

## **Purity of Mind in 2023 by Gary Bate**

Purity of mind doesn't mean that you are holier than thou; it means the opposite! It means you've experienced the polarity of Human consciousness and you've made a conscious choice to rise above it. Pure mind is the mind of any person with a full bag of wisdom.

Your body is the result of your past mind – your attitudes always manifest in it. Where you're impure in mind; it shows up in your body. I just had a cyst removed from my back – what was that telling me about my state of mind? That, of course, is for me to know.

Your future body is the result of your future mind. Changes in your mind show up in your body. Mind and body are not separate and you decide which one is master by how conscious you are.

I have another ailment that has almost healed, without any medication. Attitude is everything.

You can know a greater truth than what loves to swim around in your head, yet what swims around in your head will always have its way with your body, unless you purge it.

Next year your body will reflect your mind – so what's it going to be?

Truth is subjective and you prove truth to yourself through your body.

You are a walking bundle of proven truth. What truth are you going to prove through your body next year?

Your Spirit observes and your Soul records. It's your mind that determines your life and the conditions in your body.

Your every thought counts. You are a receiver of them and what you hold onto shapes your life. To successfully change into the best version of yourself, you have to accept the thoughts you want and reject those you don't want – it's an active, ongoing process...

We are literally swimming in a ceaseless river of thought and becoming super-conscious is becoming 'picky' about what part of the river we swim in. Every thought counts!

Every thought we've ever entertained can get thrown back to our frontal lobes, because our brains work by association. It is bemusing at times (why did I think that?). To free ourselves from our past thinking, we literally have to dismantle and unwind our neuronets (wiring) and in practice this means bringing old thinking to new conclusions. I hope I have helped you in some small way...

I have been outspoken for a very long time. I now have nothing more to say that I haven't already said and written down on my website and in my books. The choice to drink is always yours...

The multi-millionaires who run our countries will always focus on continuing to feather their own nests and unfortunately us common people are going to have to continue to stand up for ourselves in order to get any decent scraps from their tables. This is how it is until 'they' wake up and change.

It's Christmas day (2022) and I am reminded of purity of mind (Christ consciousness). I wish you a Merry Christmas and a Radiantly Healthy 2023! ~ Gary Bate.

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