

The Quintessential Mastery by Gary Bate

In the lives of 'normal', unawakened people, the line between reality and fantasy is blurred and not recognised. One has to understand the importance of self-mastery in order to take on 'the challenge of a lifetime'. Unlike the 'outer' calls for raising one's game in various pursuits; self-mastery is the solitary, internal pursuit of greatness.

Genius is attributed to many people for many different pursuits but real genius is self-mastery.

It's a bit like the people who starve themselves to lose weight compared with the person who is hot on the heels of discovering why they are holding on emotionally. We are either outer or inner motivated and of course anyone can change that!

On my home page, I make it clear that the Spiritual journey towards self-mastery is purely an alone, inner dialogue, which runs alongside the intentional breakdown of one's altered-ego (all images and all fantasy). It is not a journey of visiting others to get their opinions.

There are no 'Masters' on this planet; just people who need an audience to bolster their altered-egos.

So what does a person in hot pursuit of self-mastery look like? Like you and me. What do they do? What do you do? The outer is the illusion; the inner dialogue is the truth.

Thought is what creates reality and we are all swimming in it. We get to choose which thoughts we run with and there's a great argument that says "we are the thoughts we choose to entertain". I'll claim that one as I've never heard anyone else say that.

So whether you believe you're a human being or a god wearing a genetic garment; it kind of doesn't matter, because the expression of your life is the nature of the thoughts you are running with. It makes sense then why your attitude is so important.

Fantasy is as rife as everytime you slide off reality. A thought that you might injure yourself is a fantasy. It's whatever your mind conjures up and invariably there's a reaction in your body, even though that is not always obvious.

It's no good starting with the effect (e.g. your body) and looking for a 'physical' fix. You have to start with the cause – the thoughts and subsequent attitudes.

Mastery and super-consciousness is the ability to intentionally create your life by carefully choosing the thoughts/words you want to manifest. Whatsoever you think shapes your life for all times...

So can we remember the future? Well quantum physics confirms that 'all times exist now'. We're just picture/memory capturers. It should make us wonder about the validity of life when we spend lifetimes collecting memories only to relinquish them in between lives in the Light. There must be a better way and there is: watch the video on my home page...

I'm a deep thinker and proud of it. The contemplation of thought is how we expand ourselves. Sometimes we get stuck in a ditch and need a hand. I've been helped and I'm available to help...

I am just a messenger who is at work every day in his inner World. I don't need to meditate or visit self-proclaimed masters or so-called wise-mystics. What I seek is already within me ~ Gary Bate.

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