

All Conditions Normal

By

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I offer these words because of the urgency of the moment that many of our Sisters and Brothers who served with us find themselves in. Each day too many decide to leave this world because of the soul wound that warriors suffer.

“Ask the beasts and they will teach you, and the birds of the air, and they will tell you; or speak to the earth and it will teach you, and the fish of the sea will explain to you” Job 12: 7-9

Also podcast available on site:

<http://www.thetraumatheapistproject.com/podcast/native-indigenous-cultures-healing-trauma-eduardo-duran-phd/>

Preface

The title of this booklet derives from the watch log entries that I made as a sentry starting the 4 or 6 hour watch and as the watch ended. The ideal entry of course is that ‘all conditions are normal’ meaning that quiet prevails as the watch is passed on to the next sentry. Many times I made the entry into the log book stating ***“It is 1200 hours and I am assuming the watch and custody of a .45 caliber pistol and 14 rounds of ammunition. All conditions are normal”***. As warriors return from the military to civilian life they are completing their watch. For many the watch is not over as they continue the internal watch of dreams, nightmares and life that cannot be described as ‘all conditions normal.’ It is my hope and prayer that these words can be of help to those who need to end the watch by having all conditions return to normal.

Over the many years that I have been working in mental health and recovery settings it has become apparent to me that there is a need for different approaches to address the psycho/spiritual needs of people. This booklet is written to bring a new understanding from ancient traditions to the warrior archetype. All approaches have

usefulness and it depends on the person as to what approach may work for them. The intention of this booklet is to offer an approach that borders on what some may consider off the grid and intended for those who need something extra as they return home. Also there may be some of us who have been trying to get help from those on the grid and not been successful may find help in the ideas I talk about. No one way is the only way. I think that having choices in our healing is what is important.

Many of the teachings presented in these words are from Native American and other Tribal traditions. Many tribal people have maintained specific ways of dealing with spiritual phenomena and these are rooted in natural law. All energies and spirits including the spirit of war are bound by the rules of natural law and by becoming aware of natural law we will be able to better relate to these energies.

Warrior Soul Wounding

In most ancient and modern tribal cultures there are methods in which warriors/veterans are re-admitted into the society after having to go and commit acts that go against natural law. It goes against natural law to go far away from home with the sole purpose of causing destruction and taking human life. I'm not saying that it is not necessary to defend one's home in case of attack, and the innermost soul of the warrior knows the difference. That said, if the society persists in sending people to war the warrior is acting with honor in following the dictates of their society. The problem arises when the society does not have the knowledge to balance out the ceremony of war and it is the inability of the culture to bring closure to the ceremony that imposes a collective level of guilt and soul wounding on what the warrior is experiencing from their personal participation. Results of not bringing balance and healing to the returning warriors can be devastating as we presently experience in the suffering and high levels of suicide.

The warrior/veteran does his/her duty in the best way we know how. Our souls have a different understanding of the purpose of the war and when this purpose does not honor natural law, our soul turns on us and gives us symptoms so that we will pay attention and try to restore the balance in our soul. Most warriors are aware of what these symptoms entail—depression, anxiety, PTSD, addictions, family violence, marital

problems and so on. All of these symptoms/illnesses have a spirit and can be considered entities. Some of these entities are energies and spirits that become attached to the warrior during times of high duress where there is loss of life although just being 'therer' is enough to injure the soul.

It is important to break down the actions taken in war ceremony and their effects and see what actually happens at the soul level when a warrior has to commit acts that go against the soul or psyche. Life is sacred. All cultures, religions and ideologies subscribe to some sort of idea regarding the sacredness of life. The warrior takes his/her life and places it against another life or lives in the path of doing their duty to defend the country. At this point there is a constellation of energy that is intense and the psyche is very vulnerable especially if the person does not have teachings that help him/her understand the depth of the situation that they are involved in.

At the point of contact between the warrior taking a life and the person whose life is being taken there is a spiritual understanding and contract that occurs. An energy or spirit of violence comes into play between the two people involved in the situation. The spirits of these two people recognize each other and agree that one will depart because of the actions of the one that will take the life. I need to say at this point that the first law of the universe according to me is, "there is no free lunch." Said another way, everything in the universe seeks balance and actions taken in any situation will either balance themselves unconsciously or we can take an active part in balancing actions consciously.

Again, as I mentioned before there is an identification and agreement that occurs where life is at stake. This relationship was and is well known in tribal traditions, and there are ceremonies to bring balance to this in some of these societies. Rules that govern the taking of life are said to come from a time long ago when human beings still had memory of the original instructions given to us by elemental law. Unfortunately, there are not many people that even know that there were and are these elemental instructions and we attempt to balance our actions through laws that emerge mostly out of an ego consciousness.

Recently I heard that there was a discovery somewhere in the Arizona desert. What was found is an ancient labyrinth with many confusing turns within it. Some of the people there believe that the labyrinth was made by ancient people to help returning

warriors. The idea being that if negative energies became attached to the warrior upon returning that by losing the energy in the labyrinth the energy would get lost and the warrior could return to their community without the negative energy i.e. PTSD.

Injury Where Blood Doesn't Flow (PTSD)

Trauma and how it is perceived in some of the traditional Native worldview has some fundamental differences. As the title of this section illustrates there is a different root metaphor to how injury where blood does not flow is understood and it is to some of those differences that the authors hope to expand upon. The intent of this discussion is to deal with the treatment of psychological trauma, soul wounding, spirit injury and heart sickness from a non-Euro-American centric understanding as much as language limitations allow. In this manner I hope to allow the reader to experience a different understanding of root metaphors and to some extent a different life-world. Short comparisons between Western and Indigenous approaches to understanding injuries where blood does not flow will serve as an avenue of comparison between the life-worlds.

Much of what we do in the field of psychotherapy is done from a very individualistic way of understanding the life-world. Not only is our work individualistic, it is also separated from the natural world thus allowing our psychology to objectify people and problems they present within the realm of psychotherapy. In a pre-Cartesian life-world this objectification of the life-world would not have been possible. In reality there are cultures in the world today that have yet to buy into the notion that there are dualities between themselves, and the life-world. It is this lack of epistemological duality that presents many Western researchers and clinicians with difficulty. The problems that face clinicians and researchers usually have an adverse effect on the person and/or community needing help in healing the effects of historical trauma.

Therefore, in order to deal with trauma from a culturally responsive perspective that is clearly different from a Western one it becomes necessary to discuss that approach by utilizing metaphoric language that can transcend our notions of how everyone may fit into a Western mindset. Unfortunately, our field has failed extensively in the area of

understanding how cultures other than the Euro-American one perceives disease models and the treatment of different illnesses although progress has been made in the recent past. Because of this much has been lost in way of healing our wounded souls.

Archetypal and Spiritual Understanding of Trauma

After working with many patients who had been traumatized and soul wounded it became apparent that there are other factors or forces that need to be addressed in understanding trauma. Patients that we have seen had been involved in medical and/or psychotherapy, and in many cases patients continue to suffer from symptoms related to soul wounding. Most trauma treatment strategies focus on the physical and psychological processes and many of the patients that we have worked with do not get better.

When seeing that many patients were not getting better from the symptoms that cause so much suffering a simple question needed to be asked: could there be something else causing the ongoing symptoms? After some reflection and going over some of the teachings that were passed on to us from Elders we realized that there is a spiritual component in trauma that must be addressed if the patient is to find relief from their suffering. The following archetypal theory has emerged out of the teachings:

1. When a situation in war ceremony presents warriors on both sides the opportunity to have intent in their heart/mind this has both a psychological and spiritual aspect to it. In most treatment settings trauma is seen from a psychological and physical perspective. Traditional teachings tell us that there is another aspect to trauma and that is the spiritual component. In other words the spirit of the violent action impacts the spirit of the warrior. The actual violence is carried out on the body

and/or mind as the situation unfolds and unknown to most there is a spiritual exchange that also occurs. It is from this spiritual interaction that loss of soul can occur. Soul loss is literal. Many warriors report that during difficult traumatic events they literally escape from their body and view the violence from a distance and are no longer in the middle of it.

2. The physical damage to the body is dealt with immediately by body mechanisms as they began the healing process through blood clotting, bruising and other biological processes. Also state of the art medical attention helps the person recover physically and the psychological damage can be dealt with through psychotherapy, medication and self help activities.
3. As the violence is enacted the spirit of the warrior is literally projected into the enemy in a manner that is best understood as a spiritual act. What led us to this understanding is the fact that many people who return from war suffer from guilt. The guilt experienced by the warrior is not rational and cultural understanding and analysis suggests that the guilt felt by the warrior is the projected energy from the opposing warrior. This is where the spiritual relationship mentioned earlier comes into the situation. The intrusion then plays out in our human psychological realm. Most humans have an aspect of their psychology that can be categorized as introverted or extraverted. Violent energy that has been introjected by some warriors will eventually give symptoms that will manifest in a manner consistent with the psychology of the person.
4. Introverted people will internalize the violent energy that has been projected into them by the enemy. The violent energy/spirit of the of the violent action will

begin to develop a life of its own in the unconscious mind/spirit of the person and will also begin to manifest through symptoms of depression, anxiety and other discomforts. These symptoms are to bring attention to the underlying psychological problem. These discomforts are messages to the person that healing needs to occur at a deep spiritual level. Unfortunately, most warriors do not realize that the symptoms are an attempt to move them towards healing and instead they begin to make efforts to get rid of the internalized violent energy. The ego that does not understand the situation attempts to get rid of symptoms by getting rid of the spirit of violence that mostly remains unconscious. Therefore, the introvert attempts to literally get rid of the projected enemy by unconsciously killing the enemy. Unfortunately attempts at killing the internalized enemy are misdirected and instead the death of the warrior is attempted through self-destructive behaviors such as addiction, physical illness, and suicide. All self-destructive behaviors are a form of suicide, which in reality is an unconscious effort at killing the spirit-energy of the introjected enemy that has been projected into them. In treatment the person must be alerted to the reality that is occurring in their unconscious in order for them to be able to address the situation in accordance to Native traditional teachings and healing processes.

5. Extroverted people also attempt to deal with the internalized enemy by projecting their symptoms. In this case the person may also resort to addictions and other maladaptive behaviors. The difference with extroverts is that in an attempt to kill the enemy their violence turns outward and they become perpetrators of violence towards their loved ones and other community members. When the extrovert

commits violence, that violence is an attempt to destroy the internalized enemy as seen through the projection of the person's unconscious processes. In other words, killing a relative is the equivalent of killing the internalized enemy. The problem with both the introverted and extraverted attempts at killing the internalized enemy is that the original spirit energy projected into them continues to live and develop within their psyches/spirits.

For example, the Xhosa tribe of South Africa believes that part of the warrior's soul remains on the battlefield. The warrior cannot reclaim their soul without making peace with the dead on both sides. There are prescribed tribal way as to how to reclaim soul and making peace with both sides and it is of utmost importance that we learn how to make ceremonies that make sense to us within the spiritual practice that we are part of. Later I will describe a ceremony that can be practiced as warriors from a society that may not have prescribed ceremonial practices, as do the Xhosa people.

Presently, we do not do any ceremonies before or after going to war except in some very small instances where the veteran is part of a tribal tradition that understands natural law and the balancing that needs to occur through ceremony. Therefore, the veteran is left to fend for him/herself in a system that has no understanding of the spiritual aspect of what occurs in war. It is important to remember that war has a spirit. It is this spirit that needs to be balanced and restored in ceremony.

“He Restores My Soul” psalm 23

Recently it has occurred to me that warriors have known about our souls needing to be restored. In an ancient writing King David who is the archetypal warrior king knew that his soul was out of his body. In other words he was suffering from serious PTSD. Who wouldn't after all the close fighting he had done not to mention facing a nine foot giant at age 14 with nothing but a sling shot (Definitely the makings of trauma). In his prayer to the Great Mystery i.e. God, he is asking for the restoration of his soul.

In order to give you insight into how serious the spiritual aspect of war is you should consider that some tribes believe that the actual identity of the warrior is at stake. For example, if you are part of such tribe and you are part of taking human life you stop existing as a member of that tribe until such time a ceremony is done to restore your soul and reinstate you as a tribal person. When we realize that most tribal names actually translate into 'human being' then the warrior loses a part of themselves in the act of destroying life. This is a far cry from saying that you have PTSD, which is a nice clean clinical term that means very little to the soul of the warrior/veteran.

Once the warrior loses part of their soul there has to be a way to restore them back to being completely human otherwise they will wander soul less and tortured. In most instances the VA docs and therapy types and the warrior resort to other spirits in order to restore spirit (by this I mean spirit of psychotropic drugs).¹ Except, as you recall you cannot restore spirit unless you do the proper ceremony just like I discussed in the alcohol section (the whole alcohol booklet is under spirits as part of this website).

Spirit of Suicide

Suicide is considered to be a spiritual entity in many indigenous traditions. This is literal and not metaphor. The understanding follows that the spirit of suicide if understood within natural law teachings based on our original instructions from the Creator is trying to get us to transform our present way of being. Because most of us have not been taught about this in our religious teaching we misinterpret this...transformation must only be done by killing ourselves. In reality the spirit of suicide is asking us to have a spiritual death and rebirth and remake ourselves as we restore our souls to continue our life work. You notice I have highlighted this. It is important that we study this aspect of transformation. Transformation is a spiritual act. By understanding the spirit of suicide and what it is bringing us we can have a spiritual rebirth and a completely new life. Interesting that this is the essence of Christianity although not many clergy types seem to understand this.

¹ I am not saying that medication is not useful here. Medication can help if used in conjunction with therapy and soul healing and restoration for the Warrior.

It is when the soul has been separated from the person that serious problems occur if the soul is not restored. In other words the identity of the warrior is no longer there and when there is no longer an identity it becomes easy to kill ourselves because we are not killing anyone. This is important if ‘no-one is home’ in the personality, suicide can become an option as it has for so many of our relatives who served with us.

Sorry to tell you that sitting in a VA office getting a prescription for psychotropics although useful for your psychology and body, it is not the right ceremony for restoring your soul. It is important to take these medicines if needed as well as getting the therapy. There are VA hospitals where they are integrating some of these teachings through the use of Sweat Lodge ceremonies conducted by Native elders who are helping us heal. Again, I emphasize that it’s good to take these medicines when needed, but taking them without doing the required spiritual healing will not heal your soul. It may bring some relief but as you know you will need more medicine or spirit of medicine on an ongoing basis. Recall that the spirit of drugs are cunning and will make you believe that the hole in your spirit can be mended by putting the spirit of alcohol or drug into your spirit. Some though may need medicine even after their soul is restored for a variety of reasons and there is nothing wrong with this if it helps you live a full life.

How so? is a reasonable question regarding this relationship between the energy of violence, death and human beings participating in this dance called war. When we look at some ancient traditions² that understand what happens at the time of death it makes sense to think that the spirit that leaves the dying person’s body may be a bit confused if the person is killed suddenly as is frequently the case in modern warfare.

The disembodied spirit may not know it has died and serious confusion may result. In this confusion the departing spirit may attach itself to the closest person or to the one that has been the cause of its departure. This phenomenon can be clearly understood if one is to ask most veterans what they are dreaming. Many report that they dream of the people that they have killed. In addition, the veteran also carries images of their friends who get killed since the spirits of the dead attach themselves to the closest person to them in order to try to make sense of the death process. The images of the dead are a deep part of their dream life, and they cause a tremendous amount of suffering

² For a good description of this process I recommend that you read the Tibetan Book of the Dead.

through symptoms. Most of the symptoms are clinically known as anxiety, depression, suicidal ideation, severe thought disorders and PTSD.

As the dreams clearly indicate, there is a huge elephant in the middle of the therapists couch and no one pays attention to it. The images are not subtle as most of you know, yet for some reason these are attended to by giving you cognitive behavioral therapy without the spiritual component. It's like taking your toothache to the transmission mechanic and makes as much sense. Again I will say, if this approach is working for you then don't mind what I'm saying here. I'm only speaking to those who have not gotten relief using these regularly prescribed methods.

How do we do this? Is there a way out? Are reasonable if not logical questions at this point. The answer is yes. In order to restore balance we need to resort to natural law. Recall that natural law has nothing to do with who's in charge, or what the government thinks or any other theory one may want to entertain. Natural law says that if you let go of this booklet from your hand it will fall and this is not personal or theoretical—it's just the way things are.

OK then. We have created an imbalance by causing suffering to someone else or to a group of people. This has to be acknowledged as in taking a fearless moral inventory of yourself. I have heard many vets talk about their deeds and acknowledge that these were not good or wholesome actions. The awareness that there may be a spiritual implication is also part of the initial stage of restoring your spirit.

Allow your spirit to become aware of what has occurred. Think and try to feel the suffering that happened at the point that the action took place. What did that person feel, think, want, at the time in their life where their life ended. Allow your awareness to be aware of the suffering that the family went through. At this point you should also be paying attention to your dreams because they will be an excellent guide as to the specific issues you need to deal with. The methods of interpretation that I have suggested in the addictions section are the ones that you should use in this area also.

Also, it is highly recommended that you do this with a therapist (the word therapist actually means healer in Greek) sponsor, minister, priest, medicine man/woman. You will need a spiritual guide since you are entering spiritual 'reservation' as the jargon goes. This is not to say you can't do this alone. It is highly recommended that you have a

point person who may know the turf so that you don't get stranded and create even more problems for yourself.

Once you are aware of where your soul has been wounded or possessed you can begin the process of making a bargain for your soul much in the way that Christ bargained for the possessed man's soul in his travels as a human being. Ask the persons (usually appearing in dreams) in question what they may want? Most of them want reconciliation since they may be also stuck in 'the spiritual dmz' due to this confused relationship they have gotten into through the ceremony of war.

Ask forgiveness for not understanding the spirit of war and what it entails. Commit to bringing balance to whatever needs to be balanced in your life whether in war or civilian life. Give these energies/spirits a spirit offering of some kind that makes sense to you. This could be tobacco or food offered in a ceremonial fashion to the souls of the dead. Many cultures have special days during the year where this is done. In this country many religious types celebrate 'all souls day' the day after Halloween. Our Mexican relatives have elaborate ceremonies around this and if you don't have ceremony in your life you may look up one of these events in which you can make amends.

Natural law requires that something be given in order to restore balance. Many Vets have offered help on behalf of the communities that they have offended in order to fulfill this. I know some Vets who have gone back to the part of the world in which they were involved in hostilities/anger and have offered peace offerings to the elders of the village. At times this isn't possible and here's where intent can be useful. Offer help to someone with the intention and motivation that this help is on behalf of the suffering you have caused with your actions. This is in keeping with the steps where you actually make real amends to those whom you have hurt. It is important that we not judge ourselves as our actions are honorable. I am referring to the spiritual aspects of war. ***If all is going well in your life after returning then you don't need to even read all this right? I am offering this for our brothers and sisters who are suffering and conditions are not normal for them. As we know at least 22 of our relatives will contemplate and kill themselves on any given day. It is because of the urgency of this moment that I offer these words.***

These actions if done with a sincere heart will help both yourself and those who

have been hurt. It will require the courage of a true warrior to go through this process. The fact that you are a warrior leads me to believe that you have this courage. You do not need to keep suffering and keep your loved ones trapped in this unnatural spiritual confused place.

Allow your dreams to let you know if this is proceeding in the way it needs to. If your dreams do not change then you may need to do something different. You may need to go into the dream itself and reconcile there. For that you will definitely need a spiritual guide so I won't say more on that because it could get gnarly and if you have a guide this will be very helpful.³

The discussion that I have done so far has been helpful to folks that I have worked with during the past three decades of doing this type of work. Most of the folks felt that this way of dealing with their suffering made intuitive sense and were a bit dumbfounded as to why it hadn't been mentioned before. Well, now it has been mentioned and you can use it to heal yourself and your loved ones.

It is a fact that war is designed to cause suffering regardless of rightness and wrongness. Remember each side truly believes that God is on their side and this leaves us with the reality that there are energies operating at different realms than that of where ego likes to find itself. As I see it, it's ego that believes in rightness and wrongness and places God on its side. I doubt that God really wants to take part in the destruction of life and the profound creation of suffering that we encounter when our governmental egos decide that they want something that does not belong to them.

Our participation in war as warriors is honorable regardless of sides. Reality though is that forces beyond our control are in effect as we realize that the demons began to make themselves known. They usually make themselves conscious once we have the distance from what occurred and are out of the craziness of the war zone. Just because forces may be out of our ego centered control does not mean that we are helpless. We can resort to our spiritual-soul and work from that aspect because what has happened occurred at the soul level. This fact makes our experience sacred and it becomes even more sacred when we become aware and began to deal with our actions at the realm of

³ If you are going to go it alone I recommend that you read Robert Johnson's work that deal with active imagination.

soul and spirit.

Welcome home my relative.

Don't Waste Your Suffering

***Never become embittered at the amount of suffering that has been entrusted to you
(Sufi saying).***

An important aspect of healing as warriors is that we know how to sacrifice. The warrior aspect does not end with a DD-214 discharge paper that releases us from active duty. In that spirit it is important that we know how to offer our ongoing sacrifice in a way that helps heal us and also other humans as well as our earth mother. Again I resort to traditional teachings to help us with this dilemma.

Most or all ceremonies require some sort of conscious sacrifice in order to enact the power of the ceremony. This applies to all aspects of the warrior ceremony. When we return with a body, psychological or spiritual injury this is a sacred trust. In order to make the injury part of the ceremony we need to sacramentalize our injury through an intentional ceremony. This is where we consciously and with warrior awareness offer our suffering back to the Great Mystery, God, Earth Mother Higher Power, or however you envision and understand the Sacred. When you offer your injury/suffering on behalf of all beings including the earth you are activating your warrior spirit in an act of healing other which is at the core of the warrior tradition. In other words we continue to offer help and healing through the gift of our suffering. This will bring healing to others as well as to our spiritual well being.

I realize this is also off the grid. In the past when working with some of our injured warrior relatives they have become greatly empowered by offering the sacrifice that they have made on behalf of others. Simply go into a meditation and envision what happened to you. Whatever is your sacrifice, whether body, mind or spirit gather the injury and in your imagination wrap it in red cloth. Once you have gathered the suffering in this red cloth place this out on a tree for four days. ***After four days burn the offering and release the suffering so that the Mystery can transform your suffering into medicine for the rest of humanity. In this way you enact the essence of the warrior soul and help to restore your soul. Of course you can do the ceremony in the physical world***

also. Let your spirit be your guide.

Daily Wellness

The following can be used as an outline for your daily practice of wellness:

- Get up early and greet the morning sun with a prayer of thanksgiving. Leave an offering to the spirit of war. Warriors leave an offering for the well being of your old enemies. Also, leave an offering to the spirit of recovery, wellness and healing.
- Meditate for at least 10 minutes then do your morning routine of shower etc.
- Breakfast should be healthy and eat in a mindful way. Take your time and be grateful for each bite.
- Some time during the day you should do some physical exercise unless your work has plenty of it.
- Work should be also an act of gratitude and mindfulness. Regardless of what you do for a living (of course it has to be something that is wholesome and does not hurt anyone. Otherwise you need to find another job) do this mindfully. Try to be attentive to the task and moments as they pass. Sneak in a prayer every now and again if the task permits.
- During one of the days in the week you should set up ample time for yourself. This time can be used to see a counselor, sponsor, minister, holy person and such.
- Once you spend time doing spiritual counseling work then you should have time just for yourself. Treat yourself with kindness and respect.
- With the proper motivation and intent do good things for others. These can be one time activities or get into a project that is going to help others. Dedicate your intent to the purpose that you want to reconcile with in order to restore balance with the natural order.
- The time with your loved ones should be part of your day. If you have a family, try to prepare and eat dinner with them. This time can be used to debrief the day. As you debrief though, make sure that you talk about at least 3 positive things that happened that day. It's too easy to focus on what did not go right and this can take

- up a lot of energy and bring the spirit of sadness into your home.
- Read something that is good and do some other form of entertainment before sleep. As you approach sleep, be mindful of dreams and what these may be bringing to your life. Be ready to recall your dreams and commit to trying to understand their message. Leave an offering to the dreams letting the dreamtime know that you are committed to working with the dream world.

I hope that these words in this booklet are useful to you as you travel on the path of life. Wellbeing is a part of life. Keep perspective and realize that you're human. If you fall short of your goals at times, don't linger in guilt and beat yourself up. This opens the door to yet more feeling of worthlessness and the spiral goes down from there.

Take responsibility, make amends and move on. Remember on making amends that we need to make amends to more than just the people we offend. At times we need to make amends to the energies that may be involved in whatever action we have taken. If our actions are good then we create energy of gratitude and if our actions are not so good we can still create energy of gratitude once we realize that we are on the path.

As the old ones say from time to time: it's all good if you live in a good way. Thanks for your attention and keep me and others in your prayers. Know that all we did was for a cause we believe in and for the people we love.

Be well.

I pray that your log entries from now on will be **“All Conditions Normal.”**