

## Being Real by Gary Bate

If you dwell in a pattern of thinking and you get the 'feeling'; it's as real as events in your life. It's always a great question to ask, "what equates 'living' and am I really living right now?"

The voice of the Abraham collective says there's nothing more important than feeling good right now. But aren't good and bad feeling just the result of living in a polarised mind? What about feeling joyous right now?

So which are you? The sum total of your feelings or experiences or wisdom? Or all of those things?

Remember, I write only to make you contemplate and because it's always your choice whether you read my material. Reality is what you feel, but 'being real' with others and with yourself is a superconscious endeavour.

I was walking down the high street the other day and I saw a chap I hadn't seen for a while and I said, "how's it going \_\_\_\_". He responded, "Good and you?" (me) Good thanks...

I've just described a classic exchange of conditioned responses. Why did I ask him how he is when I'm not really interested in this guy's welfare? I was just really acknowledging his presence but I could just have easily smiled and said nothing.

How many conditioned questions and responses can you think of? Let's stay with this one...

You send someone a Whatsapp - how are you? Why did you send that? Do you even know? Are you really concerned about their welfare? Or are you being courteous? Or are you trying to engage them in conversation for some reason other than becoming knowledgeable about their wellbeing?

So if you get the thought of asking someone how they are, pause and examine your real reason for asking them. A wise person says nothing unless it's real and important.

The balls are coming at you all of the time and your conditioned responses are on auto-pilot. When you shift your perspective, you will not utter a word unless it's absolutely meant. That's being real.

Become super-aware of your motives and don't say or do anything unless your true motive is present in it. You'll be amazed just how much ulterior motive creeps into common conversation.

It's the same with pictures. Why do you post your best shots to FB? I know why you do it... Social media is all about being accepted, being approved of (likes and lovely comments), being seductive, being funny and keeping your options open. It's image-conscious, not real and super-conscious.

Spiritual advancement (becoming real) is breaking down your image (image consciousness). It's coming from your core and only portraying your true motive. Masters do not have ulterior motives.

The truth is always happening within you and not outside of you, indeed, you are the truth and you are here to purge all that is fake about you.

You can't really plan anything in this World, with these tyrants at the helm of the ship. You might not be here in 5 years time – their vaccine might take you down. But you can become real in the time you've got left and you can 'give it all up for love'.

It's your choice – continue to live for a sinking ship or live for the truth that's within ~ Gary Bate.