

It's a beautiful thing when you realise something new because it means you're another step closer to becoming fully realised.

Are your family significant? Yes they are. They're as significant as you are and every other family is. There is no real differential in significance between one family and another. Of course there is the relative wealth or poverty and wherefrom one is born, but this is insignificant in Spiritual terms.

So what is the significance of family? Genetic clues to what one is addicted to...

The reason you're in this World is because you're addicted to it. The reason you came back here is your addiction. The reason you die and get reincarnated is your addiction. This is the Planet of the Addicted. Me and you...

“Death is continuing the addiction and ascension is overcoming it” ~ Gary Bate.

So what is a ghost? A person who has died, returned to their Light body; but still addicted to a property. We can be addicted to things and places but predominantly we're addicted to other people.

“Often what stimulates you and motivates you is what you are addicted to” ~ Gary Bate.

This planet has been designed to evoke emotions in us, which are 'fractured love'. This has been purposeful but also confusing because we have confused love with emotions. The result? Instead of owning each emotion and thus becoming more loving (putting the Terry's chocolate orange back together again) we have become emotionally addicted to people, places, things. Times and events.

“The only significance of this life is whether we overcome our addictions or not” ~ Gary Bate.

There are innumerable ways one can slice through an apple. This lifetime is but one slice. You die and you're in another slice (timeflow). You reincarnate and you're in another slice (future Terra). Or maybe you just return to change something...

I hope I've helped you to fill your bag because that's the real reason you're here. Abstaining from life is not what makes you wise; living life with your eyes wide open is what does that.

Social consciousness is emotional exchange and the more you see that the more you will withdraw yourself from it. It can be stimulating and it can be fun and it can motivate you, until you see it...

The fun molecule is fun but the interdimensional one is where it's at.

So please do live your life exactly how you please – it's your life and they're your addictions. This is why nobody can save you and why you certainly can't save anyone else. The best you can do is overcome your addictions and leave your tracks for others to follow if they so wish.

Time is an illusion but it's also real in so much as it's the many slices through the same apple. Past, present and future are all happening right now. You are where you are for a reason...

So where is your addiction? It's in your mind but it's also manifested in your body. You carry it around with you. As you 'own it' you release it and your energy comes back to you. During these times you will feel lethargic and have wacky dreams. This is exactly what you want ~ Gary Bate.

I hope I have done a good job at leaving my footprints behind...

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