

## **Fear by Gary Bate**

I remember as a child, always being frightened of the dark and having to sleep with the bedroom door ajar to bring some light into the room. Where did I get that fear from? Sure I was sensitive and could sense stuff around me, but I was never threatened in any physical way.

If a threat to our physical bodies is real, we can respond accordingly with adrenaline, which results in fight or flight or preparation for the threat. But most threats are perceived and unreal, figments of our imaginations – minds out of control.

The irony of fear is the more you fear the more you attract death. Fear is rooted in the fear of death. However, it's impossible to not fear when you live in a war-torn country and bombs (drones) are a daily event!

If you feel relatively safe and you've prepared for a 'rainy day'; what is there to fear other than the bullshit images your mind throws at you?

Here and now I perceive that I am safe and all is well in my World. The energy feeders that feast on my emotions are only interested in what sustains them – emotional energy. They don't have the power to physically hurt me when I sleep; they only have the power to manipulate my dreamstate to generate their energetic fodder. No wonder I feel knackered some mornings!

The fear is only in the body and it's only because we live for the body – bodily gratification from food, drink, drugs, adrenaline hits and sexual orgasms. We've given up on the pursuit of internal joy in favour of feeling good. We've become emotionally addicted to it. We live for our bodies..

No Body Consciousness = No fear

I know you live after death because I've had many OBE's that prove that to me. And you can have what you want there, because the Kingdom of Heaven is the Quantum Field and all illusions are available in it. It's like here – you think this is real, yet it's a grand illusion in which some people get their heads blown off! No matter they come again..

We all have this beautiful Holy Spirit, but it doesn't care what happens to us – because it knows that our lives continue indefinitely. We are here to endure pain and suffering because, apparently, there are Soul lessons for us to learn through it. So please don't waste your time praying to God..

Souls are blown to smithereens here and nobody cares and the divine doesn't care either. Get over it. We get emotional and we lament over loss, but really it's a waste of time and energy. Unconsciously people choose if they want to stay living in the past..

Is there an answer for all of us? Yes, it's called emotional mastery. If you don't react emotionally the critters move on and feed off someone else and you don't expend your energy! And what's the benefit of that? The Souls going to the Kingdom of Heaven are emotionally weak. If you become emotionally strong, you bypass it and go to higher realms thus avoiding more illusions, more tyranny and the reincarnation trap.

Now I don't care what you do with this (as I'm entitled to my opinion) – you can not read it and just bin it (like most people) or you can recognise the truth or pronounce me some kind of fruit cake :)

For now, the greatest fear and threat to us all, are the maniacs running this planet – they create all the wars and they manipulate the weather to the detriment of all of us ~ Gary.