

Walk away from the past into the future by Gary Bate

It takes intentional daily focus to get out of your past and stop your past from tainting your future; but there is immense benefit for doing exactly that. Our energy goes where our focus goes...

If our days are basically the same and we're living each day from the attitude(s) we wake up with; then we're not making any conscious, interpretive change to improve our days and essentially we're living from the same attitudes of yesterday. This 'unconscious' way of living is us effectively projecting the past into the future.

It's all past driven because our monkey brains have been built upon our past lives. We may do different things every day, but we don't ordinarily set the scenes in advance for those things. Therein is the difference between being a conscious creator or an unconscious one.

Please let me give you an example. I can't remember the last time one of my 'tasty' pooches was in a dog fight and I'm very happy about that. I can remember when that was a regular occurrence. What changed? When I walk them, I always say the same thing (I voice it), "I (we) only have beautiful experiences". So what's the lesson for me? To roll that out into all of my life, because life is nothing more than a succession of experiences.

When we build a life by intentionally downloading a future from what we've consciously created, then we move beyond the repetitive life/death scenario that unconscious creators unwittingly create. When contemplating that one, do add to it the fact that Christ consciousness means **no past**...

The bigger lesson for me, of course, is to create my days by daily voicing a list, which is given to the quantum field by me saying it.

We all literally walk into our minds, whether we are conscious of that fact or not. If it's not on our daily lists, it shouldn't be in our lives and if it's in our life, we want to know why we put it there?!

For instance, if you get emotional in your attempt to be in control then who created that and where did that come from? You created it and it came from your past.

We all have enough energy to create miracles, but the energy needs to be 'free energy' and it's not free when it's stuck in the past – on other people, places, things, times and events.

Mother hen likes to assume responsibility for other people's lives (especially her family) and that keeps her emotional body busy. What is that? Subtle tyranny – mother hen trying to be in control. What's the bigger issue with that? Mother hen can't create the miracle because her energy is stuck in the past (on everyone she's trying to control). I'm just using this as another example...

Our energy is stuck when we're not living from love and aspects of control are the opposite of love.

Releasing ourselves from the re-incarnation trap is freeing up our energy, so our days play out in accordance with our own designed and spoken lists. Is that a miracle? Well, to start with it will just feel like my earlier example, but what happens when our level of acceptance grows and our daily lists start to include more extraordinary truths, like: "I am frequency specific to magic and genius"?

It is for you to build your own list because it's your destiny. However, if you message me, I am happy to send you my list to give you a few ideas ~ Gary Bate.

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