

Could it really be that simple? By Gary Bate.

In order to give up control you have to firstly become aware of all aspects of it at work in your life, then of course give those aspects up. Why would you want to do that? Because you move into the realm of unconditional love when you do.

If you want to be happy and joyful you have to walk away from your past. Christ consciousness means nothing more than no past. So in theory anyone can do it.

People are riveted to their pasts. Why is that? Emotions, Family and Addictions. These are all about trying to be in control. No control means no past.

If we want to experience the ultimate consciousness, we have to stop trying to control other people.

~ Gary Bate.

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