



**PART TEN:
WHEN LIFE GETS TOO HARD TO
BEAR**

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FIGHTING DEPRESSION

On the road of life there are many problems and challenges that we face. Sometimes these hurdles seem to be more than we can deal with. That is the way I was feeling in early 1996. I was suffering from clinical depression and I had no idea which way to turn or how to get myself over this hurdle.

If there's one thing I have learned over the years it is, that whenever we reach a hurdle that seems to be too big for us, God always provides the extra help to get us over.

On this occasion I was guided to speak with a very dear friend and also with the minister of our church. The result was a challenge for me which forced me to look at my past through different eyes. Let me explain.

I was told:

“Build on your strengths. Do what you are good at...things that give you pleasure... and build on that one day at a time, indeed one minute at a time.”

“List 25 positive qualities. Things you love to do that give you happiness, things that you are good at.” And so I did that.

First I remembered that I had gone to army camp during the summer break from junior high school. I took my guitar with me and every chance I had I was playing it and having fun. At the end of the summer season at the camp I was passed my report card. It was full of B's and C's, with the notable exception of one “A” ... for being...“An asset to the morale of the company.” I did not realize at the time how forward looking that piece of “guidance” was.

I remembered how I had gone to a local senior citizen home, sang, and got paid for it. I loved that.

I recalled how the minister at the church gave me a Sunday school class to teach and then his youth group to look after. I thoroughly enjoyed teaching and the students loved it. The minister was also happy to not have that additional responsibility on his back.

I then remembered how a former boss had spelled out his sincere appreciation for the work that I had done. I had been involved in lending for a bank and

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aggressively doing all I could to help customers get away from finance companies and enjoy the lower interest rates that were available in the bank at that time. I loved helping people whenever I could.

Finally, I recalled the kind words that were included in a letter of reference given to me by my last boss just as the company was closing its doors. He had spent a good deal of time and thought and ensured that every achievement I had made was listed and explained in detail. I was very pleased with that because that happened to be the greatest challenge I ever had from an employment standpoint.

When my list of 25 positive qualities was completed I was advised to do this:

“Just do the next thing that is in front of you to do, that you are asked to do, not forever, just to earn an income from it now. Just help them.” I was further told: “Change your focus! It is time for you to become a creator not a reactor!”

The results were not instantaneous, but at least I got my butt off of the pity pot and on a roll. It wasn't long until I was entertaining senior citizens in a big way and that was giving me joy because I discovered that there is no greater audience appreciation to be found anywhere than with a group of seniors. They appreciate any and all efforts that are done to make them feel better. The bonus in this for me was that depression was now a thing of the past. I literally played and sang my way out of it and that was not a conscious effort on my part, it was pure joy.

I share this with you not to encourage you to go and start singing to senior citizens, although I am sure you would enjoy that as well, but I offer it because I know as a prescription to get out of depression, what I was told to do works.

My conclusion? Dis-ease causes disease. Remove the cause and the effect disappears. That is truly treating the root cause and not just trying to put a Band-Aid on the problem.

A few days later I had an inspired visitor. She left me with these words:

“Things are looking rosy and they are going to get rosier.” She was right! The more I moved forward to do positive things the more wisdom and guidance I was given every step of the way. I had stumbled upon something that was very important, although at the time I probably did not recognize that. This is one of those situations where hindsight is 20/20.

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GOD ALWAYS HAS SOMEONE YOU CAN LEAN ON

I love you God because You always have someone to send our way whenever a problem gets too big for us to deal with or there's a decision that we just cannot come to a conclusion on.

The special delight that I discovered in this is the fact that the age of the person that God sends to you does not matter at all. God knows who he can use at any given point in time in order to help you.

In my life from time to time, I would find myself in the situation where I really did not know what to do and it would be either through spoken or sincerely thought prayer that I would reach out to the Father for wisdom and guidance.

More often than not the individual I felt most comfortable discussing a problem with was my son David. In spite of his young years I could always open my heart to him and never ceased to be amazed at the words that would pop out of his mouth...always what I needed to hear.

One day in particular I had this great desire to talk with Dave, unfortunately, I had no way to telephone him at that time. I took a seat on the park bench at the corner of Wellington and King Street in downtown Hamilton and rested for a moment. When I looked up...lo and behold, there was David! He was on his way to my place. Thank you God!

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WHO FATHERED THE SOUL?

When in anguish over some past deed...God is always ready to give you His grace.

I always had pain and anguish over the fact that I was the father of a child out of wedlock. From time to time I would fall into self-pity and regret over this monumental event in my life.

On one occasion, when it was really eating at me badly, I picked up my diary during my normal noon meditation. I sat still then these words came through to me:

It matters not son, who fathered the flesh
It's a tent you will leave some sweet day.
Like I told Joseph and Mary
I tell you today...
It matters not who fathered the flesh
It's who fathered the soul.

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WHEN I WAS FEELING DOWN

On March 4, 1996 I was not feeling well at all. So I picked up my journal with pen in hand and I wrote this letter to God.

Beloved Father, Almighty Source,

I come. I come in the name of Jesus. Thank you for my ability to dream...my "mail from home". Thank you for a place to rest, sleep, and rejuvenate. I turn to thee Beloved, in the trees, the birds, the rocks and in me.

My head Father, it is "singing" or "my ears are ringing." My emotions feel ajar. My outlook on deserving money is wrong. Beloved, help me to correct these errors. Help me to choose wisely the meditations I am placing or am to place in my body. Help me please to remember and fully record my dreams.

Father, I want to become dependable and collect the money owing to me. I want to repay the person who loaned me money. Father I feel like a failure...again. Help me to rid myself of anger, fear, regret, guilt and sadness. Help me to choose wisely the most appropriate "healer" for me.

Thank you Beloved for having me turn off the humidifier. Thank you for the loving concern demonstrated thereby.

You are my Source of all good things, including money, help me to know that. Thank you for your help, your love, your caring, and your thoughtfulness. Thank You for You.

May I rest a while in your healing presence? Thank you very much.

Love,
Son,
John

Then I Received: "A child is loved purely and simply because they are "My beloved son." Remember?

Enough my son, enough! You are perfect and deserving of the very best now. There is nothing you have to do to receive the best except accept it. Do I deserve

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the best? Then you do too. Simply because you are my son you eat at my table. You eat nothing less than I do. You dress no less well than I do. You have no less access to money than I do, simply because you are my son. No other reason is necessary. No other fact or action is required. It is done. So be it. I am!!”