

## Russian Dolls by Gary Bate

Everything that exists (including our bodies) exists in the electro-magnetic spectrum of light (different frequencies of energy). Our bodies are light frequencies and we carry them with us. The 'lights' surround us and they surround all cells in our bodies. These are bands of light, which we call Auras. They have been photographed by Kirlian photography and some people see them.

You can interact with this environment because you have a body that is the same frequency as it.

If you lose your body (discard the outer doll), your awareness shifts to the next doll, which is the same frequency of your new (old) environment. You are what is at the core of your smallest doll.

The problem with shedding your largest doll is you can no longer interact with this 'physical' dimension. If the after-death (afterlife) realms are so great then why are there queues to get back here or go elsewhere? We come back without memory – back into this mind-controlled prison. Our Spirits & Souls (inner dolls) hope that we wake up this lifetime.

Each doll (body of light frequency) is an energetic field of consciousness and all 7 are plugged into you at your 'energy centres', which are sited at your endocrine glands, thus:

1. Smallest doll (highest frequency) is at your Pituitary gland.
2. Rose doll (gamma-ray) is Pineal.
3. Gold doll (X-ray) is Thyroid.
4. Blue doll (UV) is Thymus.
5. 'Light body' interacts at Solar Plexus.
6. Red doll (Infra-red) at Sacral Plexus.
7. 'Physical' body at Gonads.

So you think you're the doll you're looking at but you're actually what's within them all !!!!!!!

The journey towards retaining your 'physical' doll (ascension) is unpeeling the mask from all of your inner dolls. In other words, it's owning as wisdom the consciousness of each one. This is unfolding back to your core: (the numbering now in reverse)

1. Sex & Survival
2. Emotions & Family
3. All aspects of Control

These comprise the 'lower' consciousness, which is fear-based (you won't find love there).

Ascension is achieved when we return our consciousness (our mind) to the Blue doll. Nobody you know has done this because had they done it they wouldn't be here.

Think about it logically – if you've owned this environment, why would you want to be in it? There are better places to go and be. The truth is, ascension allows you to be anywhere at the drop of a hat. Imagine it – the freedom of the Time Traveller...

Please allow me to tell you what your problem (weakness) is. You can't prove me wrong because you're caught in 1, 2 or 3 above.

What you need to know is in my books ~ Gary Bate.

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