many people who go away to do expensive events with various teachers, but when they return, they pick up their lives where they left off and continue unchanged...

So let me be clear about what it takes for any of us to 'go beyond the Light' and defy death (ascend). It requires one thing – wisdom and that wisdom is evidenced by the entity living their truth. If that sounds too simple for you; it is because it is! However, it's a very difficult thing to do...

So what wisdom could one be lacking? Firstly, this World is totally inverted and the politicians and the press constantly lie to us, for the purpose of keeping us under control for their masters.

Mind-control is pervasive here and it's getting worse.

Be logical. What does wisdom allow you to do? It allows you to detach. What are you to detach from? Everything that's here. Why? Because it's all illusionary.

What is family? Souls with common evolutionary challenges. It is nothing more than that. When one evolves they leave their family. That's what Yeshua and Buddha did.

What happens to people who hold on? They carry weight and die from their own ignorance.

What is sex? It's the means of procreation here. It is nothing more than that. All else is illusion and addiction. It's got absolutely nothing to do with love. I'm going to be very popular after this :)

What are all aspects of control? They are anti-love. This World is anti-Christ. It hasn't changed since the time the master visited us over 2000 years ago. He's not coming back. Why would he? He's elsewhere ABOVE THE LIGHT.

I am being crystal clear here, for beginners to this and for those who consider themselves advanced. If you want a brighter future, you have to realise the truth and live true to it.

I've done what I can here to help you and it's free. You choose like you always do, but remember, your choices always define your future ~ Gary.

Own your life

I'm going to make this personal as evidence that I am practising what I preach.

When I was a youngster I had very few friends. So I guess I was a loner. I can't remember having a friend at junior school and I only had one friend at senior school. It wasn't until I left school and joined a local football team that I started to 'hang out' with a group of older footballing mates.

Why am I telling you this? Because my 16+ years was a life of boozing, playing football and womanising. I excelled at all 3 and this was how I (unconsciously) got acceptance amongst my mates, who were all doing the same thing!

My junior years were shaped by the 60's and my teenage years by the 70's...

I became addicted to the 3 things I was focussed upon. My work just provided the money for my lifestyle. You know you've got a problem with alcohol when you can't go a day without a drink. But when has the alcoholic conquered his/her addiction? Many will say they can never have another drink, but wouldn't mastery be the ability to take it or leave it without any sign of addiction?

My alcohol addiction resulted in me being a chronic gout sufferer, but the gout wasn't so much the alcohol but an underlying attitude. As alcohol can relax one's mind, it tends to be a temporary escape from one's perceived problems...

The womaniser can be called a casanova or a sexual predator because all 3 descriptions are the same entity. A sexual predator isn't necessarily someone who acts illegally (like pedophilia), but can be anyone who uses their power to control and seduce others for sexual purposes.

We don't necessarily do stuff for the obvious reasons (like get drunk or have sex); we do it for the image we're trying to portray to the World. When you remove the image the deck of cards fall...

So you could say that I became what I became because I unconsciously wanted to be accepted, but whatever the reason, we were all shaped by our early conditioning. It is this limitation of mind, this relative unconsciousness, that we all need to correct.

I have hereby given you an insight into some of my encumbrances, but it's not about me! For you, it's about you! You are here to intimately know yourself. Every behaviour that you can pin an image to, is what you have to overcome if you want to evolve yourself.

Time is of the essence, because the biosphere is collapsing (the criminal controllers are lying to us).

There's no point me talking about the other encumbrances I've had to overcome, because like I just said, you have to overcome your own encumbrances. We're here to evolve ourselves; not simply stay in the corral of Human thought.

Only you can save you and only you can condemn you – you do it to yourself.

The truth is a bitter pill to swallow, but best we swallow it than live a delusional life.

You're not here to propagate your genetics; you're here to master them ~ Gary.

Make peace with God

The future is uncertain. The environment is far worse than the matrix media will admit to. The enemy is not who they say it is – it's much closer to home. The vaccine stats are horrific and now they're putting the experimental mRNA into their frankenstein foods – that's why they're not pushing the jabs anymore. AI is evolving, but who will it benefit?

They've got us by the short n curlies whichever way we turn. So what can we do? Take to the streets, just to be ignored, like the brave French people experienced? It's the same the World over and it's really no different which tyrannical regime you live under.

Individually, we can make peace with God. That means the people making peace amongst themselves, because all persons are God (gods).

I can disagree with someone but I don't hate them because they think differently to me. I will always stand up for my truth and I never let people trample over me – that's just my self-respect!

The best barometer of knowing where you're at in your personal growth, is how you are with other people. Tyrants only like people who agree with them – that's not who I am.

People are at different stages in their growth (evolution). Everyone struggles in one way or another. Those who can't forgive others are usually the biggest hypocrites.

Dis-ease is not being at ease with something or someone in your environment. Make peace with God (other people). Just work on yourself and allow others the grace to do the same in their own time. How other people are is only ever your undoing if you judge them for their behaviour. Keep your own house in order and always stand up to tyranny.

Please remember what resolution is all about; it's Soul completion, which is being able to balance your Soul against a feather: that's personal mastery.

Contemplate, resolve and refine... Contemplate, resolve and refine... Focus on resolve...

You don't need to go to events. You don't need guided meditations or yoga classes or certain foods. You just need to open up to what you don't yet know and contemplate that. Your own Spirit & Soul will guide you if you allow it.

You have to have faith because it is like God has forsaken you, but you are God and it's that which dwells deep inside of you that is waiting for you to clear the path ~ Gary.

Understand your predicament

To understand our predicament, we have to go all the way back to before we incarnated here. We came from something that we are and we landed in something that we're not (our bodies).

You send someone a picture of yourself, but it's not really a picture of you; it's a picture of your body. It's the same with all those baby photographs! It's body consciousness – wrongly identifying with your body.

We've all done this and we all still do it. Is anything here really the truth?

Our whole society is based upon social (body) consciousness and it's fake identities interacting with fake identities. The bigger a person's image; the more of a fake legacy they leave behind.

So you see – living the truth (living your truth) takes on a whole new dimension.

Even your body thinks it's you, because you've taught it that it is. It has developed its own mind, which it happily feeds to you to keep the illusion going. Body mind consciousness with its own feedback loop to your brain. This is a fact.

The body is not the truth; it's just a needy, addictive, outer garment. It's addicted to emotions, food, sex, adrenaline, entertainment, arguments, gossip, comfortable narratives, images ecetera.

There's nothing to stop you from thinking you're advanced or enlightened or some kind of wise mystic; but unless you're working on unhooking yourself from your body, I am going to suggest that you know nothing that has been useful to you.

What keeps us chained to the yoke is the hits on our bodies.

Body consciousness only has one destiny – death.

The really savvy people are the ones who unhooked from here and left – they were not interested in images and legacies.

There's nothing unfair about this journey because we all have the same challenge and that is to get to the centre of the labyrinth of our minds.

I am doing what I can to remind you.

Your challenge is staring you in the face. It doesn't need special diets or snake oil or pills or vaccines or exercise regimes or anything cosmetic; it needs you to take control of it.

Every thought counts...

We are all swimming in consciousness (thought) and what we dwell upon shapes our lives ~ Gary.

Resolution

You don't necessarily get the desired reaction when you speak your truth to someone, for to expect a certain kind of response is your own tyranny.

To my mind, we want to be at ease with ourselves and be at ease with everyone else, because to expect others to behave in a certain way, is our own tyranny.

So if you've got a dispute with your neighbour, just focus on resolving it and let the detail take care of itself. Neighbour of course means anyone in this example.

Resolution is my prime goal in life. I want to resolve differences with others and organisations and I want to resolve my internal enemy so that I can be at ease with myself.

Dis-ease is a bodily manifestation to something you're uneasy about in your mind (what did your mind just flash to?). So resolve (resolution) is key and my goal is Soul resolution (completion).

Imagine being able to say, "I am at ease with myself and everyone else". The truth is, you can say it and you should say it to yourself everyday.

At ease, no dis-ease.

People mistakenly think their minds and their bodies are separate, but they're not. Even if they know this, they either don't accept it or don't work with it 100% of the time. Super-consciousness is being conscious 100% of the time. That's the goal everyone should have, in my opinion of course.

Now you can call the enemy within whatever you like and we all have it. Where does it exist? In your mind. Why is it there? Because your mind has been constructed from your past thinking...

But here's the thing – you are not your mind because you can observe it and you do. You are the OBSERVER. In order for you to observe you (as the observer), you have to unmask the enemy.

Please understand something – the saboteur within you is utterly stupid because 'they' not only sabotage you but themselves. You have an 'altered-ego' that feeds you with thoughts that not only kills you but kills itself – how utterly stupid is that?!

If you let your mind have its way with you it will take you and itself to the worm.

Your body is a manifestation of your past thinking and through the feedback loop in your brain, it will constantly feed you with its thoughts to continue its dis-ease and its path to its demise. It has become stupid and you need to take control of it and re-educate it.

Talking of stupid, have a quick think about the so-called Lords in the Light. These entities control the Light realm and this World, purely for the purpose of their sustenance, which is the energy they get from their virtual feasts (they steal the memories from the many incoming deceased persons). What kind of stupid existence is that? ~ Gary.

Observation

What is the point of observation (being the observer)? It's so that you can look at your past and your new truth at the same time and make decisions. You can look at reality and discern what is real and what is fantasy.

Fantasy isn't just about childhood imaginings; it's anything unreal that you've conjured up in your mind. There's reality (that small part of it that we see) and there's minds out of control.

If you live in your mind then you're living an unreal fantasy life – an illusion. People are never really exactly how you think they are. The grass only appears greener on the other side.

I can look back at my life with regret and think I wish I'd treated everyone better than I did, but that only serves to anchor me in the past; because I wouldn't know what I now know if my past hadn't of been exactly how it was.

The message? Don't beat yourself up with your past; just be thankful that you're wiser now. You can never change the past, but you can transmute the energy. And that's what your evolution is all about – transmuting your old energy and creating the new you.

I write to help you contemplate and hopefully arrive at greater and greater truths. I know what I need to do (wait for all my past energy to come home). Do you know how you need to think?

When you start naming 'fantasy' from your internal observations; you're on the correct track.

Fantasy is the final mastery for the aspiring master and we all should be motivated to self-master.

Leaving your footprints behind is all anyone can really do to help other people. That is evidenced at the consciousness of the 5th chakra “living and sharing your truth without duality or compromise”.

So you see, I never wrote books to make money; I wrote them to eventually go 5th chakra, because opening up your throat chakra is also triggering the immortal genes in you. Of course, it's not just about speaking your truth; it's the mastery of living true to it; because it takes you beyond normal Human behaviour.

Nobody knows me better than I know myself and nobody knows you better than you know yourself.

You have a mind. If you train it well it will keep your body alive. It's never over until the fat lady sings! The world can fall apart around you (and it is) but you still have you and no matter where you go in the future, you can't escape you. You are the truth and you're here to prove it to yourself.

So you see, it's never about other people and it's never about family; it's only ever about your relationship with your own Spirit, which is a clone of God (the source of all life).

Imagine a sheet of bubblewrap that stretches further than you can see. We are all the individual bubbles on the wrap – parcels (clones) of God. We are all gods in garments of limitation.

Be Human, go to work, raise your families, get emotional, strive to improve your bottom line and do everything that makes you Human. Then wake up, contemplate and get wise, retire your past, retire what it is to be Human and create your new self, like the caterpillar does. That's evolution!

I really don't know what else I can say, other than thank you for indulging me over the many years ~ Gary.

P.s. You are Spirit and your Consciousness is the precursor to what you get to experience. The condition of your body tells you what your past state of mind has been. If you change your mind you evolve, regardless of what games the string-pullers play.

You can achieve homeostasis and get well; it's all in your mind. Diet and exercise are only small factors when it comes to health. Your attitude and your overall love of yourself are the real factors.

Thank you for indulging me in expressing myself through my short writings. You are you and you're here to prove truth to yourself and to get to know yourself (We are here to know ourselves).

I respect your free will to believe what you want and to live your life howsoever you want. It's your life and your future. In my opinion, expressing your truth and living true to it, are the most empowering attributes anyone can experience ~ Gary Bate.

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