

Defy death by Gary Bate

I want to give you this understanding because once you've got it; you'll realise you've got a choice. This applies to everyone:

There's only life and death; like two freight trains, everyone is on one or the other train. There's the train with the death destination and there's the train with the self-mastery destination..

If you're not sure which train you're on, then you're on the death train because you have to be actively engaged with self-mastery to be on that train. I'm being deadly serious here – there are only 2 trains and everyone is on one of them.

There's not a lot of help on the death train and what help there is, is temporary, because of the nature of the train. It can be a fun ride or it can be a life of trying to dodge bombs...

There is permanent help available on the self-mastery train and individuals reach for that at their own pace. Every individual makes the choice which train they're on and individuals can sometimes swap trains. For instance – last night I had a txt conversation with a friend and one thing she said was “maybe we'll meet up in the Light”. I know she was being light-hearted but there's a serious implication if she wasn't – it tells me she's on the death train. My response was, “I'm not going to the Light”. Please don't underestimate what I am saying here. **YOUR CONSCIOUSNESS DETERMINES YOUR REALITY** now and for all of your tomorrows...

She proceeded to tell me how she struggles with quantum physics and I reminded her to change that because **THE THOUGHT PRECEDES THE REALITY**. This is the kind of help that's available on the self-mastery train. I proceeded to ask her what Christ consciousness is and she gave me the most beautiful answer. The short answer is 'a consciousness' (a lofty way of thinking...).

To leave the death train, you have to take death off the menu in your mind and you have to become actively engaged in defying death.

I am sad because I can't help my wife or my children or my mother or my brothers or my friends who are on the death train. I can only help people who have decided to be on the self-mastery train. So what must I do? I must lose my sadness because it's an emotion that will kill me unless I master it and let go of it. The wisdom? **EVERYONE CHOOSES WHICH TRAIN THEY'RE ON.**

Let me be crystal clear here because it's deadly important and part of my journey to express myself:

You can be a tyrant or a victim (a controller) but both are victims because both die and thus both are vulnerable to the energy vampires in the Light. You can be emotional and or sexual and you will die because you have continued those body-orientated experiences. You can live in fantasy land or conduct a secret life or you can be the subtle fraud by running ulterior motives – these also put you on the death train. And you can give your power away to your perceived higher authority, which may be in the business or political arena or to a religious deity or some kind of devotional service. These are all death train activities.

Is there anything greater than living your life to defy death? No. Please remember what I have said – Christ is just a way of thinking and your thinking creates your life today and for all times...

You can change your mind quicker than I've written this sentence and nobody but you will know. There's always good reason why masters walk in silence. I really don't think I can say any more...
~ Gary Bate of whatstress dot com.