

## Do you think you know better? By Gary Bate

The direction we go in is determined by our own consciousness. In the context of our bodies, we are either rejuvenating or decaying.

I heard the story of the monk who had a wet dream, which meant he had to start all over again. That's a good example of decay in one who was trying to rejuvenate. If you don't get it, you need to read my books...

You can justify staying the same in your life but you will die and be re-born. The drive of your soul to finish up your unfinished business is what motivates you from the Light and your completion only occurs in flesh, which means you will be re-born if you die. The problem with this is, you might not be so lucky next time around (in terms of where you are born and to whom you are born).

Like it or not, your ability to change yourself is the only way you can avoid the above destiny.

Soul completion is the drive of your soul and when you go counter that, you decay. I wrote the book 4 years ago: <https://www.amazon.co.uk/Soul-Completion-Gary-Bate-ebook/dp/B07R8N8FQW/>

But hey, I get it – you think you know better...

I can't really help anyone and neither can anyone else, because every individual makes their own decisions, even if they've given their power away to someone else to make decisions for them. A decision to continue an addictive behaviour defines an individual until they change their mind and choose the addiction-free path.

So which is it? Is your body motivating you or is it your soul? The former is decay and the latter is the path to rejuvenation. I know exactly what I'm talking about. This applies to me too!

There are no answers in the past; just historic lies. The answers are staring you in the face right now. Take a look at your family lineage – which womb do you fancy re-emerging from?

I know what I have to change about myself – do you know what you have to change about you?

Developing a higher consciousness is your saviour. Staying the same ol Human is your death.

It is highly likely that the behaviours you need to change in your life are the very behaviours you're struggling to give up. That's assuming you're on the evolutionary path. If that's not the case then you're just living a life of addiction and you're totally unaware of yourself.

If you're in any kind of devotional service to another person; you really have to examine your motivation and why you have allowed yourself to serve them. You have given your power away.

The word Christos means 'to know'. I have endeavoured to help you to know more...

What allows me to let go of everyone emotionally, is my understanding of free will and that *love is the allowance and grace to let others live howsoever they want to live.*

Every decision counts! Every decision is potentially a defining moment! We are to walk away from the past and walk into the future ~ Gary Bate.

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