

The Lone Walk is a Choice by Gary Bate

Your life is not really about other people. It is only ever about you.

We give our kids the best start in life that we can and that's it – job done.

We share our lives with people who offer us a 'mirror of commonality'.

It's natural to drift apart when the mirror breaks and that's relevant to family too.

There is a freedom, a real freedom, that beckons us. It is the freedom to travel unrestricted, for there is no authentic authority that can restrict us. I'm not just talking about travel in this World but travel in any/all dimensions (energy frequencies). All of us have that possibility open to us – we just have to choose to go there.

Time-travel is as natural as our biology, because everything is energetic frequency, even the cells in our bodies. So what shifts our energetic frequencies? Our very own level of consciousness of course.

Our frequency rises as we let go, just like throwing the sandbags out of a balloon basket. So what weighs and anchors us down? Just a handful of emotional addictions – to people, places, things, times and events.

What we do is just for the experience of it – it is not for us to 'hang on' to past experiences...

If you ask me how I am, I will ask you how much time you've got?! Are we ever genuine when we ask this question or is it just conditioned speech or are we using it for some ulterior motive?

What can you say that's genuine? Not a lot. That's why so-called masters don't say much. Verbal diarrhea is a symptom of Human consciousness.

So what feeds our emotional addictions? Fantasy – that which is unreal yet swims around in our heads. We think we're missing out. We're not missing out; we're only missing fantasy.

Fantasy - the last mastery before you go through the eye of the needle to your freedom...

You think you really know someone else? You only know your fantasy about them.

We never truly live in the now because we're always in fantasy land.

The Lone Walk back to the Divine, is for everyone to do eventually. You can choose to do it in this life or you can die and be reborn to hopefully wake up enough to do it in your next life.

You can live for a lot of things and a lot of people, but this results in your certain death. So my message is simple - you're a god in a garment of limitation and you're here for the experience of it and to return to your true nature, which is Spirit. It is a fully-loaded Soul who time-travels...

Please don't fear cutting ties with past associates. Like is said, it's natural to do so when you evolve beyond them. Yes your 'friend' circle will become smaller but you'll become more secure. Please remember – it was never really about them; it was only ever about you.

You only have one valuable accomplice in this life and that's your own mind. Therein you should do your work. That's the real 'going within' ~ Gary Bate