

Become the observer in self-observation by Gary Bate

This may sound fundamental but it's actually something we don't do. How many of us really examine what our motivation in life is?

What motivates you? Is it money? Is it a feeling? If so, what feeling is it? Is it survival? What is it? What drives you? Do you know?

It's not always obvious and sometimes it takes a lot of soul-searching to uncover the truth. You can run a motivation for many years and not be aware of it. Self-understanding is everything these days.

We do what we do for many different reasons but do we always know the reason for what we do? The real reason? Do you think it doesn't matter?

It's important to understand what has been motivating you, because when you do, you have the choice to continue or retire that motivation. Retiring your life's motivation may leave you looking for a new motivation. Imagine being motivated by love...

I said that very much on purpose, because a lot of people could easily throw the towel in on their lives at this very moment. There is another option. First you must get to the core of your motivation and be brutally honest with yourself. Sometimes it's not pretty, but everytime it's all ok because everything is just experiences for us to wake up from and change the motivation therefrom.

Is there any motivation that can't be replaced with love? I've not come across one...

When you finally retire all aspects of control (they're as subtle as trying to find favour) there will seem to be an emptiness but that gradually gets filled with love, which of course has started with you loving yourself enough to change yourself in the first place.

Then and only then are you starting to move into a faster time and you're etching out your own future. This is what is meant by being re-born. You start to live your new (next) life now!

The butterfly has wings and the caterpillar doesn't. The butterfly is the future of the caterpillar, but first the caterpillar has to dream the butterfly into being.

Regardless of what is happening in this backwards World, we all have the opportunity to raise our consciousness and live now as if we're living amongst an advanced civilisation of beings. How do we do that? Change our existing motivations and start to come from pure love (no conditions).

This is not something that you can layer on top of your existing self, by say just focussing on it (although that can help); it's the result of purging from you what is not inspired by love and you have to find enough self-love to begin with in order to embark upon this journey. It's a process...

Now people can judge me or criticise/ridicule me as much as they like – I've had it all my life and it's now like water off a duck's back. It matters not to you how I live my life. You're savvy when you're only concerned about where your motivation is coming from. That's what defines you...

What are we really doing then by embarking upon this aforementioned journey? We are creating better versions of ourselves – minds that can match and flourish in higher-conscious Worlds.

This time around, we must be done with repetition and being someone else's experiment; we surely want to be going forwards and upwards, beyond the Light ~ Gary Bate. <https://www.whatstress.com>