

Your Mind by Gary Bate

Mental health is improved when you accept what you are and you stop judging yourself against the images of society. You are really none of the images you portray yourself to be or try to live up to.

If consciousness is everything and it is then it must be like we're swimming in it and we are.

Your brain is a multi-dimensional, biological computer, which receives consciousness at the level you are open to and analyses it (to the degree it can) and the result is your mind. Your mind then is the result of the action of consciousness upon your brain.

Now here's the interesting thing – you are neither your brain (your body) or your mind. You are the observer of your mind and that which animates your body. So for you to tell your mind to shut up and tell it “I am not you”, is absolutely correct!

What's even more interesting (to me) is the fact that you have a vehicle (your body) and a driver (your mind) and you aren't actively controlling your driver! Instead, your driver is controlling you!!

You're searching on the internet for a property and you filter the search results. You contact the agents and you tell them what you want. This is exactly what we all need to do with our minds...

We need to filter (purge) our minds of all fantasies and all the BS we have previously thought. We need to enrich ourselves with lofty affirmations, which will draw to us what we want.

Our lives and the conditions in our bodies are shaped by our minds, so therein we must do our work – the great work. What we are is important but what we get to experience is even more important.

There's a sharp contrast between being a conscious creator and the victim of circumstances. Ideally, we never want to be the latter and we can only achieve that by becoming the former.

This is my daily mantra <https://www.whatstress.com/DAILY%20MANTRA%20by%20Gary%20Bate.pdf>

Of course it is for you to design your own and if it's lofty enough you'll hear your limitations speak out against it (the child silences the senate). When the voices subside and you've got no objections coming from your subconscious, you're full conscious ahead to being the driver in your life...

We are that which (an energy) observes our mind and our minds in turn create our lives and control our bodies. It was only when I understood this, did I cure myself of gout.

There are 3 stages then to our personal development. We're all born into stage 1 where we associate ourselves with our bodies and minds. Stage 2 is awareness and when we step back and observe ourselves as bodies and minds. Stage 3 is when we realise we are that which has stepped back and we start to observe ourselves being the observers that we are.

In the latter stage there is no room for any kind of image as you realise you are both none of it and all of it. Emotions leave because they are associated with body consciousness. Insecurity flounders as true self-identity is firmed up. Confidence becomes centred in self because one has stopped the mirror comparisons. I am what I am and I am happy with that ~ Gary Bate.

P.s. When God spawned children (clones) we were ALL born. There are no superior races or clans..
<https://www.whatstress.com/>