

All is not what it seems to be...

We're all in a vat of consciousness and we are all supposed to rise to the top.

You can advance your progress but you can't do it for anyone else.

You have been conditioned to think that you are your body (a Human being). This is not true.

Only you can make you happy by knowing and living your truth.

Your level of consciousness will either cause your demise or resurrect you.

Is great health just a succession of subtle changes in your mind? Yes.

You are either in control of your body or its in control of you.

Family is the mindset that takes you from cradle to grave.

I will not go to the gym because I am not my body.

My exercise is to refine my mind.

Knowing yourself is a very deep endeavour.

There's a reason you have what you've got – it's part of knowing yourself.

Living your life for other people is a poor state of mind.

The answers you seek are within you.

You can run a 'programme' for 50 years (or more) of your life and not be aware of it. Your mind is not distinguishable from the programme – you are it. You wear it well and at times you disguise it well. Your body is chemically addicted to your programme – it responds to it. They feed each other.

You go off on tangents because you are not ready to face yourself.

It's all in your face – absolutely everything you need to own for your soul is in your life.

Death is an illusion – it's just a way of recycling lost souls.

It requires self-love to let go of people whose destiny is not great. You can't help them. You can only help yourself by loving yourself enough to let go.

Another person is never enough. A place is never enough. A thing is never enough. Refining you in the direction of your true Spiritual self is your path to joy.

Most people think power is seated in control over others, but this is not authentic power. It doesn't matter how subtle the control is, it's still attempts at manipulation. Real power comes when you face yourself and you refine your own mind. Evolution is these simple changes of your mind.

Work only at becoming your true self – that which you don't see in the mirror ~ Gary Bate.

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