

HELP by Gary Bate

It's 6 a.m. and the sun is slowly rising and lifting the mist from the valley. I can hear my dogs snoring. I woke from a strange dream and I knew it was my cue to write and I woke with the title.

This habit I've got of strong coffee first thing every morning is not a problem for me. It's a welcome habit. Some habits are not an issue but others are.

A friend made contact yesterday and said I'd come to her mind several times. She made the right choice. We all need help from time to time – navigating this life can be very difficult at times...

So what is healing at its core? It's the acceptance of specific knowledge and the integration of that into your life. For instance, does healing occur when you correct your self-identity? Yes it does.

My writing is beautiful because, if people relate to it, they can choose to heal or not. If they don't relate to it, then my apology for not being skillful enough in my choice of words...

I am not concerned that I didn't take my advanced bike test because I am now happy with my riding ability. Nor am I concerned by the fact that there's no institution in this World that can qualify me in what I know. I am not here to be tested by others; I'm here to prove truth to myself.

Anyway, in my dream, I was back in practice doing simply surgery and helping patients just by chatting with them. As I will never go back into practice in reality, I am left to interpret my dream. Maybe the dream was me in a parallel World :)

We all need help at times and we all heal *consciously*. It's our conscious acceptance of higher knowledge that counts – we must integrate it into our lives. We're not to concern ourselves with our subconscious (long-term memory tucked away) because we can easily re-programme that with simply conscious techniques.

How close is your healing? It's as close as you breath!

Now I'm not after your help and I don't need you to serve me in any way because I'm not a con man nor am I insecure. And I'm not after your money either. No, this is my offer to help you...

Do you pay me? Yes if you can afford to. No if you can't. You simply make a donation, which can be as small or as big as you like.

Then we hook up for want of a better expression. Face to face, email, whatsapp, zoom; you know the drill. You choose how we talk and you choose if you donate – easy!

The reason people don't heal & grow is their own arrogance (ignorance) – their own attitudes 'bump off' the life-changing knowledge that's trying to reach them. Please don't concern yourself with these kind of people; they're just going to die and be re-born again and be oblivious to it all.

I'm interested in working with people who are interested in their own growth and evolution. This is really what's important in this life. It doesn't matter what we choose to do as a vocation or what common past-times we enjoy with others; it only matters that we take charge of our own lives and we make an impression upon our futures.

If you want my help simply email me: gary at whatstress dot com <https://www.whatstress.com/>