

Dealing with the Backstory by Gary Bate

You've gained some wisdom in this life – that's an accumulation in your Soul.

It doesn't matter how many lifetimes you've had, because you're a 'walking forward' wisdom hunter and right now you're the greatest you've ever been.

So where now? You're always on the cusp of knowledge. Your next realisations are on the way...

You're born with the conditioning – it's called your family genetics. You're conditioned even more from day one by all those influences around you. Your journey is to unwind all of that.

Your family raised you (or not) and your awareness taught you that they were just showing you their conditioning. The stories of 'masters' leaving their families was them breaking with all of that conditioning. They may not have moved physically but they definitely moved in their minds...

All of your mistakes were purposeful. You wouldn't know what you now know if you hadn't of made them.

You've never failed because you're still alive. You never can fail because you always live on...

You can never compare yourself with someone else because you never know what wisdom they've got. You can only stay open for your own wisdom.

Look for your reflection in the perfect mirror; not in the mirrors of this World.

Guilt is a self-serving emotion and it's irrational because you are the greatest you're ever been right now and you couldn't be who you are today without having done what you did!

Emotions are the fragments of wisdom. We are here to unmask them.

My children don't talk to me – I respect their choice. My mother doesn't talk to me – I respect her choice. I respect the choice of everyone who doesn't want to talk to me. I am not less because of it.

I have cancelled all destinies that lead to the conclusion of my life – why? Because I don't want to limit the length of time I can gain knowledge (and subsequently wisdom) whilst in this (my) body.

I've said it before and it's worth repeating – we've all been lied to big time and we're going to have to find a way to forgive that fact. The truth opens your heart.

You wouldn't be who you are today if your life hadn't been EXACTLY how it's been. It's wisdom that cancels karma. It's wisdom that breaks the genetic spell.

Other people will happily try to involve you in their emotions – just ignore them.

Social (family) consciousness is the sheep syndrome. If you never move out of it, you're just setting yourself up to go back to the recycling factory. Best of luck with that. A greater destiny awaits you.

People don't read my stuff – my stats show me that – so just say if you don't want to receive... Gary.

<https://whatstress.com/>