

It really is Black & White by Gary Bate

It really is black & white, like the choice between two freight trains. The one route is enlightenment and the other route is death.

We get on the enlightenment (self-mastery) train by not engaging in the activities that put us on the death train. And yes we can live how we want, but how we live determines which train we're on...

Here is a list of activities (modes of behaviour) that will kill you, unless something else gets you beforehand:

1. All images that you portray will kill you because the truth is you're none of them.
2. Running ulterior motives will kill you
3. Continuing a secret life will kill you
4. Playing the victim will kill you
5. Trying or succeeding to control other people will kill you
6. All emotions will kill you* (they degrade your cells)
7. Sex and masturbation will kill you (it degrades your cells)
8. Giving your power away to others (serving them) will kill you
9. Pretending that you're a man or a woman (an image) will kill you
10. Being heterosexual, homosexual, bisexual, whatever, will kill you
11. Lies and not living/speaking your truth will kill you
12. Taking advantage of other people will kill you
13. Living in the past (your memories) will kill you
14. Believing you will die will kill you
15. Not loving yourself enough will kill you
16. Thinking you are more or less important than anyone else will kill you

- Joy is not an emotion; it's what we naturally are when we're absent of all emotions...

The problem with reading this is you can never say "I didn't know". Is it any wonder people think there's only one train?

Christ is no image; it is an imageless consciousness. It is living the truth of you (you as a Spirit). The saviour is you because it's your own consciousness that kills you or saves you.

Imagine starting a new life here with the memories of all your past lives – you'd be a very unusual baby! Those memories would kill you very quickly.

When the energy vampires in the Light take our memories; they do us a favour, because they kind of clean the slate so the new baby can proceed without encumbrance. This is the innocence of children. What would kill us and did kill us, is energetic fodder for the creatures in the Light.

The irony is – we're living to sustain these creatures and we've been doing so for a very long time... This slaughter (genocide) in Palestine is a massive virtual feast for them. Wake up people.

The way to get off this treadmill (this wheel of reincarnation) is what I am listing above. I will not elaborate here as I've already made this information available on my website and in my books.

You can brand me a nutter if you want, but also consider that I might be the only sane person here. This really is the Capstone for me ~ Gary Bate.

<https://www.whatstress.com/>

<https://www.youtube.com/watch?v=94J28Df0kMs>