

DEPRESSION IS ALWAYS A PLOY.... AND A MANIPULATION....

QUESTION: Could say anything more about helping, in particular, someone who defines himself as severely depressed!

ANSWER: This calls for you to decide what you are going to serve. Severe depression, when it is presented to you as a state of being, is almost hypnotic in its draw causing you, forcing you to have to make a choice whether to yield into it emotionally (I am not going to say feelingly, because when I use the word feeling it's always associated with Soul with a capital "S"). But you are forced to make a choice as to whether to yield into that emotionally, or whether you are going to not sacrifice whatever degree of clarity and joy and freedom from depression that you are experiencing.

The ploy of depression is very difficult to deal with. It almost requires that you respond as though you're insensitive. It is not that you are insensitive, but that is part of the dynamic of the ploy of depression. And I will tell you something: Depression is always a ploy. It is always a manipulation.

Now is it unkind of me to say that? Is it insensitive of me to say that? Or is it utterly wise for me to be speaking the truth clearly? And is it utterly wise for you or anyone else to be very clear on this, so that you can make your choice wisely—to not sacrifice whatever degree of joy and peace and well-being you're experiencing.

Now, why not let the one who is depressed have the responsibility of joining you in feeling good, because you really don't care to do the reverse.

I will tell you something else. No one will waste a moment being depressed when they're all alone. So the depression is all for you, or all for whoever will respond to it. You say, "Well, I know people who have sat in their apartment and have not associated with people and they have been depressed for months, perhaps even years."

But I will tell you that there is a plot—it is being done for others. So that perhaps at the end of five years, or ten years, or twenty years, they will be able to say, "You see what your insensitivity has caused? It has caused me to waste my life."

Now I am aware that what I am saying is intelligent and reasonable, but very difficult to practice because of the nature of the ploy and the guilt trip that is laid upon those who cannot appreciate the depression and the suffering associated with it.

But I'm going to have to ask you again. Is there any justification truly for you to turn down your light? Is there any justification for you going through the uncomfortable effort of sacrificing your joy in order to commiserate with and help cajole the one who is depressed out of his depression?

You see, the depression is for the means of control. The one who is depressed does not want help out of it, because that one is getting a benefit from it. It is a benefit of holding someone else accountable—shifting responsibility. Why? For malicious purposes of holding the other one. Where? In a state of misery. Again, we have this mutual agreement, or the attempt to have mutual agreement of egos that stands in opposition to what is really true about them. And are you going to play that game? Or are you going to withdraw, leaving the manipulative one alone in that place where that one cannot long justify continuing to be depressed, because there's no one to impress?

So, how do you help? By being the light. As I said earlier—dancing on the sidewalk, being irrelevant to the ploy. Again, so that perhaps that one will have the opportunity to say, "Maybe I can be irrelevant too." This really means not being relevant to pre-existing concepts and pre-existing agreements to be ignorant. You see what I mean? Do you see what I mean?

QUESTION: I see what you mean. I do. Thank you.

ANSWER: It may not be easy to do, but it is essential that you do it. In effect, it says, "Come join me in joy, it is available. If you don't want it, that's all right with me. But I cannot come and join you." Oh-h-h and then comes the clincher: "If you are going to be so insensitive, I will kill myself. Life is not worth living with such behavior as you're presenting toward me."

More manipulation. We are talking brass-tacks. We are talking about something that I know is hard. But is it easy to be the puppet of unreasonableness and malicious intent? That's hell!

You are here to be the gift of you. You are not here to be the absence of the gift of you so that someone else can feel good in his misery, and exist in an ongoing state of attack upon you, with seemingly full justification and no call for examining whether or not a different point of view might be essential, all because you are going to keep your lip zipped and not be the joy and not be the light, which would make a demand on that poor manipulative soul.

You know why I am being unequivocal and hard here? Because the ploy of depression is malicious, unkind, manipulative and does not have your best interest at heart. The clearer you can become with that fact, the sooner you can release yourself from a feeling of guilt at not joining this other one in his or her misery. And the sooner you can be that clarity, which will place the demand on that other one to examine his or her motives. And as a result of that, perhaps grow and wake up.

“Well, I don’t know if I want to be that involved. That’s going to be work.” But again, the suffering that comes from being the puppet of that kind of manipulation isn’t easy either. If you want to help, be clear. And be clear about yourself—be honest, not devious. If you’re being honest you will not be manipulative, and you won’t join with the one who that is manipulative.

You see again, I am not helping you. You sit in effect in the middle of the Kingdom of Heaven with a little pea-sized concept of who you are. And you are sitting right there, a body of Light, the Christ—I mean at this very instant. You don’t need any help, you need a friend who will reflect back to you who you Are, so that you might become more curious about who you Are, than you are committed to your little pea-sized concept of yourself.

But your concept of yourself isn’t changing who you Are. And so I don’t need to change you from something that you think you are into something that you Are, I simply need to talk to you like the one that you Are.

So don’t talk to this depressed one as though this one is a depressed one. Talk to this one as though he or she is fundamentally intelligent. And the fact is that someone who uses depression as a ploy is very, very structured and self-disciplined, is far from unintelligent and far from incapable of making a shift. And that one is consciously choosing the technique he or she is using. And it takes work to keep straight all the aspects of the manipulation so that nobody becomes confused. So start treating this one as though he or she is really intelligent, not deserving of any pity on your part, whatsoever.

So what if this one really does point a gun into his or her mouth and pull the trigger? Oh dear, you will have to live with it the rest of your life. That’s what the message says—“you will have to live with this for the rest of your life.” Another invitation to join in the special relationship: a mutual agreement to act at odds with Reality and believe that you have your own private world which requires suffering because, of course, you’re both guilty.

You can say “Bullshit! Point the gun in your throat and pull the trigger. You’ll still be the Christ. You’ll still be in the middle of the Kingdom of Heaven. You will still have the same opportunity to wake up that you have at this moment. And I am not going to join you in this irrelevant folderol. And no, I won’t feel guilty, because I know it is not my responsibility to prove anything to you. It’s only my responsibility to be the presence of the Christ that I am, and let you choose to be either who you Are, or who you think you are, and provide yourself with whatever experiences exquisitely and succinctly put you at the threshold of discovering who you Are.”

You see how special relationships work? They suck you in through guilt, almost always as an expression of a desire for help. To come into a mutual agreement that doesn’t acknowledge God; because the two of you look to each other for the elements of the agreement, instead of listening within, deeply, so that what we might call the elements of Reality, the elements of God can be recognized and taken as that which defines the two of you.

Now I talked at some length here, because this is a significant issue and you need to understand that you can be the presence of Love, with a capital “L”, the presence of Truth, the presence of Principle and not cater to the manipulative ploy of the ego, and feel clear, innocent, good, intelligent and wise. If you don’t know that you can, then you are likely to succumb to the emotional draw of the dynamic of depression.

Anyone in this room who claims depression as a condition they are dealing with, I have just introduced you to yourself. And I would encourage you to ask yourselves why you are withholding from yourself the conscious experience of being loving. It’s too high a price to pay for the potential benefit of the manipulation. Because your capacity to feel love, your capacity to recognize that which is Real in each and everything, your capacity to feel good is too great a thing to throw over for the so-called satisfaction of getting even. Because that satisfaction will never come. The ego is lying to you when it says you will get a marvelous payoff. All the time you are waiting for that payoff, you are suffering from the absence of your conscious experience of being loving and feeling your gentleness and your wholeness and your joy.

The ego is a liar and the father of it—the father of the lie. And if you will dare to look at this squarely, you will find in it your release from an

unjustifiable imprisonment in depression and misery. Now I will give all of you a chance to breathe.

~excerpt from Gathering with Raj/Jesus Princeville Hi 1991

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