

I am not of this World by Gary Bate.

The Palestinians are getting slaughtered by their occupier and it's been going on for a very long time. When you get a British politician who says that protesting this genocide is unBritish, then you know who is really at the helm of the British establishment – the same family who created the Balfour Declaration in 1917. The Rothschilds along with a few other families control this World.

It's not rocket science. Starmer, Trump and Macron et al play their parts well and even make out that they oppose each other at times, but they never do because they all have the same employer.

So what are we going to do about it? Nothing, because there's nothing we can do.

Now here's the difficult thing – we're not here to live for this World or even to try and change it; we're here to own it (to know ourselves) and gradually emotionally detach from the whole drama.

Ascension is the detachment from this level of consciousness, which is detachment from all aspects of control. This World and its hierarchy are all about control.

I am only sending this out to a handful of people who are my friends, but if your reading it then you have my permission to circulate it...

What keeps us here and causes our death, is our emotional attachment to people, places and things.

I am not anti this World or anti any family or indeed anti anyone; I am just expressing my truth. Remember – the great master was offered the World and he said keep it! (or words to that effect).

Our job is to educate our children; not to be beguiled by their emotions. They are the same as us!

The journey for us all is a gradual accrual of self-love. It takes self-love to live your truth. It takes self-love to fight for your preservation. It takes self-love to rise in courage to not be defeated.

So love yourself a little bit more every day.

Your mind will cause the demise of your body if you let it. When your mind is not your asset but is your liability then the retort is always – but now I love myself more...

So in your mind are bits of truth, lots of lies, what is real and what is unreal. How you deal with it makes you your own best friend or your own worst enemy. When you get the lies use the retort. When you get the unreal (the fantasies) use the retort – but I now love myself more...

Everyone eventually rises to the top of the vat, but for some that might take many more lifetimes. Each do it in their own time, but as you're reading this, maybe this lifetime is your time?

It is our emotions that separate us from joy. We become addicted to feelings (like guilt) but these addictive feelings are not joy. Apparently, the experience of joy is when we are absent of emotions.

If you like my writing, there's access to more short articles on my website. If I post any more pieces I'll put them on there ~ Gary.

<https://whatstress.com/>