

Coming out of a Great Depression

On our way to ..better.. of whatever it is we desire to experience, sometimes we can get thrown off track. Pollyanna got a broken leg, remember?

When we drill down to the nitty gritty – what do humans want? We desire to experience happiness. We want joy, fulfillment, to be appreciated and loved... and we want more of everything we view as good (the eye is not satisfied with seeing nor the ear with hearing). We are hard-wired, growth seeking beings.

On our way, don't be surprised if we find ourselves – at some point – in despair of life. Yes, really. I've been there more than twice – *and I KNOW STUFF!*

At the time of first writing this paragraph, I reside 14 miles from the Gulf of Mexico, on Riverfront property. It is a week and a half post Hurricane Ike (2008), and I have just completed a venture in which I have actively participated in the very real loss of over fifty thousand dollars. My sister's apartment flooded and we are in the process of attempting to salvage what we can and relocate her. I've also been clearing debris, fighting through a plague of mosquitoes – and, yes, I experienced a bit of very real depression yesterday.

While I understand that, this too, shall pass – at the moment- **in the moment** – it doesn't FEEL all that comforting. I understand that one CAN get down. **It doesn't mean you are doing anything wrong.** It happens... and I urge you to keep reading.

Face it – any day – at any time – we can choose to view what is going on around us as good or bad – we can 'look on the bright side' or we can – and this is EASY – find fault and things to complain about. We've covered that. So why – if we are making progress and thinking positively on purpose – WHY would we become discouraged or depressed? (We don't WANT that.. - ..Right?)

If you've heard of the concepts of Attractor and Morphogenic Fields, or if you've simply traveled to a place where there is lower-than-you're-used-to energy – you already know experientially that some places 'feel bad' and some feel good. You feel better in a clean, healthy environment than in one where you see trash on the ground and smell rotting vegetation. We understand that weather precipitates changes in climate, we know of the flow of ocean currents.

Well, friends, that stuff – that lower, slower energy – *moves* in time and space. And, like the occasional unexpected rain shower, we can experience lower psychic energy without physically traveling to it.

Yep. We don't have to physically move our bodies into a ghetto or depressed area to experience lower energy. It is especially easy to get 'down' when we experience a reversal of fortune – in whatever area of life it occurs. And (it seems this is the way of all flesh) we will experience reversals – whether mental, financial, relational, spiritual or physical. If we live long enough, we will experience reversals and “problems”...

When you're in the midst of it – when thoughts come like a flash flood into your mind and you REALLY feel your life sucks and you REALLY feel it would be good to get a “Do Over”... OR feel suicidal – (no, it doesn't mean you're crazy – it probably means you're awake) – The thing to do is remember the big three (last chapter). And also realize two more: 1) *We are not alone in the Universe* and 2) *Infinite Intelligence and Power is available to help us*.

Just as weather moves across the globe, 'attractor fields' seem to ebb and flow. You are thinking. We exist in an immense sea of thought. Other people are thinking as well as ourselves, many of whom do not understand that they can think positive outcomes on purpose and effect change. The mind that has never learned to practice thinking positive is more subject to the influence of mass consciousness. **Your mind** is not as vulnerable (the proof of that is you are reading these words). Yet we cannot create in another's reality.

Denying that negative thoughts exist doesn't work, simply because what is, is. One can 'not believe in' poisonous snakes, for example. And that works great – until you run into one. The condition or state of depression can go as readily as it came. In hindsight we can surmise that an experience triggered a thought or series of thoughts, which triggered an event or series of events. The 'big three' (see chapter one) are still true. We have the power to change our perspective(s).

Thought become things – so think better. According to your belief it is done. So consider that this bad feeling, however intense, is a blip on the radar screen of life. “It came to pass.” And Take Action. DO SOMETHING.

Again, getting in motion is useful on at least two fronts. Even if thoughts of sadness, guilt or whatever other negative nature come back into your awareness, when you keep on keeping on – you WILL get out of it. As the song goes, If you're going through hell, *keep on going*... You could get out before the devil even knows you're there.

I know – in the midst of this YUCKY, decidedly unpleasant state – that I personally will get 'better'. And that anyone else can as well. Consider.

1. We aren't going to die.

I understand this is a statement that is debated and you may not believe me, but whether you believe that death as we have known it is NOT as we have been taught, OR that “The last enemy to be destroyed is death”, You can believe that – *at some point* – death will be destroyed – or no longer extant, and we have eternity in which to 'do stuff'. So suicide (the logical end of depression) is seen as useless, because it will

solve nothing. If we choose to kill our body, we will then awaken in another setting, with all the same Karma or situations PLUS the guilt of that action (suicide) we then still (post death) have to balance out (crap!).

2. If we could die – We would be very foolish indeed to stay depressed.

If the “2nd death” concept professed by some religions is true, once it happens, we will have no cognizance of anything – we will cease to be. So – that can’t be as “bad” as feeling depressed (as you know depression doesn’t feel good!). Not being, while unthinkable, would seem a better experience than being in pain. And, that (2nd death) concept also has the memory of our existence erased from the consciousness of all others who had associations with us, so they won’t miss us or feel sad that we had to die (no downside for others).

- 3. If – on departure – we go to Purgatory, Limbo, or some other state of being,** we either live on forever in a less conscious state, which has to be, by definition, less fun – or we will have some future opportunity (via reincarnation, penance or whatever) to improve our lot. So why not use NOW (which is the only time there will ever be anyway) to get better? We aren’t going to die, and we aren’t going to be punished for eternity to make up for a few years (or lifetimes) of doing evil. Unless of course, GOD is vindictive, in which case (*if* that were true) we are being very foolish indeed for existing in that universe. No, my friend, Life – in whatever form – is GOOD. Conscious self-awareness is even better, and growing is better still and.. (You remember, don’t you?) We are growth-seeking beings!

Thoughts become things, things happen according to your belief, so take action.

Decide that you live in a friendly Universe – or alternately that GOD is Good, or if you like, that there is neither good nor bad, and everything that seems to exist is subjective. But realize and recognize – whether you are currently dreaming or “really” living this experience, the evidence supports the contention that Right Here, Right Now – **You are Conscious!** And you can USE that state of being (consciousness) and choose to think thoughts that uplift and enhance your life experience. And as you do, they WILL !

No matter what happened or how terrible the stuff that happened was – or seems to be ‘right now’ – in whatever the condition or circumstance you find yourself right now – Get Moving – Do what you can with what you have from where you are – EVEN IF ONLY IN YOUR THOUGHTS – toward getting and feeling better. Both I and the rest of the Universe are completely and totally committed to helping you. Take action. You can then be amazed at how swiftly the rest of the Universe comes rushing to your aid. We love you immeasurably.

And if it doesn’t appear to come rushing to your aid? - If the mere thought that you ARE, in fact immeasurably Loved doesn’t immediately FIX everything? If your unhappy state of mind persists? If this takes some time? Let me ask you this: Can you see everything in the Universe? (no) So how do you KNOW it is not rushing to your aid? The truth is (and when you come to realize this, it is VERY reassuring) that the Universe is, even

now, as you read these words, conspiring powerfully on your behalf. The 'Law of Gestation' exists. It may (and often certainly seems to) require *t i m e* for you to see the results. The truth is: Relief is rushing toward you like an unstoppable avalanche.

..as is the next chapter.