

## Forwards and upwards by Gary Bate

I am writing this one for a friend, although I recognise that it applies to all of us. She is struggling with her thoughts about the past, but that applies to all of us; because if we'd all dealt with our pasts we'd all be Christs...

Christos means no past.

What does gaining in wisdom do for us? It releases energy from our pasts. Where is energy 'stuck'? In the past!

Your mind keeps going back there because you still haven't got all the wisdom from it. It might be just one small thing that you are missing...

Occasionally but rarely, you'll have the wisdom but you'll struggle to live true to it – why is that? It's because you're addicted to old behaviours – chemically addicted on a cellular level. Then it's like being on heroin and going cold turkey.

Addiction is prevalent. Your body argues well for dominance in your mind. It takes a strong will to change that. But it must be changed in order to go forwards and upwards...

Let me be clear here – EVERYONE HAS ETERNITY IN FRONT OF THEM.

You cannot change your past but you can transmute your energy from it, which basically means you start to see it for how it really is and that releases you from it. It is wisdom that brings your energy back to you and you will see that energy return through your dreamstate.

So my friend, we're all on the same page in this regard. We all have stuck energy, which stops us from living NOW and being Christs.

Christos also means 'to know' (wisdom).

I know that I make it sound simple and it is, but it's very difficult to do because firstly you have to wake up to the truth and then you have to deal with your addiction to your genetic conditioning...

The World is full of conditioned Souls – people whose souls have stagnated in their evolvment. We're not here to live for other people; we're here to complete the programme in our souls, which essentially means returning all of the energy from our pasts and living entirely in the NOW.

We can't climb the staircase if our bags are too heavy...

If people are not on your wavelength let them go, because if you hold onto them emotionally; what does that say about your wavelength? It says its backwards.... Emotions are coming from the past and they are a great sign that you are missing some wisdom...

“Beloved god open me up to know”. That is a great daily statement.

We all have free will because we can choose how we think. Everything is a choice and they can only twist your arm up your back if you're emotionally weak to their propaganda. Get clear about your identity – you're only human if you behave like one. You are the identity that you give unto yourself. You have eternity in front of you – how do you want to live it? ~ Gary Bate.

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