

# Ask An Angel

Angel Messages with Christopher Dilts

## The Sacred Pathway of Joy & Sorrow

From the Angel of Happiness/Angel of Depression  
Received June 15, 2004

### Invocation

*This morning I invoke the Angel of Depression who is also the Angel of Happiness. This Angel fully understands that these dual aspects of our experiences are truly unified in the underlying and over-lighting presence of our love within and around us.*

*Beloved and blessed Angel I call upon you for enlightenment, for wisdom, for revelation of the Divine purpose of depression. Beloved Angel I ask you to lay the path of this labyrinth before us. Beloved Angel I ask that you show each step through this labyrinth to us. Beloved Angel, bless us with your grace with your Divine love, with your complete patience, with your complete acceptance, with your total care for us.*

*Angel of depression, guide us, show us, reveal to us all that is hidden and unseen. Beloved Angel show us the light and the spiritual gold in this aspect of our shadow self.*

*Beloved Angel, help us to embrace the wisdom and strength and power and goodness and connection to the Holy Spirit that lives within our shadow selves.*

### Angel Message

I'm the Angel of depression and I understand this human experience of sadness, sorrow, grief, lack and depletion. I understand how de-energizing depression can be. I understand the weight, and heaviness, and the despair that it brings upon the spirit.

Depression has a divine purpose: a holy and sacred purpose. A purpose of revelation, a purpose to call up into consciousness that which is suppressed, repressed, buried in the thick unconsciousness.

Realize that nothing in the human experience exists outside of the field of love - God's love for every being in creation. This path, this walk, through the labyrinth of depression, is in and of itself a sacred journey. Allow each step to be one of revelation. One of discovery. One of experimentation. One of personal examination.

The very heaviness of depression is designed to stop you. To cause you to pause, to examine, and to consider why it is so difficult to move forward at this time. Yes, I do understand the pain, grief, sorrow, resistance, inertia, and the lack of energy that depression brings upon the mind, body and spirit. Yet still I say this, too, is holy; this too is blessed.

There are times in life when a reorientation is called for by your soul. This call of the soul unheeded, unanswered, grows in its potency. Sometimes a complete stop to your activities, a reorientation of your relationships, a change in your perceptions is so vital and so important that the soul allows no continuation of the past form. When it is time for your soul to stop your current activities, you will stop.

In the dizziness of the activities of success, in the press of productivity, in the urgency of projects and opportunities, it is simple to move too quickly, to accelerate into activity and to ignore, overlook, or to put a very attractive facade on the business of the soul the remains unaddressed. And yet what is unaddressed grows in its calling. It grows in its intensity, grows in its need to be heard, to express, to reveal something of the nature of your spirit, something of the depths of your soul.

In this revelation there is often a tilling of the soil, a overturning of the ground of being. It is not for a faint heart, for a weak spirit, for a presence of mind lacking in courage and focus. And yet I assure you that there is only goodness, wholeness, completeness, evolution, expansion of your consciousness into a greater place of love when you are able to accept, explore, experiment and discover all aspects of yourself.

I would ask you to surrender any ideas, imaginings, or projections of what you envision as your perfect self. I would ask you to surrender all positions of ego and of identity with this imagined perfect state. I would ask you to accept yourself exactly as you are - for this is what we do as Angels - we do accept you exactly as you are! This is what your loving God does with you. You are accepted in every moment exactly as you are by all of creation. In fact, everything that you see, hear, touch and experience around you is no more than the complete acceptance of you, exactly as you are, reflected back to by Creator in creation. With this reflection is always the invitation to enter into deeper love, into more loving awareness and the opportunity to expand your perceptions into greater love.

Depression is a gateway into higher clarity, higher awareness and higher consciousness. Its heaviness carries you to ground. It brings you to the foundation of your life and consciousness. It is an invitation to stop all thought, all imaginings, all projected futures, and to set yourself solidly upon the ground to take a loving inventory of what remains.

The fear of letting go into this walk through the labyrinth of depression, is your fear that nothing will be found - that you will be alone, rejected, banished, left alone with nothing but your fears and sorrows and grief. This fear itself carries a propulsion of energy within it and you can use this energy to carefully move forward. If you will simply walk gently forward, one step leads to another and to another. You have the ability to explore this labyrinth, to fully know it, to begin to recognize each step, to begin to know the sacred journey that composes it - for it is composed by your own soul and consciousness. Never do you step outside of the love of God, nor of the presence of the Angels, nor of the wisdom of the Saints and sages of all ages as you progress step by step. It is the very darkness, it is the very emptiness, it is the very cessation of ordinary thoughts, of ordinary preoccupations that carries you into what remains: love and the loving presence of the universe in creation.

Simply allow the darkness, allow the emptiness, allow the quiet, allow the simplicity, allow the space which depression can create within you and around you and continue a loving exploration of the space. Allow this place of darkness, of void, of rest, of quiet, and, if you will allow it to be so, of peace, to be created in and around you, then you do the sacred preparation of the womblike space within yourself. You allow new inspiration, new creation, the new life to be born within your spirit, within your heart, within your mind, within your life. Life always creates from void and emptiness - new life requires a space be created within, to be nourished, to be allowed its proper gestation, to be protected from outside influence, to be allowed to grow in its own true form.

The art of being in quiet receptivity, of simple patience, of simply allowing the new to be born within you, is of vital importance to shorten your journey through this labyrinth. To refuse the next place of being in your life is to abort this process. Yet the call of the soul will have its way. The call of your soul is much stronger than your ego, much more powerful than your personality, much deeper than your material and sensual desires. The call of the soul simply insists upon been answered. Your soul in its wisdom also knows the proper prescription to advance your consciousness. If you are able to accept this prescription you can shorten your time of difficulty in the same way that taking a prescription medicine properly shortens your illness. Yet often you are only willing to take a portion of this medicine of the soul - and thus make only a portion of the progress the opportunity was providing you with. Willingness, receptivity and your ability to be with yourself exactly as you are in the moment, are the most potent forces at your disposal to hasten your journey through a dark time. Is it not better to take the full course of the prescription in one pass, rather than to repeat the process more times than necessary? Your soul knows when to back off, when to reduce the tension and the pressure you are feeling when your willingness cannot accommodate more light, more truth, and more love in place of the cherished illusion. Be at peace even with this, for your Creator never gives up on the call of your soul to return to greater unity and to greater love.

It is in the time of depression that something new waits to be born within you. Something from the depths of your soul, from the center of your heart, from the very inspiration with which you chose to come into your life.

You are always surrounded by the creative spirit of the living and loving universe. The creative energy, the call to bring life into life, love into life, beauty into life, peace, community, higher consciousness, leads always to a deeper and greater expression of love. Even in the deepest place of depression this remains true.

Realize that I, as the Angel of depression, am also the Angel of happiness. Angels are beyond the duality of the human experience. Beyond the duality of happiness and sorrow, good and evil, light and dark, day and night, and so on. We are in and of the unified field of love, the unified love of heaven. And yet we understand completely and fully the duality of human experience. And we are able to both embody and unify all aspects of duality. It is thus that the path of depression, if embraced and accepted and allowed its sacred purpose, will carry you back into the natural happiness that accompanies creation and new life.

Saints and sages of all times have advised equanimity of mind, focusing upon unity, focusing upon love, choosing love regardless of external circumstance and regardless of personal circumstance. This is a very advanced form of human consciousness. There is no immediate demand that you attain this and yet you are on the journey to it, every one of you. Realize that every step can be of further understanding, a deeper understanding of the unified nature of a loving universe. The love of God never varies, never fluctuates, never increases or decreases, never comes or goes. It is constant, uniform, ever-present and eternal.

I will walk alongside you through every turn of the labyrinth of depression. All Angels remain accessible to you. We ask that you inquire deeply into the purpose that your soul would have you understand. During a time of depression, embrace the quiet, embrace a resting place within the darkness, allow the peace of reduced stimulation from the outside world, from the relationships you have with others.

We want to be careful here - we are not suggesting increased isolation, increased withdrawal from those who love you and from those you love. We are not suggesting a descent into deeper depression, deeper unhappiness or deeper grief. In fact, we are suggesting that your embracing of the darkness that is present will more quickly and more gracefully help you to carry yourself out of it. It will more quickly and more gracefully and more lovingly allow you to receive the spiritual gold

that is within the darkness and the doubt of the cavern of depression. Every difficult experience has an exit door labeled "LOVE." In peacefulness, in quiet, in darkness, the light above that exit door is lit with love. And yet there is a process of exploration and examination and recovery of that precious gold awaiting you in the darkness. We encourage you to call upon us to help you more quickly discover that gold and carry it back up into the light. This is the sacred purpose of depression: to carry you into your own depths where your deep spiritual gold may be mined and recovered and carried back into your life and community. Creator allows no purposelessness. Creator allows nothing to be in creation that does not have a sacred purpose. Absolutely nothing. Trust this, trust the wisdom of your soul, trust where you are being led, and trust that you will find a deeper and more loving self within yourself.

Allow your soul the time, the space, the quiet place, the removal of undue outside influence, this place of quiet meditation and loving self-examination. You have everything within you that is needed to descend and to mine the depths of your own consciousness. To recover the gold within your own soul. To return to the light and to allow the light to show the gold to you and to those around you. There is no place of darkness within you that does not have this hidden gold awaiting you, awaiting your willingness to come to it, to embrace it, to realize it, to carry it into your consciousness and into the lives of those around you.

The loving presence of the Angels may help you if you choose to allow it. Accept our blessings, accept our gentle illumination. Accept the love that we can radiate all around you and through you. Accept yourself as always and ever a child of God who is loved and embraced and protected.

-Angel of Depression / Angel of Happiness



*Christopher Dilts* an internationally recognized Angel Intuitive and Healer who has been helping people learn to connect with their Angels for over 9 years. He has facilitated positive change for hundreds of people by helping them develop a deeply personal relationship with their Guiding Angels. For more information about working with your Angels and free Angel Messages, visit the Ask an Angel website. You are also welcome to contact Christopher directly about his regular worldwide Angel Healing Circles by phone and Ask an Angel Questions & Answers by phone, or to schedule an individual session:

[www.AskAnAngel.org](http://www.AskAnAngel.org)