

DEPRESSION



&

Ancestral Medicine



Ancestral Medicine Woman Talk About Depression

The Ancestral Medicine Women are channelled by Caroline. She channels hundreds of Medicine Women to come to talk to the people who ask them for help.

Using hundreds of lived experiences, they confer and consult amongst each other about solutions for your situation, and pathways to the life that beckons you.



The ancestral medicine women are going to give a short talk on depression.

The way that we look at depression is literally as a de-pression or an indentation.

Imagine that you have some fresh soil, it has been beautifully tilled and is full of life, energy and air.

Then you take your hand and you push some of that earth down, if you take your hand away you will see compressed soil or a de-pression.

It's like that with the soul too.



If you can imagine, the soul is straight or flat. It's full of life, full of energy, full of air, then someone comes and presses their hand down on that soul.

When the pressure is moved away, there is a de-pression or indentation.

So wherever the pressure is – it causes a de-pression both with the soil and the soul.

If there is enough life and energy there, then the soil and the soul will bounce back up to where it was before.



If however, you are in the garden and you put the hand on the soil and you keep the hand there, (because you want the depression to be there), then that depression is going to stay.

It's the same with the soul.

If the soul is a straight line and the hand comes down, and pushes down and makes a depression in the soul, and the hand stays there, that depression is going to stay and it's very difficult to fight it, to lift it up.

There are many reasons why depression happens.



For some, it is a chemical imbalance in the
body.

For some it comes from events that have
happened in their life, but let's go back to the
hand.

Why do we use this visualization of the hand
coming onto the soul?

For us, depression is not necessarily
something that's just happening here, in the
now.

Depression has the possibility of coming
from the ancestral line.



If that's the case and this is being pushed down the line, (many people in this position feel they have no control over their depression, they cannot fix it, and they cannot solve it) then we would say to investigate the ancestral line.

Look at **where** it may have started.

Look at **why** it may have started.

Then bring that information into your life



If you would like some information about this,
feel free to contact us.

We thank you so much for listening to us and
we hope that you have gained some
information and benefit from this.



**This Ebook is a collaboration between Caroline
Dunn from Ancestral Medicine Women
& Global Healing Exchange**

