

## **A play in time by Gary Bate**

This idea, which is fact according to quantum physics – that all times exist NOW; is a real mind-bender: because it means the past is in flux and can be changed! This gives some credence to the stories of time-travellers coming back to change the 'timeline future' by adding or subtracting certain artifacts.

Let's be honest – we keep the past alive in us by how we think now and that's consistent with quantum mechanics; yet the defining quality of the 'highest mind' is NO PAST. So to reach that we must pull our minds out of our emotional hang-ups (they are all past-based).

You've only got to listen to people talk to see where their minds are at – they're always telling stories about their pasts! Greatness is as simple as dropping all of that, because when you do so you're in the powerful, creative, present moment. What do you want to create?

Could it be that what we consider to be real is just a 'play in time' and potentially changeable? How much of our history has been deliberately tampered with to alter our minds and control us?

There's one truth that never changes and that's YOU because you are not of a transient nature; you are the 'real deal' - a timeless, time-traveller experiencing what is usually a transient nature.

Get your head straight. You are permanent, timeless and potentially limitless, if only you can get your mind out of your emotional past. I was once told that we should always be in the middle of an experience or on the other side of it, intentionally creating a new one. Create, create and create.

I write because I don't think people realise how close they are to the ultimate consciousness. We lose power when our minds are held in the past and we gain power when we're 'present'. We should never be afraid to 'voice our truth' because if we upset others by doing so, that's their weakness. We just need to always watch our attitude towards others (and towards self) because that has the biggest effect on the quality of our lives ~ Gary Bate.

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