Earth is a feeding ground and we are the food and that's all we need to know by Gary Bate

It's not about how you identify yourself because you only limit yourself by doing that. You are so much more than a man or a woman or your chosen preferences. Taking any identitiy is a mistake because it limits you..

There are entities who know that if they plant thoughts and images in you, they can get you to react emotionally and instill fear in you. So this is what they do, as they feed upon everyone's emotional energy. You wake up feeling like you've been beaten up and they continue to feed on you as their appetites are insatiable.

The never-ending emotional, energetic drain, is what ages you and guarantees your eventual death, as you have a finite amount of energy in your body.

Your mind will give you all kinds of nonsense, because the feeders are planting for the next harvest. It happens all day long and all night long through your dreams..

They kill you slowly then (when you do die from whatever cause) they feast upon your memories, which they strip from you in the Light. To them, you exist to sustain them and that's exactly what happens here.

You live emotional lives (for fodder) and you make memories (for more fodder). Get over it.

What about sexual energy? Are there feeding frenzies going on? Or are you going to try to convince me that you always come from a place of love?

Is there a way off this treadmill? Yes, once you've accepted that this is how it is; you start to see their nonsense (observe planted thoughts & images) and you cease to react to them. It takes time..

The highest expression in this life is what we have had fleeting moments of but never anything lasting – it's Joy. Why is that? The love and joy (the state of being and the feeling) parents feel for their newborns is a reminder to them of what they are.

I've come to the conclusion that lasting joy is the result of self-mastery and it's the very reason to embark upon this journey. It doesn't matter where you go, what you do or who you see; because nothing outside of you will bring you lasting joy.

I'm not going to beat around the bush here. To achieve self-mastery (move beyond the feeders) and experience lasting joy, you have to master your body (via your mind) by stopping it from firing emotionally and sexually. If you never do that, you never experience lasting joy; it's that simple.

The weight you carry is the emotions you hold onto and if you're sleeping with an idiot then what does that make you? Do yourself a favour and turn 'within'; as it's the only place you'll find joy.

Just look at the news – it's all about the external World and people have become lost in that – they play out their illusions and fail to understand that all that matters is whether they generate emotions or not. If they do, they remain captive. If they don't, they are wise and free. So how should we all be living (in my opinion of course)? In pursuit of wisdom (emotional mastery) ~ Gary Bate.

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