

It's just like agent Smith says

“One of these 2 lives has a future”

What I'm about to write obviously applies to me just as much as it applies to you...

The physical body left to its own accords (devices) only has one destiny and we all know what that is. No matter how good you think your diet is and or how much exercise you get; physical pursuits cannot redeem a physical body. Maybe you can add a few months or even a year or two if you look after yourself in a physical sense; but that's it.

Said another way, physical pursuits cannot resurrect (immortalise) your physical body; only your consciousness (your mind) can do that. This is the destiny (life) that has a future.

The best anyone can do for you, is to give you the tools to develop your mind to the point that you will resurrect your body. I have given you the tools...

Letting go of other people is not difficult when you see that “they do it to themselves”. There's a whole industry of so-called experts who say they can help you with their diet or exercise programs.

People who think there's only one destiny are the ones who only have one destiny because they think purely in physical terms. These people cannot be helped beyond what the drugs can do.

We (me and you) either develop (train) our minds and pursue a better future or we just work and suck air (eat food) until we die. It's as simple as that.

If we're sincerely interested in our futures, then we must depart from thinking in physical terms. Sure a pill might help the symptoms of your arthritis but it won't cure it, only your mind can do that.

It's all about your energy – getting it back from your past and you intentionally directing it...

My other articles on the pop up of this page <https://www.whatstress.com/Acceptance.html> talk about consciously directing your energy...

However, this is only one half of the equation. Bringing all of your past energy home is the other.

Where/what are you addicted to? Who are you looking to for acceptance or approval and why? Where are you assuming responsibility for others (apart from your kids of course)? Who are you trying/achieving to control? What emotions feature in your life? Every instance in your life that has not been motivated by pure love, is where you've leaked your energy and this has got to be revisited with new eyes in order to bring it back to you.

Your energy is on other people, things, places and past times; it's held there until you release it and bring it home. When you start to see it in yourself and you start to self-correct, you become wise.

Physicality is the emptying out of mind – so it can only be changed by your mind. Advancement is living from your throat chakra, which means expressing your truth and living your truth. Of course, your truth changes as you grow and develop yourself.

Are you now brave enough to take the red pill or are you going to keep popping those blue ones?

~ Gary Bate of whatstress dot com