



DEPTHS MYSTERY

WHAT LIES WITHIN?

SECOND DEPTH

WHAT'S THE MATTER?

What matter (people, objects, or substances) are you interacting with? What feels right or doesn't feel right about the exchanges you're having? What is important at each exchange? What do you have to gain? What do you have to lose? What matter *matters* most to you? What do you value? Is this value attained or retained through interacting? Do your exchanges leave you with a net gain, net loss, or neutral status?

WHERE'S THE CONNECTION?

Where do you connect to matter? Where is the common area between you and other forms? Are you linked through tangible material, familiar topics, or mutual feelings? The more areas that link, the stronger the bond will be. While certain bonds may appear permanent, all matter will eventually decay or disintegrate. Losing connections may leave you feeling less than or smaller than you once felt. But you will always have some connections, even if you are not aware of it. You are physically connected to the food you eat, to the earth, and to the cells in your body. There are numerous connections all of the time, many of which you have the choice to interact with or not. Similar to how skin pores open and close to let in/let out or keep in/keep out, you can open and close your mental, emotional, and physical ports. With freedom, you can choose what is let in to your thought channel, your feeling radius, and your body orifices. Choosing the best connections for your optimal well being is equally important to disconnecting when a matter becomes hazardous to your health. What is your body, mind, and heart linked to right now? Is that helping or hurting you? If it is harming, are you able to disconnect? Or might there be an attachment preventing the separation? Where exactly is that attachment? Where are you holding on? Or where is matter holding on to you?

WHY ASSOCIATE?

The limbic system of the mammalian brain associates matter with emotions. The emotion experienced with each person, substance, or thing influences how it is neurologically categorized and designates which molecular response it will evoke. Various neurotransmitters, peptides, or hormones will be released according to which emotion the matter provokes. This association impacts the way in which you interact with the person, place, or thing. For example, matter that has been associated with fear will evoke epinephrine and the flight/fight response in the body. Matter that has been associated with love will evoke oxytocin and the desire to care for other's



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needs. Sometimes individual matters can become linked together through an emotional event, each evoking the same molecular response when encountered again. This automatic linking tends to occur in young children and those unable or unwilling to examine the context to better understand the exact cause. Since it's likely only a single matter actually provoked the emotion, all the other associated matter need not evoke a molecular response. It's important to mentally separate out the matter that was only coincidentally present, so as to not find yourself engaged in an improper interaction fueled by molecules being released unnecessarily. Emotional maturity is found when a person is able to refine their emotional associations with matter. Properly associating your feelings does not eliminate emotions nor prevent the molecular response; it simply applies it more precisely. And with precision, your interactions with other matter will become less of a hassle, more seamless, and highly valued.

HOW TO USE YOUR ANCHOR

An anchor is a heavy object connected to something important to keep it from being swept away. In human beings, heavy metals, such as iron, can act like anchors. As your lungs inhale air, iron in the form of hemoglobin anchors to the oxygen as it enters your bloodstream. Iron transports this life-giving molecule to each of your cells and ensures it is not swept away amidst the high-volume bloodstream pathways. Iron will also make sure the carbon dioxide released from these metabolic processes is returned to your lungs for exhalation. If the iron in your body is not able to perform these tasks properly, carbon dioxide can accumulate in your tissues and oxygen may not be able to reach your cells uniformly, which can leave a person feeling lopsided, top-heavy, and/or "sinking". To help the iron anchor properly, be sure to connect to only that which matters most in each moment. The more your mind connects with what matters in your heart and soul, the more life-giving oxygen will reach your cells. Monitoring your breathing will help you determine if or when you might be holding on to useless matter and/or not letting in enough helpful matter. Always return your attention to the breath to set your anchor and stabilize your emotions, especially in the midst of external waves and currents trying to move you or knock you down.

WHEN PATHOLOGY DISRUPTS

If you're losing more than you're gaining in any area (or at any moment) of your life, you may need to re-evaluate the importance of your present connections. When you lose track of what's important, or have been taken too far from what you think and feel is right, a number of disruptive experiences may occur, including cellular death and decay.



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If any of the following conditions are present, this could indicate a 2nd Depth attention requirement: Breathing issues. Colon discomfort. Skin malformations. Nasal congestion. Chronic grief. Financial insecurity. Sadness and despair. Bacterial infections. Smoking addictions. Inability to get needs met. pH imbalance. Poor self-esteem.

WHO CAN HELP?

Depths Mystery offers qigong-style practicum's designed to engage your breath and body. These practices will enable you to balance emotions, strengthen your breathing, and experience a more level playing field as you engage the world. You can also sign up for life coaching to re-connect with your core values and get the most out of each interaction. For additional information on these services, email Navigate@The-Depths.com.

Too frequently people take advantage of those who are young, naïve, insecure, timid, or less fortunate. If you or someone you know has had this experience, seek help from lawyers, civil rights advocates, support groups, non-profit organizations, animal welfare specialists, environmentalists, or any group designed to help the innocent stand up for their rights and receive justice. For other resources, consider exercise, dance, or any form of movement that helps to oxygenate the body and unleash unhealthy connections.