

106D. I do truly know the pain, of fear.

For those who have never suffered from a massively horrific, mind blowing, thought controlling, full blown life debilitating, panic attack; please do not even try to place judgement, or even personal thoughts, on any who say that they have, or who are suffering at this moment, from this horrific debilitating condition, as it is not a choice, it is not paying for a previous wrong & is not about being afraid, or about just do it, it cant hurt you, but is about something that you truly probably have no idea about how real & bad it truly is, as it is about a mind bending fear from hell, which comes quickly & severely, from out of the shadows of darkness, which no one should ever suffer from, but which can attack anyone, anywhere, at any time, without warning, pretty much putting an end to life as you know it & of which tens of millions of people have found out about, the hard way & many more are discovering daily.

Before long, sufferers also learn what feeling completely rejected & alone feels like, due to this condition not being understood by society, or family, friends, or not even the one's suffering from it, which again, could hit anyone & of which the medical profession knows very little about, so please do not be one of those who abandon the ones suffering with this unprovoked panic, but work to help them, to hear them, to love them, to remember that they do matter & that what is happening doesn't define them, so work with God & help them to seek out whatever positive help they may need to work on this, (no drugs, or alcohol) as now there truly is hope for recovery & it wouldn't hurt for you to be prepared for battle, to help others & God forbid, maybe prepare yourself, or loved ones, as it doesn't discriminate & it can stop anybody, in their tracks, no matter how big & bad, or how good they are.

Now If you truly know the pain of anxiety, or panic disorder with, or without Agoraphobia & would like a true friend, who truly understands, all that you're experiencing & is not afraid to discuss it & possible options to help, I would love to put you on my friends & prayer list & show you that there truly is great hope for you.

I do understand the fears & need for privacy & would never break confidence by allowing another to know who you are, or what you're going through, without your approval, as again "I have been where your mind is" & I know how hard it is to trust, or believe, that anyone truly cares, but you can trust me, as there is nothing that your thinking, feeling, or have done, that I myself have not experienced & will never forget, as I fully know the torture, the pain, the fear, the need to hide, the anger, the confusion, the despair, the hidden shame & the wanting help to die, but I also know the healing & that these are from thoughts & feelings, that can be rethought & retaught, one step at a time.

I have chosen to believe that the prison that I was in for so long, was maybe for my protection & these limitations held me where God needed me & that's all good with me, now, as I could've ended up in a different kind of prison.

Now I cannot change your condition, but I can help to show how U can, if you're willing to change your thinking & follow along with these posts & I will say that you could do much better if you have, or will give your life over to God, who will use you to benefit others, while you reap rewards, but if that part isn't for you, I still love you & you can get just as much help here, as the believers, as we will all work together & get

through this, with all our rights & beliefs respected, as believers & unbelievers working together & loving, as God, or as your heart seeks to. Believers pray about this work & healing & for nonbelievers it cannot hurt to ask God, that if He is real, to show Himself to you & to help us all through this & if U do this, I thank you for your prayer, as it is always heard & can never hurt, even when the answer is no, or not now..

I do understand & do love & respect you & know how hard it is, but it is time to reach out & get out of this oppressive lie of satans doing & let God, or new life use it for good, which truly can be done, as seen by the millions of former panic disorder sufferers & of which we will work on together.

For now I will say thank you & pray that God reaches out & touches all our hearts & minds, as I know that He is going to walk through these letters & days with us, as we start experiencing awesome changes & an awesome life, that we truly felt was behind us & yet is actually right in front of us & together we are going to grab ahold of life again & live it, like it is supposed to lived, as we learn about what brought this, as well as on some tools to fix it.

I will keep working & keep these learning & uplifting pages coming as quickly as I can, as I know how ready so many are to get back to panic free life. Which can come to you, if you work it patiently & grab ahold of the hope, that truly will pay off, with true faith added to it.

Again what we share is for informational purposes & is not a replacement for medical diagnosis, or treatment that may be needed, so please be

sure to see a Dr. for medical advice, or treatment & then we invite you to view our take & knowledge & experience.