

Prevention is the Cure



By Late Roy Masters

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You would always be safe, in complete control of your own life, if you were to remain within the protected boundaries of your reason.

But having been tricked, tempted and aggravated away from its center, your soul has lost its way and does not know how to come home again.

Wondering around in a thinking and feeling world, your spirit becomes more confused, more subject to deception, simply because you have lost the way to see clearly.

Your present sensitivity to pressure continues to grow in direct proportion to the degree of your being lost in your thoughts, the consequence for having originally doubted yourself.

Remember, every emotional upset in your life traces back to some obvious or subtle distortion of beliefs through your emotional overreactions.

However, if from now on you will confront any degrading lie for what it is, with Godly patience, then you get to doubt that lie.

The key to faith is not what you think, rather, it is a special moment where doubting the lie frees you to believe the truth again. Do you know why doubting the lie is the same as believing the truth?

It is because originally, doubting the truth became your compulsive faith in lies. With a little help from your Savior, you simply reverse the process—and begin to believe again.

With your ego once again centered in the light, expressing native wisdom and goodness, you will become progressively less subject to dehumanizing pressures.

“Prevention is the cure; keep the pressure from getting under your skin by remaining calm at the point of stress.”

Therefore, if you are presently upset, over-reactive, nervous, fearful, and guilty, take it as a sign that you have lost your way. Somewhere down the line, you have responded to, and are acting out other people's wills.

Your resentment and impatience bears witness to the bondage of your wrong allegiance.

Surely, you have observed the vicious cycle. Something upsets you changing the way you think and feel. You feel doomed, damned, depressed and obligated to go along even when you know it is wrong.

You can no longer control your thoughts, and your health suffers. You develop headaches and other assorted aches and pains.

You take it out on your family until they are more miserable than you are. You try to forget what is happening to you, but you cannot.

You react in extremes; you cannot sleep, or sleep too much. You lose your appetite completely, or eat everything in sight.

Prevention is the cure; keep the pressure from getting under your skin by remaining calm at the point of stress.

If you could do that, you will become impervious to life's penetrations and never fall prey to morbid states of mind or

project them onto your loved ones.

Depression will fade into the darkness as the light dawns.

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