

I by Gary Bate

I think the female body is purpose-built and beautiful. I think the male body is also purpose-built and beautiful. Both were designed for procreation. Incoming Spirits need bodies for expression.

“I” is for Identity and I'm discussing it because I've observed that we all live as if we're the vehicles we climbed into. This is where we err, in my opinion.

Living your truth is the most advanced level of consciousness you can aspire to because your truth is an evolving thing.

You will use your body to fuck another body (or other bodies) until you can no longer do so or until you realise that you are not that which you use to feel pleasure.

When you live 'advanced truth' you will no longer have sex or masturbate because this amounts to living as a body. Living as the true identity (Spirit) does not involve bringing pleasure to your body.

To rise above body-consciousness you have to own everything that is body-consciousness.

The repetition of sex degrades the body in a similar way to what emotions do. Many are addicted to orgasm (or power) just as many are addicted (chemically) to their emotions..

The Spiritual journey is to shift from living as a body to living as Spirit. If we achieve that we also experience no fear because fear only exists in bodies.

I have relaxed more since I have accepted people for exactly how they are. I write for everyone, because giving people choices gives them the opportunity to evolve ~ Gary Bate.

<https://whatstress.com/>