

Happy Easter Everyone!

Rachael has asked me to share a little story. A story that I had shared with her & those of us that attended her meditation class. It is, in a way, in keeping with our Easter theme.

She asked in such a gentle and kind way that I wanted to say yes.

So here goes.

My default setting when confronted with real adversity is to become depressed. This was especially true as a young man in my mid to late teens and early twenties. That for all of us can be a particularly trying time.

By the time I was 20 yrs old I was a university drop out. Not knowing what to do I floundered around neither asking for nor being offered any help. Time went by and depression was really setting in. When I finally did ask, I was told no, there's nothing wrong with you. You don't need a therapist. I felt powerless. More time progressed, I fell ever more deeper into the abyss, until I wasn't able to get out bed in the morning.

When I was living with depression it felt like a kind of dying. Life was moving all around me, but I felt like I was stuck and that I was slipping farther and farther away.

If I only had the courage to jump off a bridge at least that would end my pain, "Freeze my very Soul", or so the lyric goes to Rick Derringers' song "Jump, Jump, Jump". I listened to a lot of depressing music until finally, one day in the Spring it finally hit me, I'm never going to feel better if I keep listening to these very depressing songs. I need to get out and move. Which I did. And not far from the house was an overgrowth of trees and weeds and all manner of plants. An area that I had past by hundreds of times. Yet it was like seeing it for the very first time. I marveled at its beauty. The plants practically sparkling in the sunlight. I realized that the word weed was just a construct, they were beautiful to me in that moment. How could I take in this beauty and not appreciate being alive?! The earth is permeated with it! In that moment my depression started to lift and I felt myself coming back. I was in a way being "resurrected", brought back to feeling alive again.

I was quite thankful to God for this beautiful display of life....

While It would be awhile before I was completely out of it this was the beginning....Thank God and Amen!

Thank you.