



# Keys to Dumping Depression

Mount Snowdon, Wales

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# Introduction

*Overcoming depression is not a quietism – it takes great commitment, courage, and concentration.*

Though there is so much to be depressed about in this world, which could be considered “the fall”, we also have the wherewithal and ability to create and be inspired to create ‘the rise’. Presently, there are places on the earth experiencing war, where depression may be harder to overcome. When things are so out of our control, it is difficult to source an empowerment in connection to what is in our control....but nothing is impossible.

If each and every one of us, no matter where we live, or what circumstances we are in, start to envision a future that is connected to our dreams and aspirations, immediately our immediate world will start to turn on its axis. Then, as our microcosmic little world starts this fabulous process, it starts to affect the macrocosmic larger world.

Though Shambhala is considered to be a place of peace, somewhere hidden in the Himalayas, it is also a place that resides within each one of us. It is connected to the intelligence of our hearts. The more we access this heart intelligence, the more peaceful and serene we start to feel. And the more peaceful and serene we feel, the more content we become, no matter what is transpiring outside of our world.

Dealing with depression and getting out of it is not easy, however, it is feasible, and more than that, it is possible. How do we connect to our highest spiritual self while living in the lowest state of matter? It is a worthy battle to fight for; but to fight for it, we need weapons of mindful thinking, the armor of emotional intelligence, and ammunition of spiritual consciousness.

The key to overcoming depression is to unlock the portal to our unlimited potential, our hidden empowerment, and our sacred hearts. And to every lock, we need the designated key for it to open, so we can venture through.

# Exercise 1

## Seven Keys to Our Emotions

Our thoughts create our emotions. Emotions, like thoughts, are imperative to how we live our lives and manage our problems. Depression is created by our feelings, such as unresolved resentments, hidden anger, unspoken hurt, believing we are helpless or powerless, or low self-esteem.

Negative emotions are natural to our feeling body, however, if not examined and studied, they can become triggers to depression. If we work to transmute these challenging emotions quickly, in a positive and constructive way, our empowerment begins, leaving our depression behind eating our dust.

### Demoting Depression through D - Emotions

**First Key - Determination** is the key to a healthy, productive life, knowing that though it may not be easy, it is surely worth it.

How determined are you to overcome any depression when it rears its head? If not, why? And how can you work on that?

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**Second Key - Devotion** is the key to a healthy, productive life because if you are not devoted to your well-being, no one else will be either.

How devoted are you to yourself and your well-being? If you are not, why? And how can you work on that?

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**Third Key - Discernment** is the key to a healthy, productive life because we become much more aware of what and who is good for us, and what and who is not.

How discerning are you when it comes to people and situations, knowing what and who to let into your space and what and who not to let into your space? If not, why? And how can you work on that?

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**Fourth Key - Directness** is the key to a healthy, productive life, knowing that manipulation, deception, and dishonesty are probably what started the depression in the first place.

How willing are you to be direct with your worries, vulnerabilities, needs, and wants? If you are not, why? And how can you work on that?

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**Fifth Key - Discipline** is the key to a healthy, productive life, knowing that carelessness and incorrect decisions are the seeds of prolonging or starting a depression.

How disciplined are you in relationship to all aspects of your life? If not, why? And how can you work on that?

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**Sixth Key - Driving**, being your driving force is the key to a healthy, productive life, knowing that if you do not take the wheel, someone else will.

Are you the driving force of your life, not focusing on what you cannot control, but focusing on what you can control? If not, why? And how can you work on that?

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**Seventh Key - Dreams** are the key to a healthy, productive life. As long as we keep dreaming of a better situation, a better relationship, a better future, and we incorporate the six D's into our life, it, or they will be realized.

Do you believe that the life you dream of can become a reality? If not, why? And how can you work on that to make sure your dreams get realized?

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## Exercise 2

# Seven Keys to Our Minds

Our thoughts are our first connection to what is positive or what is negative. The more negative thoughts we have, the more depressed we can become. The key to avoiding or getting out of depression is to train our thoughts. We need to re-program our brains to think, ponder and reflect on all that is possible and positive. Remember everything is energy and energy is birthed and manifested from our thought forms.

Read the keys carefully. Make a plan to change your mind on how to manage your life more powerfully through positive thinking.

**First Key** - Do you *think* negatively most of the time? If yes, how will you change that?

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**Second Key** - Do you *think* you are a good person? If not, why, if yes, how?

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**Third Key** - Do you *think* that your life can get better? If not, why, if yes, how?

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**Fourth Key** - Do you *think* enough of yourself to achieve fulfillment? If not, why, if yes, how?

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**Fifth Key** - Do you *think* you just have to accept life the way it is, or do you imagine you can create your own world, within this world? If not, why, if yes, how?

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**Sixth Key** - Do you *think* life is fair? If not, why and what can you do to change that?

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**Seventh Key** - Do you *think* you can make a difference in this world? If not, why, if yes, how?

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# Exercise 3

## Seven Keys to Our Spirit

Our connection to our spirituality is more important now than ever before. It is the mainspring of our progress, healing, and evolution. We were meant to be an ever-advancing civilization, but the mundane, material world seems to be stronger and more aggressive. Unfortunately, it is filled with events and people that are ever so disturbing and destructive. We need to access and become aware of other dimensional processes which are dedicated and filled with inspiring and captivating knowledge. It is through our spirituality that we will find our greatest friend and our most powerful inner mechanism for a better and higher journey on this earth plane.

**First Key** - Do you *search* for spiritual understanding enough? If not, why? And what will you do to change that?

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**Second Key** - Do you *empower* your light enough? If not, why? And what will you do to change that?

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**Third Key** - Do you *experience* contentment and bliss enough? If not, why? And what will you do to change that?

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**Fourth Key** - Do you *believe* in miracles and wonderment enough? If not, why? And what will you do to change that?

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**Fifth Key** - Do you *embrace* your authentic self and truth enough? If not, why? And what will you do to change that?

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**Sixth Key** - Do you *protect* what is sacred to you enough? If not, why? And what will you do to change that?

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**Seventh Key** - Do you *connect* with a higher power enough? If not, why? And what will you do to change that?

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# Exercise 4

## Seven Keys to Our Enlightenment

We are all born to be pure and powerful. Then life happens! Whether personal or global, we are part of a broken, wounded and addicted humanity. Yet, when we focus on our own individual abilities to overcome this psychic, sensual virus, we can indeed live our lives intact, healthy, and fulfilled. Ignorance is ignoring circumstances and feelings. If we deny, who and what we are and feel, we quickly fall into the collective consciousness of confusion, doubt and fear.

Depression can be explained as a darkened feeling. The opposite of that is an enlightened feeling. But how do we transmute this darkening into the light?

Today, there are so many medications and explanations as to what depression is, why it is happening, and where it can stem from. Though all this information may hold truth, there is a higher truth that attends to our own empowerment. And this empowerment is watered and fed by our enlightenment. The more we know, whether about ourselves or our world, the better and happier we will feel. The more we source our own unique and magical selves, the less depression has a chance of seeping in.

To become enlightened as a way of fighting depression, we must start to see things from a different perspective. We may be experiencing a problem, but there are many layers that caused this problem. Contentment is not the absence of problems, but our ability to deal with them, constructively and calmly.

Emotional intelligence and high-mindedness are such important factors in overcoming depression. The more we develop these two, the less likely we are to experience a lengthy depression.

The following are the seven keys that help develop our enlightenment. Answer the questions truthfully and then make a plan for enlightened improvement.

### **First Key - Gratitude**

*When we are in gratitude – we raise into a higher attitude.*

Do you see the glass as half full **or** half empty?

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### **Second Key - Forgiveness**

*When we properly forgive – we paint a sweeter life to live.*

Do you forgive easily, **or** do you hang on to resentment and anger?

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### **Third Key - Optimism**

*When we are in optimism – we co-create a better realism.*

Do you get excited and inspired easily, **or** do you doubt and become pessimistic?

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### **Fourth Key - Laughter**

*When listening to a rumor – respond with a sense of humor.*

Do you have a sense of humor, **or** do you take things personally and let them affect you negatively?

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### **Fifth Key - Forgiveness**

*When we are in our knowing – it is our intelligent intuition showing.*

Do you trust what you know to be the truth, **or** do you just go along with others?

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### **Sixth Key - Willing**

*When we are open and willing – we manifest a life much more thrilling.*

Do you have the willingness to explore the limitless possibilities that are available, or do you hesitate and wait for them to be proven?

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### **Seventh Key - Certainty**

*When we are truly certain – we lift the divine-plan curtain.*

Do you have a surety about what you want, or do you vacillate and get confused?

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# Exercise 5

## Twenty-One Keys to Our Wisdom

Read the wisdoms below. Mark the ones that mean the most to you then explain why.

- \_\_\_\_\_ Whenever a door closes, a window opens.
- \_\_\_\_\_ When a road seems dangerous, look for an avenue of escape.
- \_\_\_\_\_ We will only be loved by how we love ourselves.
- \_\_\_\_\_ Mistakes are our best opportunity to become powerful.
- \_\_\_\_\_ Accepting that the question “why” may never be answered.
- \_\_\_\_\_ Sadness is an opening and extension from our hearts.
- \_\_\_\_\_ To discern is saying someone must earn.
- \_\_\_\_\_ Thinking we can control another is but an illusion.
- \_\_\_\_\_ The most glorious feeling is to love thyself.
- \_\_\_\_\_ Weather the storms, equipped with the right gear.
- \_\_\_\_\_ Do not be fooled, enlightenment is possible in one lifetime.
- \_\_\_\_\_ It is true that truth will set us free.
- \_\_\_\_\_ Beauty has nothing to do with facial features, it’s an inside job.
- \_\_\_\_\_ Laughter is the best medicine, with no ill side effects.
- \_\_\_\_\_ Tranquilizers do not necessarily make us tranquil.
- \_\_\_\_\_ The most fundamental empowerment is to know thyself.
- \_\_\_\_\_ Patience is the wisest armor of all.
- \_\_\_\_\_ We lead the way by following our instincts.
- \_\_\_\_\_ Denial never works for the good.
- \_\_\_\_\_ Our vulnerability is our greatest protector.





# Exercise 6

## Closing Exercise

1. What do you feel you learned from this guide that you will incorporate into your life?

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2. Which exercise did you like the best and why?

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# Summary

## More Than Doers - We Are Deciders

Choice, not chance, determines human destiny. Though life may be challenging and difficult, there are always options as to how we can respond to them. If in the human body, we have all been exposed to some kind of victimization; it is quite unavoidable while living in this world. Our eternal power lies within us, and above us, not outside of us. If we take the time to strengthen our inner resolve, we do not fall prey to helplessness, fatigue, and depression.

It is quite reasonable that when something bad happens to feel depressed over it. However, to avoid that depressing feeling from lingering and sticking to us, we need to fiercely focus our attention on the potential solution, even if it is not readily available. We cannot change our past, we have to deal with our present, but when we are determined to create a better future for ourselves, we are much more empowered to overcome depression. No matter the outcome, it is a statement of our choosing victorious thoughts over defeated feelings.

When we decide to suppress – we **do** get depressed

When we decide to second guess – we **have** much less

When we decide to regress – we **create** sadness

When we decide to repress – we **become** a mess

**OR**

When we decide to re-address - we **do not** stress

When we decide to express – we **have** happiness

When we decide to bless – we **create** kindness

When we decide to finesse – we **become** limitless

**To be or not to be – it is up to thee!**

# Suggestions

There are free materials on the web site that can surely help create alchemy in your life. Their intention is to assist us in healing.

**For mind** – go to the Tips, Wisdoms, Inspirations, Daily Direction Cards, Transforming Trouble Guide and other materials that attract you.

**For emotions** – go to Problem Solving, Feeling Deck of Cards with Dictionary, Empowering Emotions Guide and other materials that attract you.

**For spirit** – go to Sacred Knowledge, Universal Truth Cards, Easy Formula to Faith Guide and other materials that attract you.

## **Resonate**

pick what helps you the most

## **Cultivate**

study and let it develop within you

## **Navigate**

let it flow through your life and challenges

## **Perpetuate**

maintain it, then share with others who are struggling

**Always remember...change begins with you!**