

In the end it comes down to mastery over your own body by Gary Bate

I'm talking MASTERY. I'm not saying I'm a master like some ignorant folks say. I'm talking about the reason we're all here and what that comes down to in the end.

You don't have to swim under ice or bungee jump or absail down rock faces to achieve it. Those pursuits are for the 'big images' who happily bolster their images and their bank accounts...

Self-mastery is purely an internal matter and it's something an astute observer does all the time. They challenge and purge their minds of all the dros they've entertained in the past.

The top prize and living in the now means dumping the past and walking free into the future...

We must recognise that minds are built by associaton and repetition, so anything you've lingered on in the past is neurologically embeded in you and your mind will give it back to you if your train of thought has any association with it.

Completely unhinging from the past then is active work for everyone who accepts their journey...

Fantasy isn't necessarily salacious or the stuff of fairy tales; it can be thinking you're going to fall off your bike, when there's no logical reason for that.

When you sharpen up, you'll see that fantasy is rife in you and it's your job to identify it and dismiss it – call it out and get your head straight!

Memory is as frequent a visitor as you let it be. You certainly have a past but you don't have to live there. Forgive it, get the wisdom from it and move on...

So where does your body come into all of this? Touch! Touch invokes both memory and fantasy...

Mastery = no touch, no fantasy and no memories lived in. Forget about the ice man; I'm talking real self-mastery here and the very reason we are all here!

On a cellular level, bodies degenerate due to repetition. Fo instance, everytime you get angry you are degenerating your body. Every reaction degenerates and every new experience regenerates.

It's like inking a stamp. The first few times you use it, they look pretty much the same. Eventually, the ink runs out and you can't make out the image.

Your cells effectively wear out unless you know the art of rejuvenation and you are living it daily.

Your body and your mind are NOT separate. Only YOU can reign your mind in. I hope I've brought new meaning to 'going within'; it's not sitting there with your eyes closed and getting someone else to take a picture of you – so that you can put it on FB and tell everyone how enlightened you are :)

It's only wisdom that gets your mind out of the past. Being stuck in time is being stuck in the past. I can only help you by causing you to contemplate. That's why I've written many free articles and why I've published 5 books, all of which are available here: <https://www.whatstress.com/>

If you're wise you'll start to unwind and you'll actively purge every day and night. You're not here to play games or to serve others; you're here to master this environment, which includes your body
~ Gary Bate.