

I write this to all of you who lost yourselves , or someone else, in 2007 and have yet to fully recover, cannot fully recover because you don't understand what happened so have no way to make sense of your condition.

Some of you are self-medicating, some of you are on anti-depressants, many of you do not know why you stay alive and yet you do not want to die. You simply want to understand what happened, and to have a reason to continue living; to once again be comfortable in your skin.

But you did die in 2007.

And you have yet to learn to live again. Most carefully because your skin is still very thin and your sanity is still very fragile and you must keep away from those who would take too much of you because you exhaust, still, so easily.

And yet you are restless all the time. And you don't know where or what home is anymore.

My luck is that I have met, and continue to meet, vast numbers of you.

It is now 2011 and I am still meeting you every day. It's important that you have this level of insight for two reasons:

1. That you don't take this event personally
2. That you know you are not the only one struck down by this.

Knowing will keep you growing. Only knowing this will liberate you from your isolation.

It was explained to me thus: that you have been inoculated from a despair that could decimate you later. That you must continue to be creative even though at times you fear the Muse has fled.

You must relearn the beauty of things that no longer taste or smell as vividly. Things must again matter.



I was told this will be very hard work but that an altered way of things is dawning; the outcome of which we may not see in our lifetimes.

Teach yourselves new things. Reach out to others. Remember the slower ways. Love each other. Strive for personal excellence.

Prepare the new Renaissance.

