

**Anxiety and  
Depression  
NO MORE**

**by Bijan**

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TWO OR MORE PEOPLE WHO ARE  
VIGILANT FOR THE LIGHT,  
ARE MUCH MORE POWERFUL  
THAN HUNDREDS OF PEOPLE  
LIVING IN THE DARKNESS

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# My Story

I came to this body many years ago from the country of Iran. I was about nineteen when I was driven to move to United States. At that time I found myself interested in many different paths that people were choosing to bring them peace, yet I never felt complete nor did I find the peace that we all are looking for. However I am grateful to all of them because each one was helping me to rise to a higher vibration. For many years, I was choosing the path of soul searching. I spent many hours meditating, reading spiritual books, going to many self help seminars and experiencing many out of body journeys. Yet, the result was not that significant until about twenty years ago when I started seeing energy around people. As I welcome it and opened myself to see it more, many other doors opened to me in so many different dimensions. Most of these dimensions were very sudden and I had no clue that it would be taking me to so many different paths. I realized that when you are open to opportunities all doors will be open to you with no limits what so ever. I never thought that I would write a book that would be read all over the world or would be speaking in front of many, many new people without any fear or without ever having to do any preparation for it. Yet it all happened effortlessly and with a wonderful ease. Among other things, I noticed that the more I was

in the present time and stopped my mind from wandering, the more I saw everything as energy. Nowadays it has come to the point that when I get out of my meditation all I see is movements of energy everywhere. For me to notice an individual I must concentrate on looking at their form and physical body before I can see them. When I look at someone I see their physical body as an energy source that vibrates according to how much junk and negative belief systems they have been storing in it. I see whether every part of the body is in line with each other or fighting and out of balance with one another. In the eye of someone that does not see energy, this would look like someone being physically or mentally sick. The less junk stored in the physical body, the higher the vibration and healthier the physical body will be. I also see whether their seven main chakras are alienated or not. I can see their thoughts on top of their head. These are like heavy chains, one after another and they are constantly changing. Their belief systems are behind their head. These are all different color and forms. Their subconscious mind or Soul or record keeper is like a huge ball of information on their lower back which contains all their past experiences whether they really happened or were just imagined. Seeing and understanding this profound energy always gives me an edge over most other speakers because I never have to prepare for any of my speaking engagements. I just show up in front of the room

and take a few minutes and check everyone's belief systems. Seeing and knowing their belief systems takes me to the understanding of their mental attitude and where they are coming from. At that time I tune in to their energy and start talking about the things they need to hear to open their eyes to their magnificence. This brings their energy high enough so they can become aware of their deep seeded negative belief systems so they can release them. That releasing opens them up to what they truly deserve, which is in the truth all the abundance that this universe has to offer them. Of course how much negative belief systems they are willing to release at that moment is completely their choice and not mine. I just bring their vibration high enough so they can become totally aware of them. It is important for everyone to understand that I don't perceive myself as a special being or different from anyone else and what I can see or do is something that everyone can see and do once they stay steadfast above the line. When you are constantly above the line, you are in the present time. This is where you can see things, opportunities, energies, and you can feel the peace that is available to you and everyone on this planet at every moment.

## The Line

In order for you to understand my meaning from this book you have to become aware of what is happening on this planet. You have to understand how everything has been turned upside down. To clearly explain this I have to show you the belief system of the mass consciousness from above the line. I have to show you from a place where you are not deluded by it like fish in water. This way you can see the picture in truth and without being colored by that kind of belief system. This is why I would like you to become aware of the line and how everything standing right now on this planet is regarding our belief system.

In order for us to understand we first have to become aware of the line that is very obvious in the mass consciousness of this planet yet completely over looked, and in some cases denied.

To understand this concept clearly, just imagine you are standing outside in front of a large pond or small lake. You see some trees on the other side of this lake. Since the water is calm you see the reflection of the trees in the water as well. As you are looking at this scenery you are very clear that the trees on the other side of the lake or as we say – above the line – are real and you can go over

and touch them. However the reflection in the water – below the line – is just an illusion and you would not be able to touch them. This is exactly how everything started on this planet and somehow through thousands of years and through our egos doctoring of the concept, everything got turned upside down.

Looking at it right side up goes something like this:

The Father of all the above the line is unconditional love. The Father of everything below the line is fear. Above the line is truth-below the line is illusion. Above the line is peace-below the line is turmoil. Above is joy-below is suffering. Above is Spirit-below is Ego and suffering child. Above is present-below is past and future. Above is Effortless Prosperity-below is Effortful scarcity. Above is discernment-below is judgment. Above is allowing-below is controlling.

When you are above the line you are in the flow and everything falls in to place perfectly. However, when you are below the line you are swimming against the flow, or pushing the rock up the mountain. Everything is hard.

Unfortunately through thousands of years of following the ego's doctoring and being controlled by our suffering child we have come to believe that what is above the line is illusion, make belief or just positive thinking and we think that what is below the line is what we have to be concerned about.

The truth is that all the attributes of below the line do not exist except in our minds and thoughts. Therefore the only thing that is the truth and exists is what is above the line and it can not be threatened by anything below the line. The majority of the mass consciousness of our planet duals below the line most of the time therefore it would be almost impossible to come above the line if you are looking outside of yourself for the answers.

Just about all of the news, advertising, movies, sitcoms, and talk shows have been designed by people that live mostly below the line and it is their purpose to bring you to a very low vibration.

The only true gauge you have living in this body is the way you feel. Whenever you are watching, hearing or feeling something that brings you peace then it is based on the truth and can take you above the line. Whenever you are watching, hearing or feeling something that brings you turmoil then it means that it is based on fear and will take you further down below the line.

To truly understand the meaning of the line and have the control to choose to go above or below, you must release your judgment of being better than the other. The moment you judge that below the line is bad and above the line is good, then you're in judgment and guess where judgment resides. Not judging does not take away your will and where you choose to reside, it only brings peace to you by not judging yourself or others from where they are regarding the line.



# *Anxiety and Depression*

## *NO MORE*

**They may seem like opposites, but depression and anxiety often occur together.** The loneliness, hopelessness, and sadness of depression can make you afraid and anxious. In turn, fear and anxiety may make you feel exhausted and more depressed. It's a vicious cycle, and often there's no way to say which condition came first.

Anxiety takes on many different forms. Some people with anxiety disorders suffer panic attacks, which are sudden feelings of extreme fear and emotions along with a racing heart, breathlessness, and even pain. Others have anxiety that causes them to often relive traumatic events from their past. Anxiety can make people terrified of social situations, or give them extreme fears of certain objects or situations, making it seem impossible to get in an elevator, for example.

There are several types of anxiety disorders, and each has specific symptoms. But they all have these things in common:

- Extreme fear and dread, even when there is no real danger
- Emotional distress that interferes with daily life
- A tendency to avoid situations that bring on anxiety

Clinical studies have shown that over 18% of people in the United States are suffering from some type of anxiety and over 8% are suffering from depression. These numbers are very alarming for this country in this day and age. Furthermore, the people that are suffering from depression report that their depression and anxiety are happening at the same time. Whether you suffer from depression, anxiety or both, it is important to seek the care of a healthcare professional. If you suffer from either of these disorders, you are not alone. According to the National Institute of Mental Health, each year approximately nineteen million Americans suffer from depression and the same number suffer from an anxiety disorder. About 4 million specifically suffer from GAD Generalized Anxiety Disorder (GAD). Men

and women of all ages are affected. The good news is that depression and GAD are both treatable.

To understand these two emotions one has to look deeper in to where it all began. The complete cause of depression and anxiety is the doctoring of the ego and the suffering child that brings all your attention to the past and future. Dwelling on and remembering the resentment, guilt, failures, and disappointments of the past will bring depression to everyone that is willing to go that route. On the other hand, thinking about the future constantly will bring you a lot of worries and fear, which is the fastest way to the path of anxiety.

Going to your doctor and identifying the problem is a very good way to realize where you are in your life and what you can do about it. However numbing it with pills and drugs continually will not be the best answer. You have to be vigilant for the light and take a step toward healing yourself. This is not about discrediting any physician. They are all doing their best to bring you healing in any way they can.

I have many physicians from all aspects of the medical profession that come to my seminars. When I monitor their energy I notice that all of them are wonderful people and are trying his/her best to bring peace and healing to everyone they come in

contact with. However the truth still remains that no one else can heal you. You must heal yourself. Doctors can assist you in noticing the problems and even numbing them temporarily until you are in a better state of mind and can deal with it in a more powerful and effective way, but the final healing must come from you. It has to be your decision to let go of the problems and release them forever.

This situation reminds me of a very interesting coaching session I did in Canada with one of my seminar participants:

A few years ago I was conducting a seminar in Canada. At the end of my seminar a participant approached me and asked if she could have a coaching session with me the next day. I agreed and we set the appointment time. The next day as she came in she seemed calm and quiet. As I monitored her energy, I noticed that she was going through extreme anxiety and some type of drugs were preventing her from feeling the anxiety at that moment. After greeting her, I asked her to sit down. She quickly asked me, "What is going on with me?" I smiled and asked. "Don't you know what is going on with you?" She said, "You can see energy. Tell me what is happening and why I feel this way." I checked her energy again and explained to her that her body's energy was going through heavy anxiety yet some type of foreign substance or drug was keeping her numb so she couldn't feel it. At that

time her eyes filled with tears as she explained that she had been seeing many different psychologists, therapists, and even hypnotherapists. The result was her taking over twenty pills a day and the symptoms just kept getting stronger. Now without the drugs, the anxiety was too overwhelming for her to handle. By now she was weeping heavily with a sad heart. I held her hand and sent her some loving and calming energy which calmed her down temporarily. We talked for over an hour. At that time I did another healing with her and a deep guided meditation. This helped show her the powerful being that she was. At the end of our session I gave her some exercises to do to bring her a sense of peace and to calm her down. As she was leaving she told me that she was feeling much better and could see the light at the end of the tunnel. Then she asked, "Shall I stop taking those horrible pills?" I told her to seek her doctor's advice on that issue.

The next day she called me and told me that she had just left her doctor's office and was very happy to report that her medicine had been reduced to less than ten pills per day. The next time that I was in Canada conducting a seminar in her area, she ran over to me. After a loving hug she told me that she was free of anxiety and drugs once and for all. She dedicated all of it to the exercises that I had recommended to her.

Since that time I have come across many other wonderful people that have gotten confused by the negative belief system of the mass consciousness. Their minds became so involved in the kayos of the past and future that they totally lost their peace and now they are diagnosed with anxiety and depression. In most cases they were told that there was no cure for it and that they were stuck in it forever.

# The Problem Comes With a Solution

Every problem we bring forth to our lives comes with a solution. Our ego and our suffering child provoke us to look at only the problem and ignore the solution. In most cases we try to sweep the solution under the carpet with some type of numbing drug. These are readily available at any local drug store. It never ceases to amaze me about all the false information based on ego that we receive and are so ready to accept. We do this because it came from someone that is a so-called expert in the field instead of going within where all the truth lies and becoming aware of our strength and our power.

The main problem regarding anxiety is the constant worrying about the future and thinking that something will go wrong in your future. The solution is to only be in the present.

The main problem regarding depression springs out of the past. You feel depressed about what happened before. Feelings of guilt and resentment are all products of our ego taking us below the line to the past to get us away from the solution which exist only in the present time.

## Awareness is in the Present

You will never have any problems with anxiety and depression when you are in the present. There is a sense of well being that is available in the present time that your ego and suffering child can not live in. When you are present with your body and with your surroundings, which is everything else in the universe, there is no room for your ego and suffering child and no room for your worries and fears. There is just right now, right here and a profound sense of well being and connection to everything everywhere. You will not have anxiety about the future nor be depressed about the past because there will be no future or past, just right now, right here. There is a sense of quietness and tranquility in the awareness of the present which lives beyond all thoughts and all sounds and noises. This stillness of your mind is the ultimate peace that everyone is looking for. All your anxiety and depression would be gone if you would only quiet your mind for a while and be aware of that silence between all the noises that are constantly chattering in your mind.

## Coming Back to Peace

Unless you are willing to come back to peace there can be no way that your anxiety and depression can be gone. The strongest drugs will only numb you or relieve you temporarily. Sooner or later you will have to come back and face things since you were the one that created those things in the first place. You might say, "Well of course I would like the anxiety and depression to be gone but how do I do that?" It is not about doing. It is about being. Your willingness to release it is the first and the biggest step you can take at this time. Now that you are positively ready and willing to give it up including all the attention and benefits that you are getting from it, the next step is to start controlling your thoughts. What I mean by this is that you must be aware of your thoughts at every moment from now on. Whenever you are thinking about anything that is past or future, be willing to say, "Cancel, cancel," and bring yourself to the present once again. You will notice that you will feel a sense of relief and you will be able to see that you are moving forward toward the light. Peace will come to you more and more. If past and future thoughts keep persisting then you can be sure that it is the work of your suffering child and your ego. I suggest for you to read my book "The Suffering Child" several times until you understand and are clear on what they are and how you can stop them from controlling you and your mind.

## Using Drugs to Cover Up

Today I received an email from a very powerful and high vibration family doctor that has been coming to my seminars for a while. Her energy is one of the highest in the medical professional as of now. She was listening to the tele-seminar I had the previous night regarding the subject "How to be in the Present Completely." At that tele-seminar I mentioned something about this book I am writing regarding how to treat anxiety and depression from within. Her comment was very simple yet profound. She wrote, "By the way, I was really glad to hear that you are writing a book on anxiety and depression—the number of patients I see is going up! And the first line that we are told to use is antidepressants; which I never thought was the answer! Why do antidepressants make it work for people?" My answer to her was this, "Antidepressants only numb people to the problem temporarily and at the same time make them addicted to the drugs. Now they have 2 problems to deal with and they are further down the rabbit hole, or below the line."

Some of you that have an analytical mind might raise your eyebrow and ask, "How do you know this information and where did you get it? And

what makes you the expert on this?" These are great questions. I might not have all the education that one must have to be an expert on this subject according to the mass consciousness of this planet and I may not have accumulated all the PhD's that are required to answer these questions on that level, however what I am able to do is to see the problem on the beginning level which is the cause of the problem. I also know that to release it one must become aware of the cause that started it. It is only at that level one can heal it once and for all. Now you might ask, "How can you do that? Or can I see the energy like you do? And how?" The answer is absolutely "yes." You and everyone else can do this as well. The way you can achieve seeing the energy of everything clearly and vividly is this: you must bring yourself above the line in whatever way that is most effortless for you to do so, and anchor yourself there with a strong desire to stay there. To come up above the line most effortlessly you must be willing to release your suffering child and ego as much as you are able to. I would recommend for you to read my book "The Suffering Child" first so it can bring your awareness to a very high level. This will allow you to release their control over you then you can bring yourself above the line easily. By doing this you will not be vibrating at the same level of the mass consciousness anymore. In that high vibration you will be able to see what is going on vividly so you can deal with it from the source level.

What I mean by this is that you too can see the pure energy of all the physical things around you and you will begin to notice that everything is energy and moving in different frequencies. Therefore you will not be concerned with the effect any longer. You will go only to the cause of the problem to treat it. It is on that level that the problem can be solved once and for all. On that powerful level sickness can be healed and peace can return to ones mind once again. Now I grant you that if you are steadfastly anchored below the line and your mind is only concerned with the physical effects of the past and future, then you must take antidepressants or what other means there is available to you at that moment to numb the problem temporarily. This will calm you enough to take a step to bring your energy high enough so you can see the problem from above and treat the cause instead of effect. Also to let you know, your doctor is doing his or her best to bring you a temporary solution so you can heal yourself. Your job right now is to take a step toward bringing your vibration up so you can heal it from the point of the cause. And if you don't take any action to do this, please don't blame your doctor for your lack of taking responsibility. You were the cause of bringing this situation to yourself and you will be the cause of releasing it once and for all.

# The Cause of Depression for the Analytical Mind

Depression is a combination of biological, genetic and psychological factors. At the biological level, depression results from abnormal levels of certain neurotransmitters in the brain. This can be caused by the changing levels of hormones, explaining why many people first experience depression during puberty.

Depression can be more than just a state of mind. After awhile it could affect the physical changes in the brain, and will be related to a chemical imbalance in the brain that carries signals in your brain and nerves. These chemicals are called neurotransmitters. In fact all psychological problems have some effect of physical manifestations later, and all physical illnesses have psychological components for sure.

## The Speeding of Time and Rising in Anxiety

As I am sure you are already aware, time is speeding up drastically in such a way that before you notice it, weeks and months go by and you start wondering what happened. This situation is a huge cause of rising anxiety on this planet as well. Most of the people have plans in their mind to get so much done per day and as time is speeding up they notice that they can't get as much done as they were planning. This gives them a sense of urgency regarding unfulfilled expectations about the future which in turn brings them anxiety.

# The Cause of Anxiety and Depression

You have to realize that most everything on this planet is about effect and our concerns with effect. The belief system of the mass consciousness is so embedded in the low energy of the effect that in most cases no one is aware of the cause and everyone is trying to change the effect. When I see the energy of most doctors and medical professionals I see them trying to manipulate effects with other effects or with drugs, and not with very much success. To give you a clear example; it is like they are looking at a wooden chair and you asked them, "What is the cause of this wooden chair?" Their answer would be trees because that is where they get the wood to make the chair. What they don't understand is that the trees and the wood are all part of the effect and not the cause. The real cause of it is the persons thought. Without the thought, a tree would still be a tree or just a piece of wood. Of course the thought was brought forth by the need for the chair or the product that the person needed.

Lets get back to the cause of anxiety and depression. There are several causes for it that of course all came from one source which is the ego or the doctoring of the ego:

- 1) Being afraid of the present time: Most everything on this planet is ego based and is

promoting the past and future – news, commercials, movies, sitcoms, insurance, savings, and much more. Therefore there is very little space left just to be or experience the present time. The truth is that all of life happens only in the present time and you can enjoy and appreciate your life only in this moment and at no other time.

- 2) The cluttered mind: Another cause is the cluttering of the mind. The mind is full of stories, dramas, resentment, judgments and disappointments from the past. The outcome of it is a defiant feeling of depression, and yet at the same time being concerned with the future and the fear that maybe your goals, wishes and dreams might not manifest. You feel you are doomed because your ego tells you that you are doomed, so the effect of it will be a deep sense of anxiety. To explain this in more detail, the ego sees the present as not good and a means to the end. His main argument is that “This is not it. The present is not what I want.” Then in the next breath you hear him saying that the past was horrible and the future will be just the same. With this kind of attitude you don’t have much choice but to get out of the rabbit hole. Your mind will panic and put your body in the mode of fight or flight. Furthermore there is no one to fight with and

there is no place you can run to that your ego does not go with you. The effect of it will look like anxiety and depression to others and to you. The bottom line is you must create or in this case open some empty space and stillness in your holy mind for the present to come in and allow peace and tranquility to return to your life.

- 3) The diminishment of ego: Unfortunately most people on this planet identify themselves with their ego. This is why most people have such a strong reaction to being criticized even though it might be helpful. When you see yourself as only the ego, you identify with any attack or diminishing of the ego and try to defend yourself and recover so you can make yourself whole again. That kind of belief system will bring you way below the line and could cause anxiety and depression in your life. In truth you are whole and perfect and nothing and no one can change that. I assure you that whatever anyone says or does to upset you is only your ego and not you.
- 4) Watching too much TV, news, movies and negative entertainment: In these cases you are constantly bombarded with negative subliminal massages from advertisers, drug companies, and low vibration individuals

trying to tell you that something is wrong with you. They try to tell you that you need to buy their products or you will never be okay. This low energy imputed from them is in such strong quantities that after a while you feel like a puppet going where they want you to go and buying what they want you to buy. The effect from it is a feeling of anxiety and depression. I have so many examples regarding this situation. The funniest to me was this one: One evening as I was going to bed I noticed my wife Samia watching an infomercial on television. I walked over to her and kissed her and said, "Maybe you should watch something funny to make you laugh before going to bed." She smiled and said, "I am fine – don't you worry about it." I checked her energy and realized that because she had been watching television for a while her subconscious mind was wide open and that she might be persuaded by these advertisers to buy something we didn't need. The next day we did not talk about it. However, about 2 weeks later I received several different boxes from a shopping channel that she had made purchases from. To this day we never used any of the products purchased. The funny part was that she did not even remember ordering them from the shopping channel. Many clinical studies have shown that spending a lot of time

in front of the television is the main cause of Attention Deficit Disorder.

# The Effect of Anxiety and Depression

There are so many different and distinct effects on your body from the slow vibration of anxiety and depression that most medical professionals are not even aware of them yet. For example, when I monitor someone's energy that just had anxiety or depression I see a huge drain of energy from them. The result of it may be an extreme case of fatigue. Sometimes the person with anxiety would feel stress and negativity. In other cases their energy will drain so much so that they could feel heavy chest pains. The most important effect that anxiety and depression has on you is that it will cut you off from feeling whole and cut you off from everyone else. This makes you think that you are alone and not loved.

There are so many other effects that can spring out of having anxiety and depression that it would take a whole book to write about them. Since writing about what could be wrong is not my forte, what I would like to do is show you that you can achieve complete healing from anxiety and depression without having to use drugs or other unhealthy substances.

# The Solution to Anxiety and Depression

There are many different and healthy solutions to healing anxiety and depression. Before I talk about them I would like to make it very clear that numbing yourself with a lot of different legal or illegal drugs is not the answer nor will it ever heal you. At best you are putting a band-aid on the problem and it will soon be back again. At worst, you can also become addicted to the drug.

As you have already read the information above, you know that you have anxiety. This means that your mind is in the future with worry and fear. Therefore you must bring yourself back to the present time. On the other hand when you feel depressed it is because of some thing from the past that is disappointing you and you don't feel good about yourself. In both cases it is all the work of your ego and suffering child. If you would like to know more about them and how they started I recommend that you get my book on "The Suffering Child." How effortful it will be for you to get back in the present time depends on how strong your ego and suffering child is in your mind and how much hold they have in your life.

There are many different paths I recommend for you to try to get yourself to the present time so you can be free of anxiety and depression:

BREATHING: Stress and anxiety are the most commonly occurring problems these days. Almost everyone on this planet suffers from one of them in one way or another. You can bring peace to yourself very effortlessly as you become aware of your breathing. Please follow these steps and learn how you can release anxiety and depression through being conscious of your breathing:

- 1) Breathing correctly can be a powerful tool because it is very simple. The average person only uses about 20% of their lung capacity, yet with practice they can learn to use 100% of it. Sending clean oxygen to all the cells of the body can bring great changes in your general health and your mood.
- 2) Try to learn how to breathe properly. When you watch babies breathe, you'll see that they breathe with the lower portion of their lungs. Their bellies rise when they do. Practice breathing with the lower portion of your lungs, ensuring your belly rises rather than your chest.
- 3) Find a yoga center or a breath work practitioner in your area to guide you and show you the proper way of breathing.
- 4) There are many benefits of yoga which can be done at your home, your desk, in your car, or at your work station. Breath work, stretches, nutrition, brief relaxations and strategies are used to relieve stress and enhance vitality.

The Sanskrit word panorama (a kind of breathing yogic exercise) means to release life energy from its bounds and get in the flow. When practiced correctly, this powerful form of yogic breath work has the ability to show you the illusion of your thoughts, and to quiet your mind and open you to receive. Breathing can serve as a guiding thread into the depths of yoga, a place of freedom and an immediacy of awareness that begins on the practice mat and gradually extends into each moment of your life. Here is more information regarding your breathing:

- Breathing correctly is critical in maintaining the level of oxygen for energy, keeping the correct pH levels in the body, and enough carbon dioxide for bodily functions.
- Healthy people make 93% of their energy aerobically but poor breathing habits can reduce the amount of energy made aerobically to 85%
- Seventy percent of the elimination of wastes from the body is through breathing.
- Too much oxygen and not enough carbon dioxide can create an agitated state. As you learn to exhale slowly, you conserve carbon dioxide and rebalance the system. However, too much carbon dioxide, and not enough

oxygen, can create feelings of fatigue and depression.

- Learning to inhale slowly re-balances your system by taking in more oxygen. In extreme cases, a restricted supply of oxygen can contribute to anxiety, panic attacks, and even phobias.

Stress, anxiety, and emotions all affect our breathing. As civilized people, we typically do not reach such state of arousal with immediate physical activity. Once breathing is in an aroused state, the physiological effects on the body remain after the stressful event has gone. Such effect promotes rapid breathing leading to a metabolic imbalance where CO<sub>2</sub> levels are too low and oxygen use is poor. The key element with so many meditation disciplines is that the breathing technique can affect one's emotional state as much as one's emotional state can affect one's breathing.

WORKING OUT: Working out is another activity that I recommend to a lot of people that have difficulties with anxiety and depression in their everyday life. Working out is an easy way for you to become aware of your body and get out of your head and out of your ego and suffering child's way. Whether you workout alone or with a partner or with a trainer, it is important to value it enough to put all your attention to it and become aware of the feelings in your body. Just notice how good you feel after you finish. Become aware of

your breathing during the workout. And most of all be in the flow by being in the present with your surroundings.

TOUCHING: One way that I personally like the most is the awareness of touching. This system is a very powerful way and can bring you to the present time wherever you are. Use your right hand index finger to touch the left hand index finger gently and feel the sensation, notice how it feels. As you keep touching different parts of your hand, your legs and even your face, you begin to notice that you are stepping out of your mind and in to your body. In other words, all of the sudden you notice that half an hour has passed and you are not thinking about the past or future any longer nor do you have any anxiety or depression. You are just being one with your physical body and enjoying the experience that it offers you.

JOY: Joy is one of the most powerful ways that anyone can come to the present. This is why I always bring people to a higher vibration through joy and laughter in my seminars. To begin with you must make some time for joy and laughter in your daily life. Whether you are at home, at work, at the gym, playing or whatever you are doing, you must include some type of joy in your daily activities. This can even happen by choosing some type of sport that you enjoy.

DANCING: Dancing is another way to bring you to the present time and take you away from anxiety and depression. Whether you dance in your room with your favorite music or go to a party or nightclub, as long as you are dancing and having fun with the movement of your body you are on the right path to bringing yourself to the present time.

SINGING: Singing by yourself or in front of people can be another tool you can use. The most powerful one that will bring you to the present time very quickly and yet it is very unfamiliar for a lot of people is singing karaoke. The effect of it is very powerful and in most cases will bring you to the present right away. If your case of depression is very strong, I would recommend that you do the singing in front of a lot of people or some people you don't know. This will force you to be totally in the present and will release the illusion of depression all together during that time.

PRAYER AND MEDITATION: Prayer and meditation are other powerful ways to bring you to the present time. Find a quiet place and make sure your phone and cell phone are off. Sit still for a few minutes then start praying from your heart. Don't worry about how you are doing. Stop judging yourself on whether you are doing it right or wrong. Close your eyes and see yourself connecting to the one that you love and worship. Allow the words to come through you

without you monitoring them. You will notice that after a while a sense of peace comes over you and a short time after that you will be totally still in a state of meditation.

NOTICING THE LITTLE THINGS: Another method to stay in the present is for you to become aware of the little or insignificant things in your life. Notice the flowers and plants in your backyard. Become aware of your dog or cat sleeping peacefully or playing joyfully. Stand in front of the mirror and look deep within your eyes and notice the door to your soul. Walk to a dark room, sit on the floor and close your eyes. Feel the objects around you and try to figure out what they are. This will bring you to the present as well.

ACTIVITIES: Get involved with an activity that you totally enjoy. In other words you will never have anxiety or depression if you are doing something that you really enjoy. Look deep within your soul and seek what brings you a lot of joy and peace. What are you passionate about to the point that all of you is there? Unless you are completely taken over by your ego and suffering child you will be able to identify that wonderful activity that brings you joy and puts you in the complete present time. For me several activities will do just that: working out everyday is a way that I feel completely in the present time; writing a book as I am doing right

now brings me totally in the present time; when I am speaking in a seminar, whether there are only few people or thousands of people, I am totally in the present time and one with everyone; getting a massage will bring me to the present time because I become one with the masseuse and my only attention will be their touch and the feeling of my body; gardening brings me to the present time and you find me completely one with the plants and flowers. I become so connected to them that I feel and hear their communication clearly. I see their energy as well. There are many other ways that you can bring yourself to the present time which takes you out from the grip of anxiety and depression effortlessly.

PAIN: I always teach my message through joy in my seminars and I feel that most often you can learn and grow much faster and deeper through joy than pain and suffering. However there is another way to bring yourself to the present time. It is my least favorite and it is by having pain. Whenever your mind gets too involved with thinking and gets totally below the line and is controlled by your ego and suffering child being in the past and future, you as a spirit will bring forth some experience to bring yourself to the present time and make a gap in your ego's control. Once in a while this experience could be painful as we perceive it from being in the body. I have a story regarding this exact subject:

Several years ago before I wrote the book "Absolutely Effortless Prosperity", I was working as a clinical hypnotherapist. I was helping many people through hypnotherapy and other sources. There was a man that I was helping to get over his feelings of anxiety through this type of therapy and in many ways he felt much better. After a while we both felt that he was good enough to go on his way. One evening about a year later he called me at home. He was very disturbed and expressed to me that in the last few weeks due to some problem at his work, he had been having several severe anxiety attacks and needed to see me right away. I asked him, "Are you alright now?" He said, "No and I have a non stop case of anxiety and I must come to see you right away." I could tell by his voice that he was going through anxiety so I asked him, "Shall I come to you?" He said, "No I will come to your office immediately." I went to my office and waited for about an hour before I heard from him. His voice was shaking and he told me that he had been in an accident while coming over to my office. He said he was in the hospital as we spoke. I got in my car and drove to the hospital as soon as I could. Once I arrived I found out that the accident was not very serious. He suffered a whiplash from someone hitting him from behind. Even though he had no pain at that time he also had no case of anxiety as well. I chuckled as I asked him, "What happened to your non stop anxiety?" He smiled

and said, "I guess I left it at the point of the accident." Later on he called me several times and reported to me that whenever it looked like the anxiety was coming back he would stretch his head forward to feel a little pain or even crack his finger for a little pain and the anxiety would be gone again. Now I do not recommend for anyone to go this direction but I just wanted you to know how much power being in the present has over the anxiety and depression.

# Some Simple Tips for Releasing the Depression

1. Decide what you would do if you could do anything in the world you wanted, and then start to do it. No matter how impossible your ego says that goal is, if you cut it into small enough steps, you can find a way to start. Take one moment at a time.
2. Spend some time doing the things you enjoy, and avoid doing things you don't. Socialize with people that are above the line and people you like. Stay away from people that you don't feel comfortable around. Live every moment like it's your last.
3. Remember you have 2 choices in life. You can spend this moment being happy or unhappy. Whenever you are happy you are bringing the universes' energy in to provide you with abundance, and whenever you are unhappy you are losing the energy that keeps your body healthy and strong.
4. Be in the present with your job and you will notice that you will begin to enjoy it. Be with what you are doing 100% and everything will be provided for you by the universe.

# Anxiety and Depression in Children

Yes children can have anxiety and depression as well as adults. Unfortunately in many cases parents make a mistake by seeing the anxiety and depression in their child as moodiness. Now you as parents can tell the difference between moodiness which might last for only a couple of days and anxiety and depression that is much more permanent.

In most cases, school-aged children and even toddlers can be depressed.

To become aware of what I am saying you have to realize that although a child may have a small body, they also have a soul just like yours and mine and in many cases the soul may be much older.

In fact, children who have anxiety as children are more likely to have teen depression. About half of depressed teens had a childhood anxiety disorder. And 85% of teens who have both anxiety disorders and depression had their anxiety disorder first.

- **Separation anxiety** - The most common childhood anxiety disorder is when a child fears there is a threat to his family. There's a deep-seated fear that something bad is going to happen to one of the family members — or to the child. Being apart from their family is scary to these children. They may get very real

headaches, stomachaches, or diarrhea during school days — but the pain comes from their brains, not their bowels.

- **Social phobia** - These children are extremely uncomfortable with the social aspects of school. They often become “socially mute.” They’ll talk with their father or mother or sister, but not with anyone outside of the home. Often they refuse to go to school.
- **Worrying about the future** - These children worry excessively about the future. They worry about how they will do in college, even though they’re in the fourth grade. You ask, “How did you do in school today?” “Two A’s,” they’ll answer. “That’s very good,” you say. “Yeah” they say, “but I’m worried about the spelling test tomorrow.”

There are some signs you could look for in your child that could be from depression:

- Frequent sadness, tearfulness, and/or crying
- Hopelessness
- Decreased interest in activities or inability to enjoy previously favorite activities
- Persistent boredom; low energy
- Lack of joy and excitement

- Social isolation, poor communication – a child given the opportunity to play with friends who prefers to be alone
- Low self-esteem and guilt – these kids feel they're not good enough
- Extreme sensitivity to rejection or failure
- Increased irritability, anger, or hostility
- Difficulty with relationships with friends and family
- Frequent complaints of physical illnesses such as headaches and stomachaches
- Frequent absences from school or poor performance in school
- Poor concentration
- A major change in eating and/or sleeping patterns
- Talk of/or efforts to run away from home
- Thoughts or expressions of suicide or self-destructive behavior
- Afraid to look at you when you are talking to them

You know your child. You know when things have changed. When you get that red flag, go within and see what brings you peace. If you have a worry, get it checked out. You are good parents and being tuned to your child makes you feel better about yourself and the child as well.

Now you must look within and see what brings you peace. Would you like to take your child to a pediatrician? Would you like to take him to a psychologist? Or do you think you can give him enough love and treatment to bring him back above the line once again. I can't tell you what to do. I want you to be true to yourself and do the right thing by doing what brings you complete peace.

ALSO AVAILABLE FROM EFFORTLESS PROSPERITY

Books:

Absolutely Effortless Prosperity Books, I, II & III  
Little Friends (for ages 2-7), Books I & II  
My Guiding Spirit (for ages 8-12), Books I & II  
Light From the Sky (for ages 13-18), Books I & II  
Absolutely Effortless Laughter  
Effortless Health

CDs:

It's Mine  
Clearing to Manifest  
Healing in the New Millennium  
Getting In Touch With Your Higher Self

SEMINARS:

Mastering Effortless Prosperity  
Mastering Effortless Relationships  
Mastering Effortless Health  
Joyous Week in Hawaii  
Advanced Meditation & Healing In Sedona

For additional products, services and seminars,  
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