

## **The Law of Attraction by Gary Bate**

Much has been said about it, books have been written about it; but I'm not sure that most people fully understand its implications on their lives.

We can all somewhat accept that our lives are shaped by our thinking, because we can back-track to decisions we've made and how our lives have changed as a result of those decisions. But what are the effects of our beliefs, our attitudes, our emotions, our addictions and our fears?

Do we attract that which we fear? Do we really want the answer to that?

Is your point of 'attraction' the psychological stress you are under?

So our lives are shaped not just by our conscious thinking but also by subconscious under-currents that form the totality of our psyche.

Some men are not happy being men and some women are not happy being women. Some men fear losing their masculinity and some women fear losing their femininity. Identity is a problem because we associate ourselves with our bodies (our vehicles).

Some people really struggle with their gender and that's understandable when you consider that at a deeper Spiritual level we are neither gender and both. Get your head around that one :)

We are Spirit with a polarity and we occupy a body with a polarity. There's always confusion when you get a female Spirit occupying a male body or a male Spirit occupying a female body and this has nothing to do with sexual preference.

We are to understand our own journey – that's all.

Today's man now suffers a psychological stress that wasn't present a few decades ago, because today's woman is far more powerful than yesterday's woman.

The nature of your Soul is that it doesn't care how you learn and become wise – just that you do it. If you're stubborn and you're not taking its bait, it won't hesitate to bring you to your knees or even take you out completely in order to get you to change. It has a job and it's non-emotional about it...

Now I've transgressed here but I trust my intuition ~ Gary Bate.

<https://whatstress.com/>