

“We” by Gary Bate

I want to give you something deep yet very simple. You may want to keep this for future reference.

We all have FORM – a permanent form and a detachable form...

Our permanent form is our Spirit and our detachable forms are the bodies we sport in each lifetime.

We always address our permanent form in what we say and how we think and our detachable form simply listens and complies.

It's a fact that we tell ourselves a lot of lies. For instance, our permanent form never gets sick – so any health-related statement other than 'I am radiantly healthy' is a lie!

The truth is making the shift from thinking of yourself as a body to realising you are not your body.

Evolution is progressively ever-deepening personal realisation. It doesn't get any deeper and any more simple than this. Greatness now beseeches you...

Superconsciousness is nothing more than always being conscious of what I've just written. Like me, you will slide off this truth and your body will be affected as a result of you slipping away...

Your detachable form is constantly being affected by how you think and in particular the conclusions of your thought processes (what you say). Consciousness is everything...

A masterful being only ever addresses (with the truth) what's permanent in him or her. Becoming that masterful being is calling out (naming) the lies as your past-embedded mind gives them to you, and concluding with the loftiest of truth that applies to your permanent nature.

So, if your body is currently sick, it is actually true to say 'I am radiantly healthy'. This shift is a massive one and this is radical truth that you will never here from anyone else.

If you succeed at 'living your (this) truth', your detachable form will stay attached to your Spirit.

Your body is like a BMW K1300GT and you are the rider of it :). Your Soul is like a tank bag that only stays with your biological machine for as long as it works... Your Spirit is like the wind through your hair (helmet!).

Evolution is the upward journey (moving up your kundalini energy) through your seven chakras. Very few get to the 5th chakra (at the thyroid gland) and only the most pure mind (this is why I wrote the book – Pure Mind) can go beyond that.

You are 'advanced' if you get to the 5th chakra, but be aware – everyone who gets there, gets stuck there! Why is this? The consciousness at the 5th chakra is 'living and speaking your personal truth without duality'. What happens when your truth is the same as mine – that you are not your body; yet you still live as if you are your body? I'll tell you what happens – you get sick and your destiny doesn't look rosey unless you come back into line with 'living and speaking your personal truth'...

I am currently moving back into alignment...

You cannot know this truth and live like other people, for if you do, you will fracture at the 5th and manifest some kind of effect in your body. Other people can live out their mind-controlled lives

without fracturing at the 5th, because they're not there – they languor below their waistlines. If you don't understand this (and you want to) then you'll need to read all 5 of my short books...

I could say a lot more here but I'd only be repeating myself. We are all challenged by the knowledge I have given you here.

Your World Biking Tour is to bring your detachable vehicle (your body) into complete alignment with the Wind (your Spirit). **You do that through your own mind**. Looking outside of yourself at other people and or the dire state of our World, is nothing more than distraction away from the real reason we are all here. The answer is never outside of us...

I am (you are) consciousness (energy) and my (your) Spirit was the first manifestation. So if we're looking for the correct, permanent identity; Spirit is it!!

Due to our collective, relative, unconsciousness; we have incorrectly identified with our bodies. We all need to reunite with the truth. The aforementioned 'massive shift' is to always be conscious of what our permanent identity is and moreover, to live in accordance with our true identity.

I am Spirit; I am not my Body. I am Healed for I now know the Truth - that I have always been Radiantly Healthy. My body has certainly suffered over the years, but that has been because I acted as if I was it. I forgive myself for my long sleep (my seemingly never-ending unconsciousness).

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