

Do you want to know how you're doing in life? By Gary Bate

It's easy – just take a closer look at what you're experiencing because life is nothing more than a succession of experiences...

You can get up in the morning and you can start the day with a great attitude or a shit attitude – that's your choice. How the day plays out is how you're doing in life.

Everyday I affirm that I am radiantly healthy, but every morning I wake up feeling like someone has beaten me up! I can only assume it's all of my energy coming home...

Carefully crafted affirmations are great but they mean nothing until they are experienced. Whether we are living in the past or the future or the now; the acid test for our lives is what we're experiencing (that's how we're doing).

When I wake up in the morning and I am full of vital energy then I will be experiencing my mantra of “I am radiantly healthy”. We can say that we're this, that and the other until the cows come home but it means didly squat until we experience it.

If we're not enjoying our experience of this life, only we can change that.

Everything is an experience, even when we think we're doing nothing – that's also an experience. In theory, if we develop a higher than 'normal' consciousness then that should translate into us having paranormal experiences. If we're not having extraordinary experiences, then we can safely say that we're still operating in the realms of normal Human consciousness.

Your experience of this life is coming from your mind, so if you're not happy with it, you must change your mind. It's irrelevant how advanced or normal you think you are. The acid test is how your life is playing out...

You attract from your attitude.

Rest-assured you'll know when you're evolving because you'll start having experiences that others would consider extraordinary. If that's not happening you're still an emotional Human being.

Dante's ladder has seven steps and you're standing on the first or second rung. To climb you have to reach up and grab and let go of the lower step in order to step up. Hence you reach (your daily affirmations) and you let go of everything in your past in order to bring your energy back to you.

Everyone is on their own ladder. We can only help others by explaining like I've just done. They must climb their own ladders at their own pace. Be wise and don't wait for them...

Like I said yesterday – devotion to others is servitude; it's a trap that many get stuck in. The answer? Reorientate and get back on your own ladder.

The truth is in the pudding (what you get to experience and what you can demonstrate). It doesn't matter how much lip service you give it or whether you consider yourself to be a healer.

I have been writing for the best part of 30 years and I've also been a therapist during that time. I've directly helped only about 3 dozen people. Is that enough? I guess it's never enough ~ Gary Bate.

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