

The Path to Joy by Gary Bate

Although not strictly an emotion but the absence of all emotions, Joy is widely accepted as being the ultimate feeling. As such it must be ever-present in what we imagine to be enlightened beings.

Joy is what's left after you've dropped everything that makes you miserable. Let's make a list, which you can add to if you wish:

1. You're in a toxic relationship.
2. You don't have enough money for a decent standard of living.
3. You judge yourself instead of loving yourself.
4. You judge other people.
5. You fantasise about other people.
6. You try and control other people.
7. You're a liar.
8. You're on an emotional rollercoaster.
9. People don't behave how you'd like them to.
10. You try and lay your ideals onto others.
11. You use people for sexual gratification.
12. You're mean spirited.

Now I know you can add to this list, although you may not always hit the nail on its head! What makes you miserable if when you act contrary to the will & desire of your Spirit & Soul...

There's a golden nugget at the core of you but to get to it you have to remove the layers of scaly vertebrae...

Don't waste your time dreaming of a new existence because wherever you plan on going you've still got to take you with you! The smart focus is on purging yourself to become a 'better person'.

Forget about this World and the people in it. They have become mouthpieces for the elite. The propaganda has worked well here. Be smart and save yourself!

Self awareness is the key (We are here to know ourselves). You cannot really help other people because they have their own minds and you certainly cannot change this World and its collective mindset. There may be a handful of people waking up but the vast majority are now singing aloud the imposed ideal of the elite. This open prison is getting 'tighter' every day and the common people are turning the screws for their masters.

What really makes you miserable is when you take the side of human consciousness over the conscience of your Spirit & Soul. I've written the above list because I know you'll find yourself in it. That should be enough truth to make you take what I am writing here seriously.

If you purge yourself of this list, you will become 'super-aware' and thus you will be aware of anything else you need to polish in your life. Becoming a better person is a polishing process.

So you see there's nothing complicated about spiritual progress and evolution – it's all about making wise decisions. Indeed, you live or die by the decisions you make.

To those of you who think suicide is a good exit, please always remember that you can never escape the state of your own mind; so it's wise to start the Great Work here and now ~ Gary Bate.