

Become aware. Become very aware of your Spirit. Your Spirit is what gives you definition. Without it you are undefined. Your body doesn't define you; it's just your vehicle – lifetime after lifetime...

We have all been hoodwinked from the earliest age. We were incorrectly taught to identify with our bodies. Living to satisfy the perception of bodily need became the order of the day. The ship was afloat but no-one was at the helm. Never mind, it was all necessary and it's all history/herstory now.

You think you need this pill and that pill but you just need to take your power back by becoming the captain of your ship.

If you address the Lord God of your Being, you are addressing the total of your accumulations – Spirit Soul and Body. Your Body is the Ship. Your Soul is its First Officer and your Spirit is the Captain. You are the Water it sails on and the Wind it sails through...

A ship doesn't reach its destination unless it has a captain. The captain and its first officer are waiting for you to tell them to take control of your body, which means you have to let go of all of your silly perceptions and let 'those who know best' take control...

We live in an intelligent universe and our bodies are no exception. The proof of what we are can only be discovered by us becoming super-aware (super-conscious) and observing that effect upon our own bodies. You are the truth and your body bears testament to that.

I said in one of my books that the highest consciousness and radiant health are the same thing and I stand by that. You get the latter by shifting from the dense effect of your body to the sublime cause of what defines you through all the ages.

Of course I only write for entertainment purposes so take this with a pinch of salt if you like. It's your prerogative to think your perceptions are greater than what I write.

Your body has the memory of everything it has ever consumed. So if you think you need to pop a vitamin C pill everyday, tell your body to remember what it needs and to create it! Become the Captain and consciously communicate with your body – it will love you for it!

The 'errors' in your consciousness (where you stray from love) are what find their way into your body. Your body shows you your state of mind and this becomes more evident with your time in it.

There is no mystery to why people get sick – nobody is at the helm! It's all consciousness so it's just a matter of how much you get to 'realise'.

The only thing that cuts it is if you stand aside altogether – you have to go cold turkey with this...

You have body, soul and spirit. If you let your body run the show then your destiny is death. Soul simply takes instructions and keeps a permanent record. Soul is caught between the devil and the deep blue sea (you and the captain). There is no fight when you do the aforementioned shift. Then the ship sails unhindered to its final destination.

Everyone's got an opinion but very few know this truth. Because of that they're all going to die.

Energy comes home through the dreamstate when you shift up the gears. You're going to sweat it out. It's how you purify. You've done the outward journey; now it's no time to do the return journey.

As always, I hope I help you with your life ~ Gary Bate of <https://www.whatstress.com/>