

Everyone should read this by Gary Bate

If our thinking creates our reality, how do we improve our reality? By our thinking of course. Our reality plays off our 'common' thinking, meaning the thoughts we think the most. So we have to change those thoughts in order to improve our lives.

Our brains are wired by association and repetition. If we associate ourselves with a statement and repeat it daily (make it our common thinking) then it will show up in our life in due course.

You need to express in terms of what you want and not in terms of what you don't want to happen.

So the trick is to gradually make your common thinking lofty. I say gradual because your level of acceptance will increase as you see more and more results from your conscious statements...

A statement always starts with I, and invariably starts with I AM. If you start off too lofty, you will see where you've been stuck energetically. I say energetically because it's your energy.

Since "I only have beautiful experiences" and this is now my common thinking; I enjoy my dog walking more than before. I also enjoy my motorbike rides in the knowledge that "I only have beautiful experiences".

There is nothing in this life that isn't an experience and we are the sum total of our experiences and our wisdom therefrom. The trick is to get into a forward momentum and live now for the future and close the doors on the past.

There is no great mystery to Christ – it's a consciousness; a way of living that's forwards in momentum. You create your own death by leaving any door open to the past...

Your teacher doesn't have the answer; your guru doesn't have the answer; they're both going to die.

What the fantasies in your mind will serve you will amaze you. They all have one objective. To keep you on the death train. If your mind dwells in the past, you need to find the wisdom. It's not that you can change your past but you can transmute the energy (release it and re-claim it now).

Please ignore the global stage; it's a complete mess. They're using wars to trim the populations, to top up their coffers and to distract us whilst they sneak in their digital I.D.s and Central Bank Digital Currencies (CBDC's). Very soon they'll be able to steer your shopping and if you don't comply you'll lose access to your own money. You see, if your money is in one of their banks, it's not legally your money. Bail ins are already planned for...

There's only one person you can trust and that's yourself. You can't trust Biden; you can't trust Trump; you can't trust Kennedy; you can't trust any of them! Sunak and Starmer are Zionists and so is Braverman. And the King keeps smiling (My government is doing what I tell them to do). This idea that the politicians are working for the people is complete hogwash.

I have compassion for people because we're all in the same trap and believe me, it goes beyond this World. There is a way out, but you've got to get rid of all your images. Everything you need to know is on my website and in my books...

I can't do it for you (if I could I would). I'm still gleaning wisdom from my own past and I'm still working daily on my affirmations. We're all in this shit together ~ Gary Bate.

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