

DEPRESSION



&

The Demartini Method Top 3 Tips



How Can The Demartini Method Help Depression?

Let's talk about depression.

I use the Demartini method to help people with depression, by addressing the cause and finding ways to turn depression around.

Maybe you've experienced a really tough life, had a lot of challenges and experienced a lot of grief and loss in your life.



Today I Have 3 THINGS To Help You Turn That Grief Or Depression Around.

Maybe for you, your depression comes from the loss of health, loss of a family member, loss of money (loss of assets) or the loss of a connection in life.

One of these scenarios turns up in almost every case of depression.



Number 1

Address Your Grief Directly.

Have a look at the loss you have experienced, but then ALSO look at what you gained, or have to be grateful for about that difficult situation.

A lady I worked with 2 years ago had a lot of grief and a lot of depression, around her mother passing away. We started to explore together what she had gained by her mother's passing.

Her gains were: her mother was no longer in a lot of physical pain.



She no longer had to travel to the hospital every day, which was draining her energy, so she had a gain of energy.

She no longer had to eat hospital food and takeaway food, which resulted in better health.

She had a gain of finances by getting an inheritance, which actually relieved a real burden that was going on for her in her life.

Even though she had such a huge loss, she was able to find some gains to be grateful for.



My advice is don't just look at the loss, also
look at what you gained from that difficult
situation.



Number 2

Don't Try To Be Perfect.

This might come about from the expectations of others; your mum, your dad, your partner, your boss, or a friend.

Allow yourself to be a natural and normal human being, who experiences positive and negative emotions, who is good and bad, kind and mean, strong and weak at times, as we all are.

We are only human after all!



Allow yourself to be the normal, beautiful human being that you are and let go of the attachment of trying to be perfect, because it's an unrealistic expectation that can never be achieved.

So is the expectation of trying to be the perfect wife, husband, mother, father, or perfect whatever.

Instead allow yourself to be a normal human being, who screws up sometimes and let go of trying to be perfect.



Number 3

Notice Where Your Mind Spends Most Time

Is it in the past, present or future? Is it in the past with what has gone wrong, with depression, grief and anger?

Is it in the future with worry, anxiety and fears?

Or is it in the present, where you're taking action, feeling inspired and feeling grateful for the life you have now?



To empower your past, why not look at what you can learn from that difficult situation, or find some meaning from what happened?

To empower your future, why not set a goal or dream, so big that it inspires and motivates you to take action in the present?

Something that engages you and re-energises you back into life.



Those 3 Things Again.

Number 1 was to deal with your grief directly and look for what you gained in those situations where you had loss.

Number 2 was to try not to be perfect and allow yourself to normal, natural human being that you are.

Number 3 is to spend more time in the present. Find something you can learn from the past, or be grateful for and to find something in the future you can use as an inspiration to drive you forward.



That gives you a small snippet of some of the work I do with the Demartini Method. Look to your future and write down your goal. Something that you can put into action now.

My goal for the future is:

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I encourage you to look The Demartini Method a little bit more for yourself and see if it would be something that may be able to make an improvement for you in your life.



This Ebook is a collaboration between Jeremy Walker from Inspire Hypnotherapy & Global Healing Exchange

