

Heart by Gary Bate

H is for Heart and for 2 of my friends..

As you grow you will become less emotional but not devoid of emotion. And of course there's the highest emotion of all, which is not really an emotion but what we are absent of emotions – Joy.

As emotions are the milk from the body; joy is the milk from the heart - joy is the milk from love.

Your Heart works best when it's in balance. To achieve that you must balance your love – you must love yourself as much as you love other people and you must love other people as much as you love yourself – no exceptions.

Identify where you withhold love and correct it. If you can't correct it straight away, then ask for the understanding (the wisdom) to come.

Many people die because of an attitude. A good example is believing in a fake enemy and joining in an elite-orchestrated fight (war) – what kind of attitude is that? That is the exploitation of weakness.

Is any attitude worth dying for?

People need to wake up to what's really going on on this planet. Weather warfare is literally raining down on us and baking us to death and the bought and paid for climate scientists just keep repeating their Climate Change mantra. Not one of them has owned up to the experimental geo-engineering that's been going on for 80 years! To me, the elite are clearly involved in global depopulation..

But let's not look up! Let's look to the East and the fake enemies there. We conveniently forget about Nuland and McCain going in in 2014 to deliberately create the ***coup d'état***. The World is a grand stage and the lines keep repeating until everyone believes them (Putin's illegal war lol).

Look, there's nothing to be ashamed of. We've all been lied to. We've all been indoctrinated. We've all been subjected to their advanced mind control techniques. Mind control is their secret weapon. Weather warfare is not so secret any more – people just need to look up and stop believing their condensation lies..

Please wake up https://rumble.com/v5kcj59-the-dimming.html?e9s=src_v1_ucp_f

You're probably thinking – what has this got to do with the Heart? Everything, because you never know love if you never know the truth. Love is born from truth ~ Gary Bate.

P.s. I know I've left the stable with this one, but somebody has to say it.

<https://whatstress.com/>