

# Depression

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You are a totally positive being.

(See PROTECTIVE SHIELD Script) You have a shield of protection, others do not bother you. Any negativity bounces off of you. Love is what you are. You are peace and tranquility. Complete compatibility with divine love.

As easily as the negativity bounces off, so easily too you are like a sponge for positive thoughts and emotions. You are in total control of your thoughts and emotions. You easily maintain positive thoughts.

As you become aware of any negativity, you may take 3 deep breaths and renew your positive shield. Everyone has negative thoughts, but from this time forward, you will let any negativity flow from you and dissipate into the air.

Anytime nervous tensions comes into your day, you will release it with 3 deep breaths and replace it with positiveness. You are no longer concerned about how others receive you. It is their responsibility to decide what they think of you, not yours. Love is what you are, not what you do or say.

Your shield protects you. You are completely compatible with the divine love. You now approach everyone with love and a smile unconcerned with their reactions.