

This is my truth so take it or leave it by Gary Bate

Whosoever doesn't change dies; whosoever doesn't evolve dies...

Let's take a person who has a particular behaviour and of course this applies to everyone. Other people can see the behaviour but the person isn't fully aware of it, even though it may have been pointed out to him or her. The person only has one destiny because of this behaviour and because of other attitudes and beliefs they have. They eventually die and are re-born.

Their behaviour is carried forward genetically as unfinished business and as they grow they start to exhibit the behaviour. However, in this lifetime they become fully aware of it and it's as though they can't stop doing it. They have had no real Spiritual training, so they just accept it as 'the way I am' and they die again and are re-born again...

Next time around their Spiritual curiosity not only causes them to become self-aware, but they also get to realise that they are to evolve self and this means they are to change behaviours (self-correct). Not only do they change this behaviour, but they change every unloving attitude they were either born with or they adopted from the people in their environment – thus they change their destiny...

What unloving aspects you don't change you carry forward – they stay as unresolved emotion until you resolve. *Your life is never about other people; your life is only about you and your evolution.*

Everyone has 'unfinished business'; everyone has encumbrances that they need to overcome. Very few have the level of self-awareness (super-conscious) that makes them acutely aware of their unfinished business and puts them on the path to self-correction.

Many like the image of being 'Spiritual' and they will tell you that they do yoga and meditation and this and that; because they want to give you a 'Spiritual image' as a memory of them. However, enlightenment is the absence of all images...

I can't help most people because most people don't think they need any help! They are unaware of real Spiritual training and they think their image of yoga or meditation or other disciplines, will suffice. They do not accept that they can evolve their consciousness and create their destiny by doing so. They only accept aging and death and think what happens beyond the grave cannot be known. They can be helped were it not for the fact that they are utterly closed off to any progress...

Going within and Spiritual progress is becoming the observer of your own mind and correcting it.

Why do gurus die like most people? Because they don't know how to change their destiny. Family is the propagation of ignorance. Gurus keep being reborn to the same family of gurus...

This is why I talk about family on my home page – it's fundamental to personal growth. You cannot even be self-aware if you are not on the same page as this <https://www.whatstress.com/>

We're all very good at spotting other people's flaws and shifting blame, but we don't like the finger pointing at us. Please don't look for the sty in my eye until you've plucked the log out of your own.

My challenge is always the same – self-correction via falling on my own sword many many times...

Most people are addicted to other people. They run around like blue-arse flies trying to keep their place in other people's lives. It's a common disease in this World and it only has one destiny and we all know what that is ~ Gary Bate.