

To get well and return your body to homeostasis, you have to change yourself. You have to uproot your past and start to live a new life from your new attitudes. Only you can do this and that's why nobody can save you from your self-made destiny.

Your body is addictive and overcoming this is the quintessential mastery to a much greater destiny. This may be my conclusion but it's ancient wisdom, which is depicted by Shiva sitting on the tiger.

Your addictions bring you feelings, which you naturally want to keep repeating (because you're addicted to them). The method of mastery is described in my article "Stay on the Fence" on my website: <https://www.whatstress.com/>

Remember, the feeling is the milk of the emotion, so there's no way that you can feel it without being embroiled in the emotion of it – the 2 are the same thing.

Emotional intelligence is both a joke and a piss-take by the elite (Google). What we're after is the non-emotional building blocks known as wisdom.

Trust me, I'm taking you 'right in there' and by doing so, giving you life-enhancing choices. I may only have a handful of followers, but these are people who are beyond the destiny of the dying guru.

Stay on the fence and observe. Get used to feeling nothing. Boredom is natural when you become wise and before the new experiences kick in.

The idea you can go somewhere and get enlightened, yet hold your life together at the same time; is you deluding yourself. Wisdom, indeed enlightenment, comes via you making a conscious effort to change yourself (to improve your attitude) and the subsequent retirement of all your addictions...

There are many popular teachers and gurus around and they're popular because what they teach isn't a threat to 'the Human way of things'. The teacher can only teach what the teacher knows!

But ascension is the result of enlightenment (wisdom) and that is essentially total mastery over one's body, which means going counter to 'the Human' way of things'.

I'll say it again – “we are here to experience Human behaviour then retire it for higher experiences”.

So why would I pay to go and see a guru or a teacher (same entity), when I know that all I need to do is live my truth, which is Stay on the Fence? You don't need to go anywhere – you just need to know what the truth is, then live it!

So what is the destiny of everyone who doesn't retire 'Human'? Death and reincarnation. What is my destiny? It depends on whether I remain on the fence. What is your destiny? You choose...

You can observe your thinking and that means you are not it. Your body-mind will always try to push you off the fence into emotional feelings, which is your past because you've been there many times before. Training your mind is essentially returning the serve of your body-mind. Please get the totality of YOU back under control. Your body and its emotions have had it too good for too long! It's time to reign the PAST in.

Now this is a small read that hasn't cost you a penny and there's another couple of dozen of my short reads on my website, which you can read for free at your leisure. I am living proof that the highest knowledge is not esoteric, but is available to the masses at zero financial cost. I am happy and joyous to be of service to you and to all of my readers ~ Gary Bate of whatstress dot com