

DEPRESSION



&

Meditation



Depression

You've clicked on the depression link, so you may have a diagnosis of depression or you may be feeling depressed.

I know that there's a way through these feelings because I have suffered from depression for most of my life.

I've done everything from taking antidepressants, to exercising crazily, to meditating, to trying to fix my life, because I thought it was my life that made me depressed and tried many, many other things that, at the time, thought would help me.



And where it's landed me today, is something that I'd really love to share with you.

You may or may not resonate with this, but I would invite you to check it out for yourself.

What I discovered for me, was that depression is another layer of the mind, the thinking mind.

Knowing that isn't going to fix it, it isn't going to make it go away.

Like with any diagnosis or illness, it's important that we address it however we choose to.



So some people choose doctors and antidepressants, other people choose alternative therapies and there's so many different options.

I encourage you to continue with those options that work for you.

As well as that, I believe, and I have discovered that, in discovering the truth of my own heart through meditation and taking care of myself through taking 'me time', has had a remarkable effect.

It has intrinsically created a lot more joy, laughter and lightness in my life.



Depression is a heavy feeling, you feel flat, you feel down, it is dark and you don't want to get up.

I can honestly say that through meditation and through lots of self-enquiry, and other practices. Joy, simplicity and peace are more active in my world these days, than the flat part of me, that felt so horrid.

I'm going to invite you now to join me in a meditation. So first of all find a comfortable position.

Find a really comfortable spot where you can sit down, preferably, with your spine erect.



It does help to stay in this position. You can lie down if you want to, but sometimes these things have a better effect when your body posture is seated.

So find a comfortable place to sit with your spine erect. Bring your attention into your body. Always beginning with bringing all of the attention into the body. Take a nice deep breath and letting go.....

This physical body is your tool or your vehicle that helps you to experience this life. So, being more present in your body and bringing more awareness, to your body, will support you in relaxing and feel more connected.



Meditation is something you can practise daily. The more you practise meditation, the greater the benefits for you.

So I'd like to invite you now to take a moment to get really comfortable where you are sitting. Become very, very comfortable, check your body and make sure that there are no areas of tension.



So now let's just take a moment and close your eyes, take a deep breath and listen to the meditation from Pavitar for depression. Look for the meditation that goes with this eBook under the audio section tab in the Global Healing Exchange membership.



This Ebook is a collaboration between Pavitar Debra Turner, Meditation Teacher at lovelifeandlaughter & Global Healing Exchange

