

Living your truth by Gary Bate

Evolution mean change; it's as simple as that. That means to grow and evolve you have to change. Conversely, no personal changes equate no personal growth and Soul stagnation, leading to death.

Many like the idea of expanding themselves and they go off and do various retreats and courses. But when they return, nothing really changes in their lives. They just moved the furniture around.

The big changes aren't easy because not only can it mean a complete change in landscape but also the internal changes of overcoming various emotional addictions.

The butterfly cannot emerge if you keep pasteing the caterpillar back together. You're reaching for a higher consciousness, but at the same time you're still anchored down in the lower.

As I've said many times before, your reality always plays off your lowest point of energy...

You have to lift the anchors in your life and throw the sandbags out of the balloon basket.

Identitfying what and who you are addicted to, is a great start. Who can't you live without and why? What can't you give up and why? Knowing the truth about yourself is half the battle.

It's not always the fact that people aren't emotionally ready to hear the truth, but rather they're not ready to give up who or what they're addicted to.

This is why 'Living your truth' is a very high state of being. Many have a truth but they compromise for others in their life. Living your truth is your passport to freedom...

Often living your truth is about making internal changes and taking responsibility for your reality that ensues. Inevitably changes in attitude and behaviour result in changes to external reality.

Simple adjustments can have significant effects to one's internal happiness and joy. For example, when I finally gave up all aspects of control, I stopped suffering from gout. There is a joy that comes on the heels of purging all ulterior motives. *The greatest deliverer of joy to you is yourself.*

We've all looked outside of ourselves for joy and apart from fleeting moments we've never found it in other people or places. Joy is the internal state of mind one reaches as one takes care of all of one's unfinished business. That's more than enough reason to do the internal Spiritual journey...

Going within is self-observation – observing your own mind and purging it of all lower thoughts.

There's one thing I never want to be and that's a hypocrite. I've been a stupid, irresponsible son of a bitch, but that was when I was ignorant. Hypocrisy is living contrare to one's truth.

Many people (including myself) get stuck at the 5th chakra, which is the consciousness of living and speaking one's truth without duality. As your truth advances, it kind of gets simpler, but equally it gets more difficult to live; because it requires you to live outside of 'normal' social consciousness.

I guess I write because it's the only way I can really express myself and that's important to maintain the energy at the 5th chakra. As for living my truth, my current circumstances provide all the adversity I need to polish myself. And that's the Spiritual journey – redefining and polishing...

~ Gary Bate.

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