Spirit by Gary Bate

A truly Spiritual person is someone who lives 'as Spirit' as distinctly different from the usual human behaviour of living for one's body. It is not someone who simply talks a good talk because they like to feel special..

We are all Spirit in flesh; so we are all really Spiritual beings at the core of us. The challenge is to live that truth whilst in our bodies..

Our bodies have become addicted to our past behaviours – the repetition – the living for pleasure; in particular we have become addicted to adrenaline, food, drink, drugs, entertainment, sex and all of our emotions. This society deliberately encourages us to be addicts! It's called mind-control..

Living as Spirit is to clean the slate, so to speak – to become unaddicted to what we're addicted to..

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