

# SACRED AS YOU ARE

DEPRESSION AS A  
CALL TO SPIRITUAL  
AWAKENING

# JEFF FOSTER

## SESSION ONE

### Ending Your Resistance to Life

1. Introduction to Session One
2. You are perfect even with your imperfections
3. The present scene in the movie of your life
4. The illusion of utopia
5. Turning towards yourself as you are
6. Your true nature is vastness
7. From death to awakening
8. The obsession of seeking enlightenment
9. Experiencing the miraculous through presence
10. Discovering deep rest

## SESSION TWO

### Courageously Meeting Your Feelings

11. Introduction to Session Two
12. What is presence?
13. Sensing the unchanging “I Am”
14. Being the wide open space for feelings
15. Meditation: Exploring Your True Nature
16. The analogy of presence and the movie screen
17. Sinking into the field of permission
18. Suicide and the longing to be fully alive
19. Living beyond the mind-made self
20. What can be trusted absolutely?
21. Embracing the paradox of the human and the divine