

# Hopelessness

## Definition of Hopelessness

*a feeling of despair that life cannot be better*

With all the negative news and conditions of the world today, it is difficult indeed to find the feeling of hope. The concept of life being wonder-filled, prosperous and magical is, more often than not, overridden by fear, loss and scarcity.

Hopelessness can lead to suicidal and darkened thoughts, lethargy, depression, sickness, and grief. These are all natural and sometimes even powerful feelings. Denying them is not the answer, working to transform them is. No matter the circumstances, we all have the ability to fulfil our dreams and purpose. We just need to find a way to awaken the general within ourselves and fight back.

*The hopelessness of today can inevitably birth the hope of tomorrow.*

## Keepsakes for Fighting Against Hopelessness

### Definition of Keepsake

*Safeguard, defend, preserve, take care of*

**Keep authentic** especially when in the midst of deception.

**Keep accepting** the things you cannot change.

**Keep asking** for help only from people you trust.

**Keep aware** of people and situations that are not a positive force in your life.

**Keep away** from mind altering substances, like alcohol or drugs.

**Keep balanced** so that you can stay healthy.

**Keep brave** by facing your fears.

**Keep challenging** your negative thought forms.

**Keep cleaning** your personal space.

**Keep creative** in making your personal space beautiful, even if only in your mind.

**Keep conscious** of what is possible and what is not.

**Keep determined** in finding pathways to your happiness.

**Keep diligent** by not paying attention to negative social media.

**Keep empowering** yourself.

**Keep envisioning** your dream life and focus on it.

**Keep fighting** for your right to be fulfilled.

**Keep finding** time to be quiet, so you can hear your higher power.

**Keep integral** when tempted with corruption.

**Keep knowing** that your feeling of hopelessness is temporary and definitely can and will be transformed.

**Keep learning**....as Nelson Mandela said: "I never lose – I either win or I learn."

**Keep listening** to music that enhances your calmness.

**Keep looking** for good mentors and opportunities.

**Keep maintaining** a feeling of gratitude for what is going right in your life.

**Keep observing** the sky and Universe....there is indeed a bigger picture.

**Keep protected** from situations or people that can hurt you.

**Keep searching** for more constructive and intelligent answers.

**Keep smiling** – no one here escapes suffering of some kind.

**Keep studying** your negative feelings and find their source.

**Keep thinking** of someone or something you can be of service to.

**Keep truthful** in order to avoid illusions.

**Keep trying** to be in nature as much as you can.

**Keep watching** only positive and educational movies or programs.

**Keep wearing** clothes that make you feel joyful.

**Keep working** to change your situation for the better.

**Keep your purpose** for being here in the forefront of your mind.

# H's Overcoming Hopelessness

## **Be Happy**

Do not fool yourself – happiness is an inside job.

## **Be Hardworking**

Do not fool yourself – hope only comes with hard work.

## **Be Harmonious**

Do not fool yourself – harmony does not exist without conflict.

## **Be Heartfelt**

Do not fool yourself – our heart has its own intelligence.

## **Be Helpful**

Do not fool yourself – being helpful is a powerful way out of depression.

## **Be Heroic**

Do not fool yourself – be the hero for yourself.

## **Be Honest**

Do not fool yourself – honesty is not the best policy -it is the ONLY policy.

## **Be Honorable**

Do not fool yourself – honor lasts for eternity.

## **Be Humble**

Do not fool yourself – arrogance is very dangerous to peace.

## **Be Humorous**

Do not fool yourself – humor is often enlightenment.

# Fighting for Hope

The tragedy of life is not dying, but what we let die inside of us while we live.

Things can catch your eye but follow only things that capture your heart.

A good future belongs to those who believe in their dreams.

A fish does not drink up the pond in which it lives.

When we tell the truth, we may lose a friend, but when we lie, we lose ourselves.

Peace can only come from respecting others.

There is no single formula for victory.

The most fulfilled people are those who have lived the most unselfish lives.

Hope is knowing that difficult times make us more resilient.

No one group has a monopoly on wisdom.

Giant leaps begin with very small steps.

Times of doubt and anxiety can awaken our supreme intelligence.

Our freedom to fail is vital to our potential success.

If we don't believe in ourselves, then what?

Creativity is the defeat of habit.

Simplicity is so much more powerful than complexity.

If we forgive ourselves and others – we have achieved mastery.

Value sincerity above all other things.

There is no hopelessness when we lighten the burden of another.

We must never believe that what we see is all there is to see.

By prevailing over obstacles, we unfailingly arrive at our chosen goal.

One who embarks on the journey of revenge ultimately digs two graves.

Our greatest achievement is not in never failing, but in rising every time we fall.

True humility is not in thinking less of ourselves, but in thinking of ourselves less.

The blink of hope overrides the blindness of hopelessness.

# Living Hopefully

People are often unreasonable and self-centered  
- forgive them anyway.

If we are kind, people may accuse us of selfish ulterior motives  
- be kind anyway.

If we are successful, we may win unfaithful friends and genuine enemies  
- succeed anyway.

If we are straightforward and sincere, people may deceive us  
- be straightforward and sincere anyway.

What we spend years creating, others could destroy overnight  
- create anyway.

If we find serenity and bliss, some may be jealous  
- be serene and blissful anyway.

The good we do today may often be forgotten  
- do good anyway.

Giving the world the best we have may never be enough  
- give the best anyway.

*-Mother Teresa*