

## Shiva by Gary Bate

What can you learn from a man or a woman who lives as a man or a woman? Nothing of any real importance, because they will always teach you from and argue for what keeps their life together.

I am reminded of Mr. Alan Watts and his central message, which he said was to “**integrate the spiritual with the material**”. I hope he achieved his belief in his life and that benefitted him in some way. It didn't bring him self-mastery and the result of self-mastery, which is ascension...

Whatever the poets, philosophers, gurus and self-proclaimed wise mystics espouse; it's all coming from their limited perspectives, because they live as men or women engaged in human behaviour.

We cannot, through some kind of individual will, integrate the spiritual into the material because the material is already a manifestation of spirit. We are spiritual beings having human experiences and not the other way around! So our identity is Spirit and not Human!!

The dead had nothing important to say and most legacy is just image and lies.

We are to be (to become) what we are whilst in the material and this is crystal clear in the symbology of Shiva who sits upon a tiger. He/she is taming the animal with the Spirit. In other words, we are to bring our own bodies into a state of calm (parasympathetic, noradrenaline) by ceasing the firing of them (sex, emotions, adrenaline).

We are what we are but ultimately what restricts us is how we choose to behave. We cannot reach the higher echelons of consciousness and ascend as gods if we're still shaming the monkeys...

People who think they can somehow elevate their existence and evolve themselves, yet still partake in normal, human, emotional behaviour; are deluding themselves. If we don't 'give up' what constitutes human behaviour, we age and die. It's as simple as that.

Mastery ceases (and can reverse) the aging process. It means we only have one destiny – ascension.

I am slowly unwinding and working towards self-mastery (sitting upon the tiger). I know the true Spiritual journey. I am not delusional. I do not follow anyone (why would I?). All who are here need to take on board what I am saying.

It is not popular to tell people to give up sex, emotions and all aspects of control; but that's exactly what it takes to be enlightened and ascend. Anyone who says otherwise is a money-grabbing fake.

Along the path of self-mastery you will realise that 'they' only have power over you if you succumb to temptation. They being your own mind parasites, which have forms in infrared and the Light. It's easy to be weak and relent to temptations and that's why it's a narrow path to enlightenment. Not everyone (very few) will appreciate what I am saying here because very few accept that consciousness is everything.

You can live however you want in this life, but if you don't put your Spirit back upon the throne of your being; you will age and die. It's always your choice.

You will decide if my other material is worth reading. What don't you know that's in my books? I can only do what I've done and make it all available for you ~ Gary Bate.

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