

Phantoms by Gary Bate

Humanity focusses upon achieving 'Worldly desires' and that is natural to the human mind. Quantum physics tells us that energy (reality) flows from where your focus goes...

So what happens when your focus moves away from 'Worldly desires' and you turn 'within'?

Your focus and energy will turn to self-mastery...

There is the fantasy life and there is the real life. There is the phantom life of pursuing 'Worldly desires' and there is the 'imageless' real life achieved through self-mastery. It's always your choice.

How we spin everyday situations is divorced from reality because we are overlaying our biases and judgment upon them. The 'thought about' and 'talked about' situations are tainted and distorted by our own emotionally-based attitudes. This 'overlaying' of our minds upon reality is what fantasy is.

True objective observation is the absence of this spin. This is self-mastery. It's a complete, impartial stance towards all life.

What are emotions? Fantasy – they are the Phantoms at work.

What is masturbation? Fantasy – it's energetically feeding the Phantoms.

What percentage of sex and or love-making occurs between just 2 people? What's in the field?

Self-mastery is not only mastery over this World (The Last Kingdom); it's mastery over the Psychic World (the netherworld) and the phantasms in the Light.

So my friends, we don't want to go to the Light; we want mastery over it and here is where we do it.

The more we live in our minds the more we are in cloud cuckoo land. The journey is to observe without the bias of our own attitudes and judgments – to be absolutely present with life.

We already have a prevalence of VR here without the likes of Meta taking people even further from the truth.

Fantasy is the last mastery on the route to real freedom.

People are quick to criticise, but like the master said, “don't look for the sty in my eye before you've pulled the log out of your own!”

Purity of mind is not becoming some boring old fart; it's a total love & acceptance for ALL of life.

Leave people to make their own mistakes because that's how they learn. Interfering in the lives of others is the lower consciousness of control at work. Let's go up a gear not down!

We were all born here to live as 'phantoms amongst phantoms' and to become lost in it all. We've all achieved that because we didn't even know what I just said.

Understanding this content is yet another Spiritual nudge and if read with the other short pieces here, will hopefully bring you some answers... - Gary Bate of whatstress dot com.