

A Personal Note by Gary Bate

Realisation is everything. When you realise something knew, you are growing Spiritually and healing your Soul.

I've just had another gout attack – the first one in 2 years. At the moment I feel like I've done a round with Mike Tyson. It's really knocked me about this time. I thought I had it kicked but I was wrong. A week on and my foot is still swollen, although I can now get sandals on and walk in a fashion. My mate just called and asked me if I fancied going for a curry tomorrow night, which I had to decline because I can't get any shoes on atm :(

It doesn't matter whether you're Kim Jong-un or Joe Biden or Sally or Wayne; what I am about to write applies to everyone.

It's no accident why our World is the way it is. The prevailing conditions here are the result of the prevailing consciousness here. It's the consciousness of tyranny and victimisation – nothing more and nothing less.

My gout is not the result of my diet or the fact I like a daily tippie, for if that were the case, many more people would suffer with gout than already do. My gout is the result of my tyranny, albeit subtle. It's a domineering attitude etc. Indeed, all disease is attitude related.

Now I could say more about my own personal insight, but the message is: whatever ailment you're perplexed by in life, you need to get to the bottom of it and understand it will be coming from your own attitudes.

It's a fact in life that we often become what we despise in others.

Let us not sit in judgment on the tyrants controlling this World, but let us purge our own tyranny and victimisation. Where there's tyranny there's victimisation and it's all within us.

You can only see in your neighbour what exists in you, for if it didn't exist in you; you wouldn't be able to recognise it. Please be wise.

This planet is in the midst of an evolution, which will go one of two ways. It will either be a natural evolution, which is the ending of the aforementioned consciousness; or it will be technological and the existing power structure will rule with an iron fist. Don't wait for Jesus because he aint coming.

If you raise your left arm at your elbow, consider that to be your tyranny. Now raise your right arm in the same way – that's your victimisation. Now bring your hands together – that's your evolution.

We are all to move into balance, into neutral. It's a delicate balance because we must stand up and say no to tyranny (lest we be victims), but we mustn't slip over and become subtle tyrants.

A masterful being is someone who accepts that their truth can and does evolve and that they are living their personal truth when their actions match their truth and not their thoughts.

I had a dream last night that my books suddenly became popular and my book distributors were struggling to keep up with demand! I'm an eternal optimist and an advocate for natural evolution and that's what all 5 of my books are about.

My pain has lessened as a result of writing this and hopefully I have now kicked it! ~ Gary Bate.