

A contemplation for you... by Gary Bate

How many 'lives' have you had before you came here? Under a 1000 or over? So what is the significance of this one and does it matter if you stay on the wheel of re-incarnation or not?

As with every lifetime, the significance of this one is that you are reading my words 'here and now'. Here and now is all we ever really have and that's a never-ending eternity of 'now moments'.

From an evolutionary point of view, we are all on this 'slow-burn', supposedly moving towards love but of course we can be heading in the opposite direction. For this reason, one person may 'become love' in their first lifetime and another may take a 1000 lifetimes to do it. Does that matter to you?

I think it's a fair question and obviously it's for deep thinkers. Not everyone wants to think beyond their emotional soup and they're quite happy to die none the wiser.

So people die and their raw emotion is stripped from them, but they carry forward their wisdom in their Soul, which (at the behest of their Spirit) houses itself into another baby (usually whilst the Mother is carrying her child).

The child grows from the base of this wisdom and without the burden of its past-lives memories. I suspect my father is now a child in Greece, as I asked him where he'd go next before he died...

Life is never-ending... The question is – do you want to stay on this wheel of reincarnation? Do you have another option?

The known route is – you die, you go to the light and you are re-born without any memory. You never see loved ones again, although they are often disguised in your new (old) family.

The unknown route is – you die and without hesitation, you walk into the darkness towards the very dim light in the distance...

The 3<sup>rd</sup> option is the 'become love' option, which is a total self-mastery culminating in ascension. The idea here is that you learn to love how God loves, which is a complete allowance of other people. The other idea is that you see yourself in other people and you love what you see. I'm working on this, but I'm struggling with the former idea because how do you completely allow a person who is trying to have an effect upon your reality?

God is life and it's a complete allowance, otherwise life couldn't exist as we know it. How can we, as the gods, love as God loves, when we all potentially disrupt each other's realities?

If you allowed other people to be howsoever they want to be and do whatever they want to do (like God does) then their state of mind and actions can cause you to experience what you DON'T want!

I get some flak for thinking so deeply. It staggers me that the masses go through life without any concern or even contemplation of the afterlife. But I guess that doesn't matter because option 1 isn't so bad really – it's a fresh start in what can be a better future life for many. In saying that, we also have to consider this new 'sustainable' World that's being created right in front of our eyes.

To finish this snippet, let us not forget that we are only ever cognisant of 'here and now' and all we ever really have is what we are experiencing 'here and now'. The only real question therefore must be – are we experiencing what we really want to experience? If not, maybe we should focus more on what we really want rather than the life we've got ~ Gary Bate. [www.whatstress.com](http://www.whatstress.com)