

## Do or Be? By Gary Bate

Do we want to be ordinary or do we want to be extraordinary? Do we want to be normal or do we want to be paranormal? Do we 'accept our lot' or do we strive for greatness?

We all have free will because we all can think whatsoever we like. We can be open to new knowledge and change or we can be closed to it, thinking there are things we can't know.

We can evolve or we can stagnate. We can extend our lives with an open mind and vice versa.

People are drawn to what they're ready to hear. That's why my readership is very low.

We ask each other "what do you do", as if that is a person's most valuable contribution – what they do. In my opinion, we are way off the mark.

We are galactic travellers who have got stuck in a low ebb of consciousness – this decrepit World. I don't think it gets any more diabolical than this.

So if we have really hit rock bottom, it stands to reason that we're all here to climb up - to evolve, which means to refine ourselves by executing subtle changes in our personalities.

There is only one place where this is all evidenced – your physical body. If your health is improving you're evolving and if your health is worsening you're stagnating. Personal change is evolution.

We create our personal realities and the conditions in our bodies by how we think, whether we do that consciously or not. So the trick to 'being' greater, is to *consciously* create better health.

If you're reading this, you now have the choice to do this or not. I'm just the messenger.

To improve any aspect of your body, something has to 'move' in you. In other words, you have to consciously move *energy* with the sincerity of your carefully chosen words.

Your speech becomes powerful, because you are using it to lay down the laws that govern your life.

Firstly you must make the connection with the unseen element of you – your Spirit, which surrounds you. Become aware of it – accept it – start to communicate with it; it's always there...

God is trying to reach you via your Spirit and that's impossible if you're not connecting with it.

In doing the above, you're opening up a direct line to the divine spark that exists in all life. Your lazy thinking won't cut it – you have to be sincere - sincere connection – sincere communications.

“Beloved Father, from the Lord God of my Being (from my Soul & Spirit), I declare that I now execute my thoughts from the higher realm of unconditional love. My Light body is now redundant to me. My physical body will now take its dictates from my perfect Blue body in the UV realm. I have always been Radiantly Healthy – so be that.”

Because you have accepted linear time (aging by the clock), your physical body is your weakness and this is what needs resurrecting by your mind ~ Gary.

<https://whatstress.com/>