

A 30-Day Inventory to uncover your predominant issue of depression.

Introduction: *Many consciously and unconsciously depressed individuals have too often scattered their energies.*

They have scattered their consciousness by having the desire to go to work on this healing over here, and then upon this healing over there, and then, upon another healing and another healing and so forth. Unfortunately, they are not understanding that all those issues are but one issue. These scattered energies of 'trying,' 'attempting,' 'figuring' and other behaviors, scatters their consciousness.

A scattered consciousness has less energy available towards healing. Therefore, this exercise is meant to assist you to find the common denominator. As you find that common denominator then you can devote your energies to simply focus your attention upon that particular issue for your healing.



Instructions:

- 1.) Make a list and for each day of the next 30 days. Write down what you did, or what you thought of doing, to gain approval from something or someone that represents the mass consciousness. Note, whether this is parental consciousness, sibling consciousness or cultural consciousness. Write it down every day for 30 days. **OK! Now Do This First**, then read the next step in 30 days and continue with the instructions. **I repeat do step #2 in 30 days from now!**
- 2.) **After you have listed the 30 entries for the 30 days**, examine each entry in search for the common issue, the common denominator in this list of 30 days. That is, identify what all have in common
- 3.) Hereinafter, make that common denominator your primary choice to heal. Focus upon healing that!
- 4.) After you have found that common denominator, just prior to you going into the sleep state, spend at least 5 minutes of your time reaffirming to yourself that, "I will no longer empower that common denominator." *Repeat this to yourself verbally for at least 5 minutes. And, as you are speaking these words close your eyes and visualize your favorite flower.* (Perhaps, you may want to obtain that flower and put it next to your bed where you sleep. Perhaps, you may want to use the essential oil or fragrance as well.

Information:

This is going to create an opening within the mind, conscious *and* unconscious, Yes, you do have the power to change your unconscious mind. You even have the power to change your genetic structure. You have the power to change the imbalanced chemistry of your body and to put it into balance. You have the power to change your hormonal imbalance to creating a hormonal balance, and this applies to females and males. Understand this, imbalanced hormones can and do cause a wide range of negative emotions, from self-punishment to looking for every excuse there is to live in pain and denial. Yes, this applies to both females and males. You have the power to balance your hormones.

However, understand this too, it is not going to be pleasant at first. It is not going to be convenient at first. It may even be unpleasant enough to convince yourself that healing should be joyful, and therefore, why bother if it is unpleasant, even painful. You might tell yourself, to just continue to scatter your healing energies or wait for a *better* time, only to end up further scattered. This is a sure sign that you are resisting healing depression. Instead of healing depression here and now. Procrastinating can feed the toxic emotions.

Indeed, the result of healing is joyful, but know that if you break your leg and the leg needs to be reset, so it can heal, do not perceive that the resetting of the leg is going to be joyful. Lastly, it is important also, to understand here: the longer it took for a disease to occur the longer it will take to heal it; the shorter the time the shorter the time to heal. So, allow patience in healing now. Also, know that now is the only time to heal.

(Exercise taken from Jonah's talk on Healing Depression as spoken through Hossca Harrison, the medium.)