

The crux of the matter by Gary Bate

I make it simple because it is; that's my genius.

Do you know why people fly off on tangents? Because they don't change.

You can read the right literature; listen to the right audios and videos; and or go to the best events, seminars, meetings, courses, trainings etc.: but if you don't change what's the point?

There is no point. If you don't change you die. It doesn't matter how many times you go off on a tangent and how 'good' the information is; if you stay the same you die.

The reason our bodies don't improve is because we stay the same. We unconsciously say to the World, “my emotions are more important to me than me changing”.

Change equates evolution. Change results in enlightenment. No change equates death.

When we stay the same we proliferate the past into the future. Our bodies age when our minds are held in the past (emotions). I know my eyesight will improve when I make the change that I am very aware of. Nothing else will do it.

You don't get to ascend if you don't change.

You don't get to live in a future time if you don't let go of the past – your emotions...

All the people that are most important to you are all the reasons you are gradually killing yourself.

You'll see it all again in the Light and you'll say WTF!

Change – that's what we all need to do!!

All the information you require is on my home page – that's all you have to do in order to change...

Now I'm not telling you how to live your life – it's your life and they're always your choices. Carry on, be emotional and hold together your status quo. See where it gets you..

The sad thing is – we do the same thing every lifetime and reincarnation exists because we don't change and own this life.

I write to help everyone because I've got nothing better to do! I know I've got to change myself and I'm in the process of making the biggest change in my life. But what about you?

Are you not interested in getting off this incessant conveyor belt? Are you not interested in healing your body and bringing it into balance? Are you not interested in rejuvenation and spitting in the eye of the grim reaper? It's never too late to change.

The World will distract you and delude you, because you are motivated by your emotions and they are the very reason you don't change.

Change – the most important thing you can ever do ~ Gary Bate.

<https://www.whatstress.com/>