

Do you know more today than you knew yesterday? Of course you do! I could really beat myself up over my past life, but why would I do that? I'll tell you why – guilt is self-serving and it gives one a FEELING. People get addicted to shame, blame and feeling guilty; but there's no reason for it.

Guilt is wishing you knew then what you know now and that's impossible – so what's there to feel guilty about? Emotional addiction is the result of feeling guilty and other emotions.

Your emotional body exists at your second chakra, which intervenes with your body at the level of your sacral plexus. It only exists because you're living in the consciousness of the first and third chakras: it is the jam in the sandwich.

A so-called master has no emotional body – why? Because they live above the consciousness of the first and third chakras (I cover this extensively in my books...)

What causes anyone to live above a lower consciousness? Wisdom. Emotions and emotional addiction are a lack of wisdom.

Emotions cause us the 'react' and they cause us to be impatient. The exception to this is joy. Is it possible that we can live in patience, calm and joy? One thing is for sure – it's an internal journey.

I have one motive when I write and that is to provoke thought in you. You can climb mountains by taking small, slow steps, as long as you keep going...

Sometimes ignorance needs to be intimidated before a shift can occur and I am guilty of being somewhat critical of others in the past. On the basis that we are all gods, I am currently revising my approach and actually considering saying no more.

I am not here to convince anyone and it is not my job to provoke thought in others (although I've enjoyed it). It is my Soul's desire to simply live my truth and dare I say it – it is also your Soul's journey to live your truth...

I am reminded of the young(ish) solo mum with 3 young boys who appeared on the news twice recently. She emotionally described what a failure she felt because she was in the foodbank and couldn't afford these inflated prices, which are the result of Western sanctions. It's not her fault! She's not a failure! The string-pullers are working against the masses and the press are morons.

And we aint seen nothing yet! What are you going to do when they come to take your home, because you can't afford to get it to Carbon Zero? That's where we're headed.

Are these EV's going to stay so expensive that most people can't afford one? Is that their plan? Are you going to be happy sharing driverless vehicles to get around? I am not saying that we shouldn't phase out petrol and diesel. I am saying, where's the (no pollution) hydrogen fuel-cell vehicles and where's the clean bio-fuel that Porche has developed, which is suitable for existing petrol vehicles? Do you think we're ever going to see that?

The head of that school near Solihull was on the news last night saying how wonderful and **compliant** the dead boys were. An interesting choice of words from an establishment puppet.

Future generations are relying on our lead. How much longer are we all going to be insignificant and compliant? I could write another book here but I guess I've said enough. It's time for me to just observe this sinking ship ~ Gary Bate.

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