

It must be nearly 30 years since I started to write and I did so because I was estranged from my 2 children and I thought it would be a good way to help them with their lives. Their mothers simply wanted money from me, which unfortunately I didn't have. With very limited access, writing was the way I tried to give them something meaningful and valuable in terms of their souls. Of course, as the years notched up, I realised that I was really writing for everyone, including myself.

Like Mo, you can beat yourself up over your past and most people do that. You can literally crucify yourself over it. You can become riddled with guilt because of it. You can be full of regret and never accept that you had to do what you did to know what you know.

The wise thing to do with your past is to ditch it completely. What does it matter? It doesn't matter. It's irrelevant. Be proud of what you know and understand that you know what you know today because of the EXACT way your life has played out...

It's time to walk away with the wisdom. A new life awaits all those who are still playing emotions that are based in the past. Let it go – it's not important; it just limits you.

I'm writing this because as I sat drinking my first coffee of the day, I started to have fond memories of my deceased grandparents, which led my mind to think of my siblings (minds work by repetition and ASSOCIATION). My grandparents are now, once again, enjoying life in their thirties...

So you see, I am able to write this for anyone who wants to read it and that is the unconditional beauty of writing. I write short pieces and post them to my website – job done!

As I've said many times before, everyone's journey is very personal and they must find their own way in life. The very best we can do for anyone, is to share wisdom that can unhinge the past...

No teacher, no guru, has the answer for you; because unhooking from the past is unhooking from them too. You don't need a teacher or a guru; you just need to understand that the highest possible achievement in life is Christ consciousness and that means NO PAST.

Why do we have a past and get all emotional about it? Because we have insufficient wisdom!

Your teacher and your guru are going to die and so are your parents (if they're not already dead). Everyone dies right? No. You just don't travel with the time-travellers because you're still stuck in the past. There's only so many ways I can say this.

So what are the effects of wisdom and enlightenment? Letting go of the past...

You never did anything wrong. You are not accountable to anyone. You are not superior or inferior to anyone. You owe everyone nothing. You hold guilt because it's a feeling and you don't know who the fuck you are without feeling good or bad about everything! The prizes and certificates of this World will not save you. The adrenaline-pumping competitive feats that you win will only falsely define you. You are wanted.

A higher, deeper, power, wants you to see through all of this illusion and return with your bag full of treasure (your soul full of pearls of wisdom). That's your real journey. You're not here to serve anyone or live for family. You're here to become the real you.

I'm trying to kick you out of the nest and you're holding on for dear life. It's a beautiful day here – sunny and 21 degrees; so I'm now going out for a blast on my new motorbike ~ Gary Bate.

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