

OPENING THROUGH DEPRESSION

PHASES OF A MAN

Basic Man: Sometimes I feel so low I can barely function.

Superior Man: Some of the greatest learnings in my life have taken place when I hit bottom.

Man of Zero: I live in free fall without a ground.

KEYS

- Do not add collapse to just being.
- Be relaxed and alert, not knowing who you are or where you are going.
- Don't feel bad about being in a bad mood.

NOTHING SATISFIES

As your experience happens, you reach for what you think will make you happy. But nothing makes you happy for long. Everything becomes old and wears out. Thrills become mundane. Sexy becomes neutral. Travel becomes just another day. Stimulation becomes exhausting.

All your efforts to make yourself happy eventually fail. When you get what you want, you feel good for a short time, then you are back to square one. Time and again you reach for something, attain it, and realize it doesn't satisfy you for long.

Eventually, motivation peters out. You stop trying to attain. The relentless search dissolves. You are left with just being without purpose.

DEPRESSION IS COLLAPSE

At any age, you may lose interest in the drama of woman and world, and think you are depressed.

How can I live without a purpose? Is my life meaningless? What's the point? Am I a failure?

These thoughts may trigger an emotional or physical collapse. This collapse is depression.

Depression involves thinking about your lack, leading to caving in.

Without thinking and collapsing, there is no depression.

True zero is just being, not collapsing.

You just are.

You have no idea where your life will go or how long it will last.

You live as the openness of "I don't know" without collapsing.

You live as presence without needing answers.