## It's all in your hands by Gary Bate

I was once told that a so-called master says very little and essentially walks in silence. They may say stuff (to themselves) like "I am complete" and or "I am absolute".

In general there's just too much noise and emotional dribble. We tend to major in minors. We think certain things and people are important and highly relevant, but in truth they are totally irrelevant.

What's relevant is you and your personal growth. To even understand the opening statement is a massive step towards your evolution.

Can I simply give without any expectations of anything in return? That is the only thing that God does! God is a giver without any conditions. Christ consciousness is to emulate God. So yes of course I can do it and it is already on my finger (I have always been a giver).

Truth then is not some historical work of fiction contrived by the perverse minds of men. Truth is whatsoever you can accept within your being because you are the truth-teller unto your reality.

In the spiral of time, the manifestation of your accepted truth always follows at the speed of your focus upon it. Remember, reality shapes around your most common thinking.

They say that you are nothing without your health and there's enough truth in that for the inclusion of "I have always been radiantly healthy" in your personal creation ideals.

My friend reminded me of the joy in the harmony of life. I have thus made a start on my second hand - "I have always been harmonious with life".

Being calm and patient have become important qualities in my ideal life. "I have always been calm and patient at all times..."

There is nothing glamorous or dignified about ageing. "I have always been ageless".

You have my permission to adopt any of these...

You have always been whatsoever you accept as your truth because all times exist now. The manifestation of your new truths are on your timeline – they haven't manifested yet because the predominance of your thinking and focus is still past-based.

So then you won't find any so-called master engaging in any social/emotional conversations (noise). They are working on their fingers to neurologically hardwire their chosen ideals. What can possibly be more important? O the excitement of not knowing the manifestation details...

Can your life really become a handful (or two) of consciously accepted affirmations that you continually conclude your thought processes with? Could this be your escape from victim thinking into purposefully creating your own reality, regardless of the noise that's happening all around you?

Everyone is entitled (by who they are) to their opinions; but how valid are those people (opinions) who (that) only support one destiny? Do you go down with the old or do you birth new potentials?

~ Gary Bate.

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