

Climb the ladder by Gary Bate

There's no hiding away from how we express in life, because even when we think no one is looking – they are. Nor can we change the substance of what we are; we can only argue over how we define it. But alas, we are what we are...

So there's a good argument for saying that we are how we express in life e.g. if we express like an idiot then we are one until we stop that behaviour.

What changes then is not what we are but how we express in our lives. To my mind the question is – should we try to reach for some ideal of near perfection or should we simply purge from us what we are uneasy with?

Our evolution is like climbing a ladder. We are the ladder but consciously (energetically) we are stuck on a certain rung of it. We can reach up to climb, but we also have to let go to step up. The Spiritual journey is to climb our own ladder; not to simply party with other ladders :)

Knowing the other rungs of the ladder is important because you have to know the ideal you're reaching for; but letting go is more important because you cannot move up without doing so.

Letting go occurs through your mind and it happens on the heels of new wisdom gleaned. You don't have to do anything in particular. You could be ironing when a realisation creeps in :)

It's all inside of you and it's all happening inside of you. The climb is your internal climb. How you appear on the external is irrelevant. New information is just potential sources of realisations...

Moving away from past emotion is a very brave thing to do, because you have so much invested in that sense of identity and the image you have portrayed to the World. I know, it's my struggle too.

So we're all temporarily stuck on rung 1, 2 or 3 of the ladder. It's as if our feet are glued to it! Not only do we have to want to evolve (reach up); we have to be brave and let go of all false identities...

Specifically, what to let go of is covered in my article (Ascension Essentials) on my home page. In essence, it is what is not love, which is the full gambit of all of your emotions. As I explained in one of my books, when we descended here, love fractured into emotions (like breaking open a Terry's chocolate orange!). We are here to put the pieces back together again.

If we're stubborn and we don't let go; we don't climb and get the better views. In subsequent lives we become still stuck on the same rung but maybe in a different place. We evolve when we make the effort to climb.

I simply point out to people, who don't know they're stuck, that they are! When you know where you're stuck and why, then it's just making the right choices to climb...

We should never fear letting other people down because we shouldn't be living for them anyway – that's losing our power (energy). We live to climb our own ladders not theirs!

The truth is – there is nobody in your life who you will ever see again if you or they die, unless you both climb above the first 3 rungs. So let's relax and grow together – you can all do this – it's not rocket science ~ Gary Bate.

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