

Let's get excited by Gary Bate

I'm excited by my future because I know that my future won't include me having to bear witness to the awful atrocities of a World like this one. How do I know this? Because I'm creating my future...

I keep coming back to the same point because people seem to be struggling with it. Consciousness creates reality. Your consciousness creates your future...

Where you're at today is the result of your past consciousness (all of your conscious or unconscious decisions that you made in the past). Your never-ending future works the same way – it's the conscious decisions you make from now on...

You have a future that is beyond your current circumstances and you are preparing yourself for it right now. The problem with your preparation is you're still doing most of it unconsciously.

How do I know this? Do you know what your future is? That is how I know.

People are too busy reacting to the effects of their life instead of consciously creating their futures... And yet we all have never-ending tomorrows, which we are all alive in.

Time doesn't matter; it's completely irrelevant. What matters is energy because your body has a finite amount of energy. If you use it up your waters of life run out...

So following on from my article about defying death, what puts you on the death train is the same as what uses up the energy in your body.

Can we learn from the past and live that correction in the future? Of course we can! We can if we think we can because it is our consciousness that creates our future – get it?

We've lived the unconscious life and we know where that got us. We can now draw the line and live the conscious life from our wisdom.

What will your future be? That's for you to design...

All people who die, including the children, will come here again. The super-aware may experience the same Spirit in 2 or even 3 different bodies. That's a privilege and cements one's understanding. So we never have to worry about those who leave us; we just have to accept that we will never see them again unless we become super-aware.

When constructing your future you don't need to be too specific or go into too much detail. This is the laying down of a self-created list of qualities – the skeleton if you like of your future. For instance, how many of you are getting younger?

If your consciousness creates the conditions in your body; your consciousness will create the future conditions in your body. You don't feel well? Then create it – “I am perfectly well”...

The reason we lack energy is because we're on the wrong train. The focus should always be on self mastery and not activities that deplete our energy. Your body can only resurrect itself if you are in the driver's seat. Never give your power away to other people – that's a death sentence.

As much as I'm appalled by the plight of the Palestinian people, I know death is merely a transition
~ Gary Bate of whatstress do com