

## Mastering the illusionary life by Gary Bate

Have you heard the expression 'Living in the Now'? It's derived from the fact that reality is a succession of forever now moments and the 'Art of living' is the ability to be present in them.

100% presence can be construed as being enlightenment and such a being would live elsewhere. I am of the opinion that there are no enlightened beings in this World.

Intellectual knowledge and finding the right words, does not constitute enlightenment. Living in the Now means being at a place in your mind where you 'just know' and that is a deep feeling place.

So let's have a look at a few of the reasons why we slide off those precious now moments and why we live in our minds instead (past or future):

1. You're fretting about a scenario you've created in your mind, even though you're guessing about the details.
2. Your life has become recalling stories about your past, hence that's where you live.
3. You wander off in your mind and more often than not you don't realise you've done it. Fantasy has become a constant accomplice in your life.
4. You live in fear. There are too many fears to list here.
5. You live in guilt, which serves only to limit you.
6. You're a busy-body constantly talking about (and judging) other people.
7. You don't love yourself because you keep judging yourself.

Here and now is where your hands come together. We all have the same challenge to master the art.

Social consciousness is image-driven, body-driven; it's the stuff of fantasy. If you're on FB they've got you! It's irrelevant how you look on the outside if you smell on the inside...

Mastery does not require you to be pious or saintly or celibate or live meagerly or hide in a cave or any of those silly things. It requires you to put to bed what is illusionary, which is what I talk about.

Let's take a common example: it's a fact that most people masturbate. Is it harmful to health? Is it health-enhancing? Is it good to relax the body in this way or does it use up the body's life force? Is there an issue with masturbation? Yes! But it's not what you think it is. It's the fact that you cannot do it without fantasising and this stops you from being present and becoming enlightened. Get it?

Apparently there was a time when 'great gods' came (down) to this Earth and impregnated some of the women. There's never an issue with sex per say; the issue is whether you are 100% present with the partner you are having sex with and vice versa. You don't want to be lying with any demons...

Everyone is at varying degrees with their personal growth. I write for the audience that wants to accelerate their growth. There's more wisdom to be had in this one page than there is in most books.

The final steps to self-mastery are an alone journey. You came here alone and you will leave alone; whether through the death of your body or through the ascension of it. Please get used to the idea that nobody can do it for you and there are no saviours and you've been lied to all of your life.

I'm just a common person, born to a working class family. I developed an interest in personal growth and I've taken that interest as far as it will go. I sincerely hope that I have helped you with your life's journey in some way ~ Gary Bate.

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