

Change - the simple thing that is the most difficult thing to do by Gary Bate

What is the difference between you, me and anyone else? I'm not talking body-parts here; but what fundamentally causes your life to be different to everyone else's life. It is, of course, your mind.

It's very difficult to argue that your mind is not affecting your life and that your life is just something that happens to you regardless of your state of mind. The only relevant question is – to what extent does my mind create my life? This is a particularly valid question for those people who have fallen into poverty due to the price rises and the Bank of England interest-rate rises.

To me, unnecessary interest-rate rises fuel inflation and deepen recession. But hey, I'm not the Bailey expert; I'm just waiting to hear his excuse when inflation doesn't tumble...

I wish there was something I could do for all those people who are struggling to make ends meet and those who are cold and hungry. Alas, I can only write, like I do. What pisses me off is this – the King and all his super-rich friends can help and they don't!

As far as I am concerned, the 'establishment' is parasitic and it should be asset-stripped and its wealth returned to the people. They should do it themselves. They are only concerned by their images and that's why Hussey had to eat crow.

It's fitting that I speak about this on the eve of Christ-mas.

I see the Glitter Paedo is out! Has he changed his mind over the last 8 years? Should we be nice to him if he has? Of course we should and that is the point of this short piece.

Evolution is as simple as changing one's mind and in fact it is nothing more than successive changes of mind because that's the only thing that really differentiates all of us. But here's the thing – you've got to really want to do it and you've got to have the willpower to see it through.

A permanent change to your mind can take many years to fruit, because not only do you have to fight off your demons (which come from your past attitudes); you have to be so certain in your new truth that it eventually becomes your new reality.

Changing your mind can be as difficult as Glitter stopping being a Paedo. It's called hard-wiring. Backward, unloving, deviant and plain evil attitudes; can become so embedded neurologically that it takes a mammoth task and willpower to unwind them.

I have changed in my life but it's taken me a long time. We have much to celebrate when we change, because we are talking about gains in our Souls and that equates better futures.

So I hope (for the sake of our youngsters) that Glitter man has changed, but I doubt very much that he has, because fundamentally people have got to sincerely want to change.

As to you and I and our futures? Ignore this illusionary World. Your beautiful future is all wrapped up in your genuine desire to make permanent changes to your mind.

As it's Christmas time and money is tighter than a duck's arse – here's a couple of excellent bargains (I think Amazon have made errors) ~ Gary Bate.

<https://www.amazon.co.uk/dp/1838197192/>

<https://www.amazon.co.uk/dp/1838197125/>

<https://www.whatstress.com/>