

Take it or leave it by Gary Bate

They work you. They distract you. They keep pushing you into your emotional body – why?

The very thing that you think you are is the very thing that you are addicted to.

What runs through your blood? Heroin? How about Hormones...

Emotional addiction is the biggest addiction there is.

You are the voice of your body because that is what you think you are and what you identify with.

Enlightenment doesn't come from meditation or going to retreats; it comes from accepting that you are not your body and living true to that – thus gradually overcoming your addiction to it.

To regenerate you have to stop what is degenerating you.

Is it better to starve an addiction or to wean yourself off it? I've concluded that cold turkey is the only answer. If you think you can live a 'normal' life as a man or a woman and become enlightened, you're kidding yourself.

Everytime you get emotional and everytime you have an orgasm; you're slowly killing your body.

The reason we don't see higher dimensions (never mind ascend to them) is because we live for an identity that we're not. Reality plays off our lowest point of energy and that is firmly rooted here...

The savvy few who do ascend are the the ones who leave this game. They cannot be attached to anyone who is in the game because that draws them into the game. Ascension is detachment.

There's a reason why you cannot detach from someone (or many) in your life and you just haven't understood it yet. That's enlightenment.

The game is a game of missing pieces and that's why everyone here gets emotional. When you've found the pieces you won't hesitate to leave the game.

Emotional attachments to other people (especially family) are simply that they are the mirrors to the pieces you are missing.

Now I'm never going to be popular and why would I want to be (amongst gamers)? I don't charge people for guided meditation glasses or fleece them by running expensive flowery retreats. I just tell people exactly how it is – take it or leave it...

We're all in a pickle because we're all heavily conditioned to think we are that which we look at in the mirror. Our minds are programmed to serve our bodies.

But we are not the programmes; we are the observer of them. We are not our bodies; we are that which animates them. We are not really men or women; those are our chosen bags of hormones...

I cannot give you any more than what is on my website because I've said it all. Yes you might find some missing pieces in my books but as always that's your choice ~ Gary Bate.

www.whatstress.com