

Understand your predicament by Gary Bate

To understand our predicament, we have to go all the way back to before we incarnated here. We came from something that we are and we landed in something that we're not (our bodies).

You send someone a picture of yourself, but it's not really a picture of you; it's a picture of your body. It's the same with all those baby photographs! It's body consciousness – wrongly identifying with your body.

We've all done this and we all still do it. Is anything here really the truth?

Our whole society is based upon social (body) consciousness and it's fake identities interacting with fake identities. The bigger a person's image; the more of a fake legacy they leave behind.

So you see – living the truth (living your truth) takes on a whole new dimension.

Even your body thinks it's you, because you've taught it that it is. It has developed its own mind, which it happily feeds to you to keep the illusion going. Body mind consciousness with its own feedback loop to your brain. This is a fact.

The body is not the truth; it's just a needy, addictive, outer garment. It's addicted to emotions, food, sex, adrenaline, entertainment, arguments, gossip, comfortable narratives, images ecetera.

There's nothing to stop you from thinking you're advanced or enlightened or some kind of wise mystic; but unless you're working on unhooking yourself from your body, I am going to suggest that you know nothing that is useful to you.

What keeps us chained to the yoke is the hits on our bodies that we're addicted to.

Body consciousness only has one destiny – death.

The really savvy ones are the ones who unhooked from here and left – they're not interested in images and legacies.

There's nothing unfair about this journey because we all have the same challenge and that is to get to the centre of the labyrinth of our minds.

I am doing what I can to remind you.

So follow the narratives of Davos-owned politicians if you like. That is the blind leading the blind...

I'm clearly just the village idiot and if you believe that you'll believe anything :)

Wake up! Your challenge is staring you in the face. It doesn't need special diets or snake oil or pills or vaccines or exercise regimes or anything cosmetic; it needs you to take control of it.

Every thought counts...

We are all swimming in consciousness (thought) and what we dwell upon shapes our lives...

~ Gary Bate

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