

# Don't Look Back

All is well. You have travelled well.

Learn to deal with depression by continuing to focus on me as you have been [doing]. Depression is based on self - self-pleasure, self-actualization and so many other areas of 'self'. Self is not where you are to operate. So deal with depression quickly and it will subside and be destroyed [in you]. Don't give it an opportunity to be established, by removing focus off yourself. Learn to let things 'go through to the keeper' - [to] me. Trust that "all is well" will bring quick (quicker) relief from depression as you'll see reason ahead of you.

Move forward - don't look back. Looking back, judging the past is where depression comes from. That's operating from the Tree of the Knowledge of Good & Evil, not the Tree of Life. Do you get it? Yes, you do. So, operate without judgement/assessment, as your judgements are awry in many cases.

Live out of love for me and trust that what you do is effective. The past is the past and cannot be recuperated. Stop this analysis and move forward to new things - always forward.

This is a great day - not because it's raining and cool, and you're on a 'high' from the last 2 days. Each and every day is great in my Kingdom. Get your head around this and learn to operate out of that mindset. You thank me each day for it (for the day) so now add to it that each day is a "great day" in the Kingdom - even if nothing 'big' is happening. I am still working behind the scenes and in you, so there's no need to be disappointed that nothing is happening.

You are busy, but you will be busier. Busier in my way, not your own [way].

Trust me my son - in everything. See how I've worked in XXX'? That's a gift to you to encourage you to believe in me for more.

Love you.

*(Words in brackets are what I understood in my spirit immediately I was given something to write)*

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