

I opened this page (my home page) talking about addiction, so it's a good place to finish...

Have you ever heard about the old man who's still giving his wife one? Or maybe in today's age, the old man who's still giving his husband one?

No? Maybe you have read the BBC news reporting on wives of rich old men still having babies?

Do we ever voluntarily give it up? We do if we want to get out of here alive.

The addiction to orgasm pales in magnitude to the addictions of emotions and control. The latter 2 interplay constantly in our lives on an unconscious level in most people.

With what I've just said, you should now appreciate the massive task that self-mastery and the result of self-mastery - ascension is.

It's all happening within you and so that's the only place you can fix it.

This is more help to you than the events you go to. They are just part of your addiction. No disciplines or meditations are going to give you this. I am the only one talking about it...

When you realise that your motivation in life is to feed what you're addicted to internally (hormones are chemicals), then it gives you a whole new perspective. Your motivation is the voices/images your body gives you through your mind (bodymind).

Is there anyone more advanced than you? No, we're ALL addicted, otherwise we wouldn't be here.

The problem in this image-conscious world, is there's too much distraction away from this truth. The answer isn't adding more layers of image, but breaking the image down to reveal this simple truth.

Enlightenment and ascension is all about giving up, retiring and letting go. One has to have the wisdom to do that and that's the reason for my books...

You don't have to go anywhere or do anything in particular to become wise and self-master. You're carrying it all around with you. Mastery is like peeling an onion; not worshipping one.

Look beyond the people and see what you're addicted to. For instance, you could think that it's this particular man or woman; then you see that it's the 'power' you see in them – the power they have over others. All are simply mirrors to you – mirrors to what you are addicted to.

A lot of emotion revolves around 'family', but that's because people haven't understood family on the deeper genetic level. As I've said before, you are everyone in your family and you will probably be their offspring in your next life, if you don't take my advice.

You can't live other people's lives for them and if you could, are you sure you'd do a better job? Believe me, you should be focussed on yourself because your destiny is at stake here.

Everyone of us (including me) is addicted and it's everyone's responsibility to peel back their onion.

We got to get out of this place if it's the last we ever do ~ Gary Bate.

<https://www.youtube.com/watch?v=Q3mgapAcVdU>

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