

The answer is to rise up by Gary Bate

If we're lucky, life teaches us what we need to learn to become wiser. This is often very different to what we need to learn to improve our living conditions.

Everyone of us is challenged in our souls and that's enough reason to love everyone. Just think of someone you don't particularly like and realise that they're challenged on 2 fronts – the challenge of their soul and the challenge of an oppressive, tyrannical hierarchy. The same applies to you...

I've just given you the best reason to love yourself and to love everyone else. It's not enough to just say, "I love you" although that helps. Love is how you behave towards yourself and towards others.

You have family and friends in this old paradigm and you have family and friends in the new paradigm that you have yet to move to. The movement is accepting the trilogy of love and putting that into practice in your life: love yourself, love everyone else and love your body. That's what I mean by rising up!

For the last few months I've been saying to myself that I don't see the point to pain & suffering. I should have been wiser because I set myself up for an awful experience to teach me! It started with a gout attack (the first one in over 2 years), which was the worst I've ever had and made me feel really sick. The resultant level of inactivity and awkwardness of my movement caused me to put my back out trying to lift an object. To cap it all off I also developed rib pain! Overnight I went from enjoying my usual great health and enjoying my regular yoga classes, to feeling like a sick invalid! I've just had my worst bout of pain & suffering. The lesson?

It's OK to tell your body that you love it, but you have to live in a way that you prove that you do. If you abuse your body in anyway, you're going to pay the price sooner or later. Love is the action.

So how do we deal with tyranny? Love never complies with tyranny. Love lives personal truth...

I'm not a Christian but I love what Christ represents – Christ consciousness that is. The current oppressive, tyrannical hierarchy hates the love of God – they hate the Christians and they will do everything to bring them down (just like what they did to Yeshua).

It's the same as it ever was. History keeps repeating itself. There's never been a time of people power because the people have always given their power away to the 'authority of the day'.

Is it any different now? Time will tell..

There are rumblings amongst the masses. Some are very uncomfortable with all the arm twisting that's going on. Some can see through the over-reaction. Some can see the blatant tyranny and some love themselves enough to say NO to it. That's the 'higher' response to tyranny.

Even those who have complied thus far are starting to feel uneasy, with questions like where do you draw the line and where does this all end up? As Mr. Icke puts it, "it's the totalitarian tip-toe". Tyranny only stops on this planet when everyone wakes up and says no more!

Remember the love trilogy: Love yourself; love everyone else and love your body. There's no loss in love; there's only gain for everyone's soul.

If you don't believe in your rejuvenation you are doomed. I am rejuvenating and my writing is helping me. You can only ascend from here if you believe in that possibility ~ Gary Bate.