

## **Nobody told us, until now by Gary Bate**

It felt natural to us to mimick our parent(s) or guardian(s). It felt natural to us to cry to try and get what we wanted. We did what we were supposed to do and that was to learn Human behaviour from our elders. They had done the same thing and so it goes on and on and on...

We learned how to be emotional. We learned how to manipulate other people. We learned how to play the victim to get what we want. And finally, we learned how to be a man or a woman and do 'grown-up' things.

Forming relationships and having families and trying to prosper, all felt very natural to us, and so it should, for it's all part of what we came here to learn – Human behaviour.

In short, we learned Human behaviour for how else can one define a Human being? We did what we were supposed to do and what came natural to us and we unconsciously adopted conditioned personality traits. We came here and did what we came here to do and we partly fulfilled the task.

We've never really done anything 'wrong'; we've just experienced various aspects of Human behaviour and we correctly called ourselves Human beings because saying that we are how we behave is a correct assumption in the absence of any higher knowledge.

Nobody told us, until now, that we are supposed to complete the journey by 'owning' what it is to be Human and in doing so retiring Human behaviour.

When I was about 5 I questioned 'out loud' "what am I". The 'thought' answer that came back was "you are the sum total of your experiences". So, regardless of what I truly am, I am defined by my experiences! If I only ever experience 'Human' and I keep repeating those experiences; I cannot successfully argue that I am anything other than a Human being.

Are we Human beings trying to be Spiritual or are we Spiritual beings having Human experiences?

The answer is the latter, but if we're not in the process of 'owning' and 'retiring' Human behaviour; then we're most definitely what (how) we behave.

A Spiritual person (in a Human body) is a person who is living their life to complete their Soul, which is the owning of the Human experience as Wisdom. This is the 'return' part of the journey.

Why would we want to continue an experience once we've extracted all the wisdom from it? The answer is – we wouldn't! Most of the time our repetition is addiction (what our bodies have become hormonally addicted to). So, who/what do we become once we've retired (via wisdom) it all? We realise and become the truth, which is a Spiritual being who has 'owned' the Human experience.

You never have to worry about your body. Your body gets well through the aforementioned process of 'changing your mind' in favour of 'new experiences'. A new experience can be a variation of a similar experience and that trend can continue until one feels 'complete'.

How your thoughts (consciousness) interact with your body is interesting but it's suffice to know that the two (body and mind) are inseparable. Once you've accepted that, you realise that every thought counts and your bodily wellness is in your own mind.

The reason you are here is to 'own' what it is to be Human and thereby raise the frequency of your body. Do tell me – where else are you going to get/hear this? ~ Gary Bate of whatstress dot com