

# Being Alive

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*Edgar Cayce*

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**'And let the meditations of the heart, let the thoughts of the body be turned rather to the Creative Forces. - Edgar Cayce'**

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"... if the entity allows [the relationships with individuals] to produce a hardening of the heart, or of a determination to get even, or of those conditions that hold for discontent, malice, or otherwise, these must surely bring the destructive forces that build that which the entity must meet; for, in truth, that builded in the mental forces of a body is as ACTIVE in the experiences as must come to the entity as were done in the very material act; for, as was given, "It hath been said, an eye for an eye, a tooth for a tooth; yet I say unto thee, he that hateth his brother is worse than he that DESTROYETH a body."

Edgar Cayce reading 1234-1

"For we grow in grace by applying grace and mercy - and in understanding as we try to understand. For it is the try, the attempt, that is the righteousness of man. Not by any deed or act, but "by the fruits ye shall know them."

Edgar Cayce reading 1598-1

"If ye would find self, look within. Know what is thine own ideal - spiritual, mental, material... For judge not if ye be not judged - this is the law. When ye judge, the same judgement ye are passing to thyself.."

Edgar Cayce reading 3457-1

"Study, then, to know first thy own ideal - its author, as well as its ultimate end - in man. For, to be sure it must be creative, to live on and on. For good alone lives on. Evil perisheth with the day. Good is of God, and thus is eternal."

Edgar Cayce reading 1662-2

"Let perfect love, perfect confidence,  
perfect faith cast out fear." Edgar Cayce reading 5030-1

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*7 Signs That You Are  
Falling Into  
Depression*

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*So what exactly is depression and why is it so serious?*

Well, the first thing that you should know is that depression is far from feeling just sad or lonely sometimes. All of us human beings are going to feel pangs of sadness and loneliness occasionally. Every now and then, something is going to happen in the lives that will make us grieve and feel woe. Perhaps, something in your work life doesn't really go according to plan. Maybe you are forced to deal with the loss of a very close family member. Perhaps you are forced to let go and move on from a very close and intimate relationship that you were in. These are all perfectly acceptable situations for you to experience feelings of sadness and loneliness.

However, when you feel like you are having prolonged episodes of sadness, despair, and desperation to the point that it is actually interfering with your quality of life and your day-to-day productivity, then you might have depression. And that's not something that you can just brush off. Depression isn't some "mental illness" that people make up just to get sympathy votes from those around them. Depression is a very real mental disease that has destroyed the lives of so many people around the world - and it's always important to take a disease like this seriously. If you feel like you are falling into depression, it's very important that you acknowledge the problem and muster up the courage to seek help from a trained professional.

There are some people in this world who suffer from a major depressive disorder just once in their lifetime. Usually, it's when someone goes through a very emotionally traumatic episode in their life that leaves them to deal with a temporary depressive episode. However, there are also those in life whose depressive episodes are more chronic. They are either seemingly perpetual or they are recurring. And the worst part about these recurring depressive episodes is that they get worse and worse every single time the victim relapses. And when left untreated, sometimes, it can get to a point where the depression becomes untreatable.

That's why it's absolutely essential for you to know whether you're falling into depression or not. If you spot the signs early on, then you are able to get treated at the early stages. And you reduce the risks of you having lasting damage on your life because of this terrible mental illness. If you find that a lot of the signs listed on here actually apply to your life and how you feel, then you are probably falling into depression. Seek help as quickly as you can.

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*7 Signs Your Falling Into  
Depression (Continued)*

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1. You get overly stressed and irritated easily. It's as if even the simplest issues, troubles, or problems that you experience during the day are really big. And that's only because you are carrying so much baggage already that you feel like anything that gets added to your plate can overwhelm you.
2. You are always trying to isolate yourself especially from the people that you love. You do this because you know at the back of your mind that depression is a disease. And you want to be sparing the people you love from this disease because you don't want them to go through what you're going through right now.
3. You are always so drained and tired all of the time. This is a result of all the emotional baggage that you are carrying on your shoulders. You are going through life with so much extra weight that you just need to be shedding off, so to speak. If not, you're just going to feel so tired and drained because of all the extra effort you have to put in just to make it through the day.
4. You lose interest in all of the things that you used to really enjoy. You start partaking in any of the hobbies or interests that you used to be very passionate about. You do this because it seems like nothing in this world is ever going to be able to make you feel excited or happy anymore.
5. You tend to sleep so much whenever you're depressed. You don't want to be talking to people. You don't want to be facing your problems. You don't want to be living in this world in general. You hate reality so much that you find yourself wanting to drift off into dreamland a lot. You find it very difficult to find any reason to get out of bed in the morning.
6. You just stop taking care of yourself entirely. When you have depression, it's likely that you don't love yourself the way that you should. And when that's the case, your total sense of self-regard just gets thrown right out of the window.
7. You lose focus whenever you are depressed. You stop being productive because you just can't seem to devote your attention to any task at hand.

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## 10 Techniques for Abundant Living

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Unity emphasizes practical interpretations of Jesus's teachings

The following excerpt is from Eric Butterworth's book [Unity: A Quest for Truth](#).

Unity is not simply a church to join or a creed to espouse. Unity is a study of religion as a science of living. It is an interpretation of the teachings of Jesus Christ with prime emphasis on practice. Obviously, it will hold no interest for those whose religion is a white cloak to be wrapped around them on Sunday morning and then tossed into the six-day closet of unconcern.

Essentially, Unity is a technique in realizing the [abundant life](#). It consists of [thoughts to think](#), words to speak, positive and creative things to do. Following are some simple yet practical things that you may find helpful. They are given here as a sample of Unity's emphasis on the practical.

**These techniques for abundant living are not simply to read, but to affirm and decree in the face of challenging times. They will work for you, if you work for them.**

### **Abundance Technique No. 1: Meet Change**

The one real certainty in life is change. Because of our desire for stability and security, sometimes we resist and become anxious during changing conditions. We need to prayerfully build into our consciousness the realization that "the eternal God is your dwelling place, and underneath are the everlasting arms" (Deuteronomy 33:27).

**Affirm:** *I do not resist change, for I know that only God, the good, governs me, my circumstances, my environment.*

**Reflect:** God gives me the wisdom and strength to meet the inevitable changes that occur in my life ...



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*10 Techniques for  
Abundant Living  
(Continued)*

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**Abundance Technique No. 2: Allow Forgiveness**

One of the greatest stumbling blocks for many people is forgiveness of wrongdoers, or self-forgiveness and accepting the forgiveness of God. This affirmation will help you to enter into the current of divine love and let its forgiving activity flow freely through you:

**Affirm:** *The forgiving love of God sets me free, and I am at peace.*

**Reflect:** The forgiving love of God now fills my heart and floods my entire being. I let go any thought that others have injured me in any way ...

**Abundance Technique No. 3: Pursue Prosperity**

We live in an opulent universe. Supply and success are our rightful inheritance. Prosperity manifests, not by asking God for more, but by conditioning our minds through prayer to accept more of God's good.

**Affirm:** *God is my all-sufficient resource, my instant, constant and abundant supply.*

**Abundance Technique No. 4: Promote Healing**

The Twenty-third Psalm is one of the loveliest poems in all literature. It is spoken in the language of a shepherd, but it easily translates into the language of our experience and need. To the one who is meeting a healing challenge it could have this faith-inspired meaning:

**Affirm:** *The Lord is my health, I can't be sick. You make me to relax from all tension; You lead me into peace of mind and heart; You restore my zest for living. You guide me into using my body wisely for Your name's sake. Yea, though I am surrounded by disease and the thought of disease, I will have no fear, for You are with me. Your Truth and life sustain me. You prepare a reserve within me to meet all life's challenges; You charge my heart with healing life. My energy is unbounded. Surely health and joy shall follow me all the days of my life, and I will dwell in the consciousness of wholeness forever.*

**Abundance Technique No. 5: Heal the Heart**

An expression commonly used by spiritual-minded people is "Bless your heart!" It conveys the implication that if your heart is blessed, your life will be harmonious and whole. Let us bless the organ called your heart.

**Affirm:** *I am one with the one great Heart that beats for all.*

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*10 Techniques for  
Abundant Living  
(Continued)*

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**Abundance Technique No. 6: Break Habits**

All habits are acquired, not inherited. You can master and overcome any unwanted habit. It is not enough to try to break the habit because you think you should. You must really want to overcome. Work regularly with these thoughts:

**Affirm:** *I am a strong, decisive, confident child of God. I am not dependent upon a habit for my strength or security. My faith is in God within me.*

**Reflect:** God is my resource, my steady, eternal resource. The spirit in me is the Spirit of God, and God cannot long for anything ...

**Abundance Technique No. 7: Create Peace**

How can we find the time to do the things that we want and need to do, and to do them without feeling rushed, hurried or tense? We can prayerfully deny these things as having any part of our life and set a new theme of living in tune with the Infinite.

**Affirm:** *I work without strain, walk without hurry, and live without tension, for I am in tune with the Infinite.*

**Reflect:** I am now established in the peace and poise of Spirit. I do the things I need to do easily, efficiently and effortlessly ...

**Abundance Technique No. 8: Find Tranquility**

Many of us live under tension and stress, anger, frustration and irritation. It is possible to learn to live with a relaxed and confident spirit, to find calmness and tranquility naturally.

**Affirm:** *I am centered in the dynamic spirit of tranquility. I am refreshed, renewed, and at peace with life and with the world.*

**Reflect:** I am serene and undisturbed as I think of my life and affairs. I am undisturbed by doubt and fear. A quiet surge of peace and power flows through me ...

**Abundance Technique No. 9: Express Love**

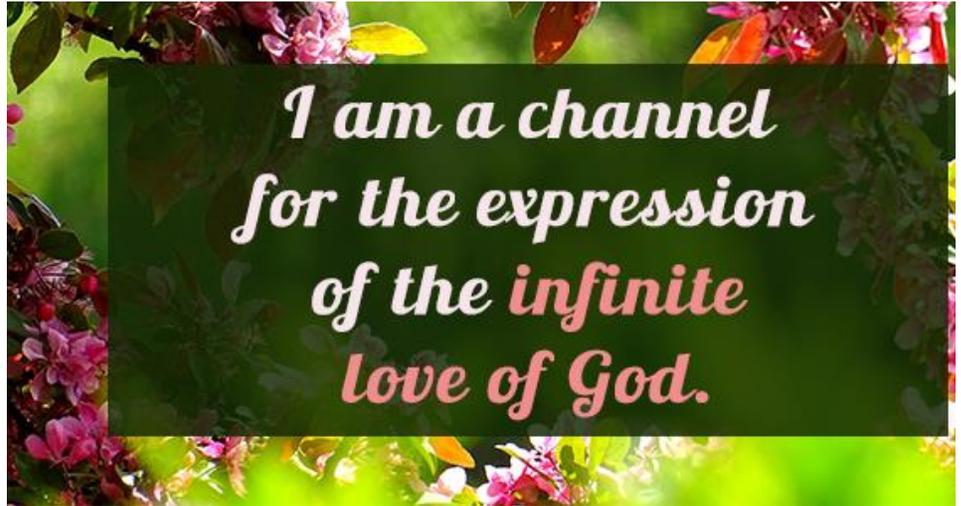
We often hear it said that the greatest thing in the world is love, and yet we overlook the fact that love is also the most needed factor in personal and international relationships. God is love, and as God's child, you are a channel through which the limitless and dynamic energy of love can flow—if you let it.

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*10 Techniques For  
Abundant Living  
(Continued)*

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**Affirm:** *I am a channel for the expression of the infinite love of God.*



**Reflect:** The love in me is God in me. I do not generate love; I simply express it. I do not need to make myself love certain people. I need only to get myself out of the way and let the divine energy of love flow through me, as it is its nature to do ...

**Abundance Technique No. 10: Overcome Injustice**

There are times when our "rights" are threatened and when we feel that what is ours is taken from us. The human side of us might resist and struggle. But we are told, "Do not be overcome by evil, but overcome evil with good" (Romans 12:21). The way of overcoming is through "coming over" the thoughts of conflict to a higher level, to the thought of divine order.

**Affirm:** *God's law of adjustment regulates all the affairs of my life, and all things are in divine order.*

**Reflect:** No one can take from me that which is rightfully mine. On the human level of appearances, it seems that changes can lead to loss and injustice. But beyond the appearance is a level of experience where God's law of adjustment is always active, turning losses into gains, revealing the Truth that even if you intended it for evil, God intends it for good.

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