

DEPRESSION



&

The Demartini Method



How Can The Demartini Method Help Depression?

Let's talk about how The Demartini Method can help you with depression. Every single person who experiences depression has an imbalanced perspective in their mind or reality.

I'll share with you, a little bit about what that looks like.



Two people can experience the exact same event, but have totally different responses in the moment and in the years after that event.

When some people go through a difficult situation, there are those who grow from that, those who may find meaning in what happened and there are those, unfortunately, who get stuck in feelings of depression, grief and loss and it may last for a long time.

It's not necessarily what happens to us that makes the biggest difference but it is how we perceive what happened.



Over time that really makes the biggest difference on our mental health.

So as an example of something that happened in my own life back in 2008. I thought I had a son. After 10 months I found out that he wasn't mine. Three years after that, the mom and my former son moved a thousand kilometres away.

Through that process I felt like I lost him about 4 or 5 times. It was the loss of feeling like I was a father. The loss of living in that family unit. The loss of many of the things I loved about him.



Finally the loss of them moving a long distance away. I only saw him once in about 3 years during that time.

So the experience for myself was having heaviness in the heart, feelings of grief and loss. I had this until I came across the work I do today with The Demartini Method.

So what The Demartini Method actually does is, it looks at anything we have in our mind as a thought and emotion and looks to help balance that out.

So I had the feelings of loss and grief, I felt like I was missing him.



The Demartini Method breaks it down and looks at what it is specifically. I was missing his innocence, playing with him, I was missing his smile. In total I was missing 11 different things.

With The Demartini Method we ask; where does that turn up in your life in a way that you hadn't seen before? So many of the traits I missed about my former son were being met by my new flatmate who moved in less than a week after my son had moved away.

It had been met through people from work, through clients and through people who I was spending a lot more time with.



We can look at The Demartini Method and ask: How does the energy, the gratitude and the love transform?

Instead of focusing on the loss and grieving, focus on what we gained at the exact same time. This isn't something that many people go into when they have these feelings of loss and heaviness in the heart.

For yourself, that may be the loss of a job, the loss of a loved one, the loss of physical health or some other thing that's going on for you.

Start to ask; what did I gain at the same time? Where is the love now?



In truth we never lose the essence or the energy of a person or thing in life, it only transforms. The Demartini Method can actually help us to be grateful for what we did lose and for what we gained in return. Also it helps us see that love is still there. I really like the idea that perhaps there is a divine consciousness, making sure that love and energy is always conserved anytime we look for it.

We can actually see it if we are willing to do the work and look past those feelings of gain and loss and to get back to that place of gratitude. I think that is a great place for all of us to get back to.



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

