

# The NEWSLETTER for the WOMAN on a quest to find the TRUTH



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**"When you feel depressed, think about you being the result of a winner spermatozoid over the other 400 millions!"**

**Jean Philippe  
Brébion**

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## Good day dear reader!

This month, the topic I have chosen to talk about is depression. October has arrived. In my corner of the world, that means winter is close by.

As far as I am concerned, there is no reason to feel depressed about this reality, but I will admit, I have started to wish that Spring was on its way!

For many people, this season awakens feelings of confusion, of being depressed, sadness, melancholy to name a few. For others, they will deeply fall off the wagon and even commit suicide.

As we all have what I call 'anniversary dates and seasons', for some, Autumn awakens the worst memories, even if those memories have become subconscious.

One of my mentors speaks about depression as being a program of allowing ourselves to put the 'sacredness' outside of our lives. In my youth, anything sacred meant any object that pertained to the church or the mass. The chalice, the holy bread, and so on...

Since the New Age Era, we have made a turnabout and started to talk about the sacredness within. What a great step!

So, what is your inner sacredness?

I also learned that depression is a program, the same way happiness is! I offer you to reposition yourself and allow yourself to think about it, and especially to think about what could be good for you in being depressed?  
As Wayne Dyer used to say: ' *We are certain of one thing, we are born and we die. In between is a matter of choice.*'

Dr. Deepak Chopra, as he spoke in a conference, told us: *My dear friends, I have an important piece of information for you: Life is a mortal disease!*  
What a wonderful philosophy. And yes, we are all going to get there.

Coming back to depression, I invite you to question yourself as to how you place 'your sacredness' outside of yourself. How do you lack being kind to your mind, body and soul?

Here is a quick list as to the possible actions you might have in your program to allow depression to set in:

- You feel obliged to please everyone around you;
- You allow abuse to happen, to be hit, physically or psychologically by your surrounding;
- You always put others before you;
- You do not respect your limits, whether in health or otherwise;
- You do not dare take or stand your ground without feeling guilty;
- You think you do not deserve what is best in life;

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- You do not dare say 'NO!'
- You do not know how to say 'YES' to what could be best for you to help you evolve in consciousness;
- You slaughter your resources in the name of a false religion;
- Your belief system has become your worst enemy;
- Etc.

And I could come up with a list of six billion more statements, for we are all unique, even though we may resemble one another at times.

So the question of the month is: *What is the daily routine by which you place your 'sacredness' outside of yourself in order to invite depression? This program of ignoring yourself places you in a 'no man's land' where you can feel safe, at a subconscious level, to shut yourself off from your environment. You then become so low, confused, lost, and tired out that it becomes the only excuse you have to say no to the many demands of your life?*

I will be happy to read your answers and awakening in consciousness from your heart and soul. I wish you an enlightening reprogramming!  
Warmly:

*Pauline Houle* - *Thérapeute* - *Auteure*

**NEXT MONTH: I will see what November brings!**

Warmly:

*Pauline Houle* - Therapist – author

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