

QUEST FOR A DEPRESSION-FREE

life

A PRACTICAL GUIDEBOOK



AWAKENING FROM DEPRESSION

HOLISTIC AND ALTERNATIVE APPROACHES TO LIVE
A MORE MEANINGFUL, SUCCESSFUL, JOYFUL LIFE

DÁVID GYURÁSZ

QUEST FOR A DEPRESSION-FREE LIFE

A Practical Guidebook

by Dávid Gyurász

Awakening from Depression

Holistic and Alternative Approaches to Un-depress Yourself
Live a More Meaningful, Successful, Joyful Life
From Depression to Enlightenment

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Quest for a Depression-free Life, a Practical Guidebook

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You understand and agree that I am not responsible for your life.

Any information provided in this e-book is for informational purposes only. It is NOT intended to diagnose, treat or cure illness or disease, nor is the information herein to be interpreted IN ANY WAY as a substitute for professional medical, surgical, psychiatric or psychological care or treatment.

It is advised to discuss the information in this book also with certified professionals, before you decide to use it.
We are all unique, and most of the time advice needs to be considered on a case by case basis, considering many things from your past and current life and lifestyle.

May the information in this book serve your highest good.

Warning: I use the F-word on one page in this book, in the first poem.

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FOREWORD

This is a Piece of Self-Expression
And Another Puzzle Piece in Your Life

There are many reasons for depression. This one book cannot cover everything and cannot offer a solution that will work for everybody, not yet. If you suffer from depression, there is no guarantee that you will be able to recognize and use the perfect solution for you by reading this book. I do not focus on a purely scientific approach. Nonetheless, you may find very valuable information here, which can turn out to be a very positive influence in your life.

I know how suffering feels like, people who suffer need more help, and this is my contribution. I wouldn't have been able to write this book without going through various forms of suffering myself. Let my suffering be a blessing for somebody else. We are all unique; my life path was also unique, but maybe very similar to some of yours. You may be perhaps just at the beginning of yours, and by reading this book, you could possibly save yourself years of suffering. I will share with you many of the topics that I encountered in the last 10 years of my life and that helped me. I was and I am an explorer of new alternative healing modalities and approaches.

It has been quite a journey for me too, but the journey was full of life lessons, and now I am able to share and help you accelerate your awakening from depression into a more joyful life. The more people will understand depression much better and know about a wider range of helpful complementary approaches, the more people will soon be able to help themselves and others to follow the ways out of it faster. This is a highly individual process. I wish to provide you with more options than you may be currently aware of.

Integrate your personal life lessons, heal faster from negative emotional and mental experiences, release that which limits you, shift to a higher awareness, and become a powerful conscious creator of your own reality from your inner world into your outer world.

You are reading the 1st Edition (which version exactly you can find out on the last page of this document). There are plans to keep improving and adding more valuable content. There is a plan for a revised and updated 2nd Edition. Before the 2nd Edition is ready, there will be certain updates along the way, and you can download those from the homepage. Remember to stay in touch for example by subscribing to the [newsletter](#) or joining the [facebook group](#), if you would like to receive news such as about the updated versions.

The early release (after several months of working on it) of the 1st Edition is due to

the fact, that even this 1st version already contains information, which has strong transformational catalyst like potential, and some people need it now, not in a few months or years or never. Things don't need to be "perfect / according to some rules and expectations" to be highly helpful. Feedback is always highly appreciated.

Don't see this as the only book that you have to read, rather one that can give you several new impulses, ideas, and pieces of information you wouldn't find in some other books. Other books may contain further helpful information, which isn't mentioned and covered here.

I just share options, ideas, opportunities, and things to consider. What somebody does with that information is not for me to decide or judge, because we don't know their path, we don't know what they don't need to know. My help and assistance is in sharing a perspective and thus giving an option to consider it, to see whether in this particular moment in their lives it is of help and useful or not. I am expressing my point of view from my own path, with only positive intentions. There is no insistence for others having to believe or do something/anything/everything written about here.

Find out and use what works for you.

Discuss with others, make discernments, decisions, changes.

Do not limit yourself with expectations about what the outcome needs to look like.

And choose to stay in a positive state. If you don't choose to stay in a positive state, then you cannot experience any benefit from whatever is happening. That's just the way it works. If you stay in the positive state, you have the ability to figure it out how something that you don't prefer can still serve you, even if it's for example just to see by comparison to that more clearly what you do prefer instead. A positive state opens up more positive doors.

Stay positive while reading.

INTRODUCTION

Don't look at this book as the only book that you will ever need, but feel free to look at it as a "game-changer", "life-changer" or at least as a "time-saver".

When people are in bad/negative states of being, certain solutions are not available. They need helpful input from people, who already walked that path and got to know about certain things that normally would not cross the path of those who suffer. I encourage you to share some useful info from this book with those who are in need.

People have bad days, bad experiences, are not satisfied at their current job, more and more start to wake up and ask themselves who we are, and why we are here, and what truly matters in life, and how to live a happier and meaningful life.

The primary goal is to give suggestions, what can be done to release and transform emotional and mental pain, which is often manifested also as some sort of physical pain or illness.

In addition, what new lifestyle changes and habits could be adapted to increase your health and overall well-being.

Find a new approach, if you came to a point, where you think you already tried everything, but nothing helped. Perhaps you will find one or more things here, which you haven't heard about and haven't used yet. Maybe, for some or for many of the suggestions, you will say "I know", in that case the question to ask yourself is "Am I living it?", "Why am I not living it, yet?".

Much of the information in this book has the potential to have a positive impact on your life and well-being. Sometimes it comes later: for example, due to further researching some of the topics mentioned and recommended in this book, you end up at a place where you meet a person that will have a big positive influence on your life. Be open for the process that is about to start with this book and be open to connect with others for example in the Facebook group for the readers of this book.

You may not agree with everything written in this book, you might be challenged in your thinking process and your beliefs. It is O.K. and normal. Focus on what is helpful, not on what is not helpful. I am writing this book for a big group of people with a big variety of their belief systems. Don't take anything personally. I assure you, that my intentions are purely love-based. I am not all-knowing. I am sharing my perspective and experiences to the best of my ability. Do your own follow-up research.

There are many people with different reasons for feeling depressed, and they don't want to feel depressed anymore. Many of them are not willing or no longer willing to

take antidepressants, especially not for the rest of their lives. Many of them are not willing to go see a classical mainstream therapist for several personal reasons such as:

- fear,
- they don't trust them,
- they don't want others to know,
- they don't believe they truly care,
- they don't believe they can truly help,
- they don't want to spend money on it,
- they want to master it on their own without that kind of help,
- they don't want to somehow end up in a clinic where they think they will be held there against their will.

In addition, those who wish to see a therapist, the process of finding a good, trusted therapist, the right one, can take several months, sometimes even a year or longer in certain countries.

There are two main approaches: antidepressants and different types of talk therapies. If both of them can take several months to start showing results, and antidepressants can have various side-effects, what else can a person do meanwhile, additionally, or even in some cases or forms of depression instead such as in the early stages of first signs of depression? Many people don't come up with too many more options about what else they could consider. However, what if there is much more additional help available out there, people just don't know about it, yet? Have a positive attitude towards help, it is not a sign of weakness, it is a sign of love and care for yourself.

My aim is to help elevate the state of being of a person who suffers, with the information provided in this book. Offer new possible solutions and points of view. I would also like to inspire existing therapists to look into further complementary alternative supportive therapies, which they could combine and offer or suggest in addition to what they are already doing.

I would also like to inspire others to take some of the information further in various other projects, so that even more people can start to benefit even more from it.

MY INTENTIONS FOR THIS BOOK

I intend to help make this world a better place for everyone, for the current and future generations to come.

- Inspire, motivate, give encouragement
- Share information from my own experiences and life journey
- Share information from different sources, people, experts
- Collect and introduce all the many alternative approaches which can complement some of the more traditional approaches
- Create, collect, give practical tools and exercises
- Help some people directly or indirectly from killing themselves (so many people think about it, and they don't talk about it with others, but the more it gets stuck in their head, the more it starts to become an issue difficult to deal with without some new inspirational motivational insights from others about life and ways of living)
- Help reduce unnecessary suffering thanks to sharing helpful information
- Help at least one person to overcome or at least greatly reduce depression
- Help motivate at least one person to help others who are still struggling finding their way out. If the information in this book helped you, you can easily help others: share it via social media with others.
- Help you to remember that you are immortal, eternal, divine, and that there is also unconditional love and joy, which is not dependent on any outside circumstances, it is free, unlimited and it is possible to awaken to it, you can have unconditional love for yourself and everyone else as your goal

From and after reading this book you may get also the following:

- Improved nutrition tips and/or suggestions for natural supplements to nurture and balance the physical body
- New positive thoughts
- New definitions, such as redefined success
- More clarity about which self-chosen life goals are meaningful to you
- List of new experiences you are interested to have/experience
- Improved lifestyle habits also thanks to the exercises in this book
- How to release tension and stress and cope with emotionally bad experiences
- New topics to research on your own, some of them could become new hobbies, and also something you could become an expert in, and later some could even turn into a main new job (this often happens with some alternative healing modalities with which the person experiences the biggest and clearest positive life changing shift and improvement in their life)

HOW TO READ THIS BOOK

First, set a positive intention:

"Something in this book will have a very positive effect/influence on my life. I will recognize and use only that which is positive for me."

Read it actively not passively:

While reading the book, write out immediately (or at least highlight or copy and paste into a separate document) the sentences that you truly felt gave you something positive, some new inspiration, some new hope, some new motivation. By daily repetition of these sentences, you can rewire the way you think to be much more towards the positive.

I advise to read it minimum two times. You get something else and more on a second read. Feel free to take a break before reading it the second time.

Don't just read, but also do the exercises.

Don't let this book become a "read once and forget about". Create your own action list from it and a reminders one-pager. Reminding yourself daily with your strongest positive truths is very supportive. It helps staying on track and not losing it again, not letting it become just a nice thought you once read. If you have been conditioned by your environment throughout many years, for most people the process of change takes a certain amount of time of making certain lifestyle changes, creating new habits.

Notice when you read the book, at which approaches/suggestions/methods you suddenly light up, your body, intuition says/signals "YES", where you get pulled/attracted towards. It may be the next best thing in your path to take or at least research and consult with others.

As you read, you can start making a list of all the new things that you haven't tried yet, and at the end when you finished reading underline those that you feel drawn towards the most, and then research more about them and discuss with others. When researching I advise to write to each of these things the "WHY reasons", so that you understand what are the positive effects associated with it, why you decided to try them.

Desire a better life. Be determined to figure it out. Take much more new action.

THE "F**K X" POEM

Face it, and don't get triggered by it anymore. Experience emotional freedom.

I never was into writing or reading poems, but when you are depressed, things just happen. I would like to share this short poem, which I wrote. It is part of the journey, there is no reason to hide and suppress pain, but bring everything to the surface and illuminate it, and eventually one day no matter how unrealistic this may sound, even laugh about it with a pure heart full of understanding and unconditional love.

When you feel depressed, this is a poem, which represents such a state of being.

I gave it a very analytical name, thanks to my over-analytical brain.

The "13+8=21 FUCK X" Poem

Fuck fear.

Fuck having an idea, but not acting upon it.

Fuck waiting and postponing.

Fuck starting, but not finishing.

Fuck all the books I haven't read.

Fuck all the sentences I haven't said.

Fuck all the relationships I fucked up.

Fuck all the judgments I have all the time (fuck judging this poem).

Fuck everybody who did something bad to me.

Fuck witnessing pain.

Fuck life the way it is.

Fuck stupid and ignorant humanity.

Fuck you, whoever you think you are!

Fuck feeling stupid.

Fuck self-created pressure.

Fuck (unused) opportunities and decision-making.

Fuck rules that restrict my freedom.

Fuck thinking and believing in thoughts, which make me feel miserable.

Fuck expectations.

Fuck giving up.

Fuck something/nothing matters.

It's about time to shift deeply and permanently, let go of heavy baggage, get new understandings, redefine yourself, and experience the opposite positive spectrum of emotions much more often.

Let's bring some light into this dark room.

THE "I LOVE" POEM

Some of the things I love about life.

The "21 I LOVE" poem, to balance out this living in duality, where a huge range of emotions exists. Let's take a look at a few very simple love associations:

I love the honest smile and expression of excitement of a small child who experiences something nice for the first time.
I love playing with snow as a child.
I love watching and playing with a small puppy dog.
I love being in and seeing some amazingly beautiful nature scenery.
I love the taste of certain fruits and different other foods.
I love very funny life situations.
I love a sensual and loving touch.
I love to experience the feeling of winning.
I love swimming near dolphins.
I love having a beautiful dream.
I love the honest deep gratitude of someone whom I helped in some way.
I love the feeling of warm sunrays touching my skin, especially after many days of no sunshine.
I love to play certain games just for fun.
I love positive unexpected surprises.
I love when I am inspired to do something, I create it, and I like the result.
I love to spend time with people with whom we have some great and inspiring conversations.
I love to find out about something new that I didn't know something like that even existed and it excites me for some reasons.
I love when others care about you and have your best interest in mind.
I love the feeling of deep relaxation.
I love falling in love and being in / feeling love.
I love freedom.

There are many things in life that can be loved, appreciated, enjoyed.
The evolution in our life is to go towards "love to live & live to love".

The question is HOW?!

By choosing and doing.

By healing, and letting go of that which is in the way. Do changes from which you benefit mentally and emotionally (One such thing is helping others).

By remembering: who we truly are... (Regular meditation helps greatly).

Don't just read and understand this, but do something about this:

"If you do what you have always done, you will be the same and live the same life. If you don't change your thoughts, habits, lifestyle, don't expect things to change, to turn around, and be the opposite of what you are."

"All humans have strengths and weaknesses. Stop focusing on your weaknesses so much and ignoring your strengths. Instead recognize, value, and focus on further developing and using your personal strengths, and share it with others."

It makes no sense to ignore your strengths and feel miserable about your weaknesses. Nobody is good in everything, be good in what you are good in, and appreciate it and enjoy it.

"You get what you concentrate upon, there is no other main rule."
(where attention goes, energy flows)

One of the biggest and fastest changes can be achieved, if you learn to stop focusing on the bad thoughts/emotions/things and regardless of your current circumstances you figure it out how to create your future life by using positive thoughts and emotions. Both of them (choosing and focusing on positive thoughts and emotions) are free. It is learnable and doable. Dr. Joe Dispenza is one person who teaches it.

The mind is just a tool, stop using it against yourself. Stop believing in and repeating thoughts, which have not your best interest in mind. You have the power to do it.

You can train yourself to be in full control, and not be out of control.

Keep choosing what are the next best thoughts to think, and next best actions to do, that bring you the feelings of some positive emotions.

Keep choosing it consciously. Make better choices. Don't let your old thoughts keep running your life, if you don't like them, start using your time to think positive, supportive, beneficial thoughts instead. The more often you do it, it's just a matter of time till it becomes automatic. You choose them, because you have a clear understanding, that you do not benefit from thinking negative thoughts. The only thing you need to do is this conscious choice between thought A and thought B. If you do have/want to think thoughts about yourself, choose the most positive ones.

Don't let the past define the rest of your life.
Life is short. Every day is a fresh new beginning.

Focus on the next best thought and activity that you can do to move forward, to enjoy something, to express love somehow towards yourself or others.

I wish dearly for everyone to one day recognize the meaning and power of love:

"The most important ingredient in life is love"

"The essence of life is to communicate love"

*"The only thing of importance when we depart,
will be the traces of love we have left behind"*

Strive for love, focus on love, see the world through the eyes of love,
and receive the gift of realizing love deep inside of you.

THINK what LOVE would think
SAY what LOVE would say
DO what LOVE would do

Only love is real. Only unconditional love really matters.
Love is the only thing that makes sense.
Love is the bridge between you and everything.
If you want to be who you are – be love.
Assume the correct assumption that you are love and act like it.

If you add tons of/liters of clear water into your full cup of water, it will eventually push out the muddy water and it will become clear water. When you identify yourself as love and act like that, live like that, then you will do tons of love based actions. Your life, your experience of life, your attitude towards life, will be transformed. If it makes sense, your heart will know, you start to live that way. You will become a sweet person. Only you can decide how you live your life. Love gives, fear takes. Love shares, fear hides. Love sacrifices for others, fear is selfish.

If you suffer being only the body-mind, be spirit: Give love, express love

When you awaken love, it can burn away all negative things. You can awaken love by taking actions that benefit others and by being kind to the people you meet.

SYMPTOMS OF DEPRESSION

Depression is a long lasting low mood disorder. It affects your ability to do everyday things, feel pleasure or take interest in activities.

First signs: sad and unmotivated, one becomes more quiet and feels unfulfilled.

Something troubles you, and at the same time feeling helpless, hopeless, overwhelmed over longer periods of time.

Three main symptoms:

1. it is beyond sadness, it is feeling nothing, feeling like a stone, feeling heaviness
2. joyless, loss of interest, not interested (not even in things one used to do and like, not feeling like wanting doing anything)
3. listlessness, everything even the simplest of things is suddenly so hard to do

Other further common symptoms:

- troubles with sleeping
- trouble concentrating
- your thoughts and movements slow down
- feeling worthless, low/decreased self-esteem and self-confidence
- diminished appetite
- pessimistic view on life and future
- suicidal thoughts or thoughts of self-harm

One doesn't know how to break free from this suffering.

The faster you search help, the faster you can get out. Search professional help. Talk to those who have experience and get suggestions and insights. Just talking about it, and feeling understood already helps to release something we were keeping just for ourselves.

Many say they feel some relief when they get a diagnoses after talking with a therapist who confirms that it is depression – for those who are new to this, and didn't think about that their mental suffering is actually something well known and very common, it's a first step of having a name for it, and some relief takes place.

Every depression is in a way unique, we are all humans with our own life stories, upbringings, events, experiences, interpretations.

Some are looking for ways to relieve from certain returning images and thoughts. This is not simply a problem in the physical body, it is very much connected to the psyche. There are different forms and causes for depression.

MOST COMMON CAUSES OF DEPRESSION

- Traumas, past traumatic experiences with a deep emotional impact (very often experienced in the childhood, some are not remembered how deeply it impacted the way of thinking about others and bonding with others and what creative self-protection mechanisms were created to cope with it)
- Chronic illness (pain and low energy and mental fog, feeling hopeless)
- Due to chemical imbalances in the body due to diet and/or drugs, chemicals, toxins, imbalances in vitamins and minerals, hormonal imbalances
- Breakup of a relationship, loss of a loved one
- Feeling alone and isolated, nobody to connect with and feeling understood by them (for example with old people when all their friends die), having no tasks anymore, it can cause also other mental illnesses (out of balance, disharmony)
- Being laid off from work, major financial loss
- After childbirth (postpartum/postnatal depression, often due to a dramatic change in hormones, no joy at all when baby is born, fears and anger). Many women don't know about postpartum depression. They suffer in silence. If they knew, they could understand and get help. In the book "Down Came the Rain", Brooke Shields shares with the world her deeply personal experience with postpartum depression.
- Seasonal affective disorder (SAD), a type of depression that recurs on a seasonal basis usually in the winter
- Having fears (anticipation of the possibility of something bad happening in the future, for example related to job and money and relationships)
- Prolonged feelings of guilt and shame
- Experiencing failures and rejections, accepting beliefs which create and reinforce a negative state of being such as: "I am not good enough", fears such as: "fear of further future failure" and "fear of further future rejections"
- Academic, family and social pressure (expectations, permanent excessive demands – too high performance demanding, desire to be socially accepted, often leads to anxiety and low self-esteem)
- Bullying at school, at work, at home, and not having any healthy form of coping mechanism, letting it become worse and worse, other people's hurtful words and actions
- Our own words (mostly in the form of silent repetitive thoughts, which we fully identify with and believe in, the inner critique, who talks bad about you)
- Big amounts of suppressed unexpressed emotions, very controlled, serious, not showing them on the outside over longer periods of time, which make you numb to feelings, you become disconnected from the positive range of emotions, lack of communication and sharing and understanding of something

that troubles you

- If you buy into expectations and feel the pressure of having to be a certain way or do certain things, and even worse if combined with time/deadlines. Not living up to expectations of others. Caring too much about other people's opinions and judgments. You are being pressed into living a role, which you don't want to be associated with and playing/living it anymore and instead of changing it to the role you like, you keep yourself in the mode how much you dislike that role and that it seems there is no (easy) way out of it.
- Feeling big amounts of stress, work load, especially over longer periods of time
- Unhealthy usage of social media (creates anxiety, and makes it harder to really deeply connect with another human being when we are face to face, we become afraid to be with other people)
- Comparing yourself with others
You as everybody else is unique, there is no point in comparison of two distinct soul paths, no point in feeling not as good as somebody else. Don't see others as competition or as enemies. Be at peace with yourself, fully accept yourself as an important part, without you the whole would not be complete.
- Focusing on not having something, on lack of something, and unfulfilled desires, beliefs and focus on that they will remain unfulfilled, being frustrated by not knowing how to fulfill them
- Lack of love, experiencing lack of love, and believing in not being worthy and good enough to be loved
You were born worthy and enough, there is nothing you have to prove, only believing in some thoughts can temporarily cover (as a blanket) your worthiness, but if you choose to remove the blanket and get yourself into an environment where love is freely given, then you will receive and feel it again. A method for feeling and receiving love is to start giving more love to others (could be for example in the form of charity and volunteering work)
- A combination of several from this list, and after many years of being exposed to a stressful dysfunctional environment, no wonder that the person can develop anxiety and apathy and not see solutions and much meaning and joy in living

There are three important factors that influence each other and ultimately, influence depression: biological + psychological + social factors.

They are overlapping and intertwined.

1. Psychological causes: Negative cognitive patterns, beliefs, and self-image
2. Biological causes: Neurotransmitters, hormones, and genetic factors, nutrients such as vitamins and minerals
3. Social factors: Burdening experiences and difficult life phases

Goal in prevention and treatment is to:

- examine and adjust certain attitudes, thinking and behavioral patterns

- improve and reestablish the healthy balance of neurotransmitters in our brain
- have balanced hormone levels, also learn to decrease and cope in better ways with stress
- improve the diet – the chemicals we put into the body, what we eat and drink
- make sure our psychological needs are fulfilled
- make sure we have, create, maintain a healthy social life

Going through this list and identifying contributing factors to your depression can be of big help, because then you can start making changes in those areas of your life.

LIFE IS SUPPOSED TO BE FUN! FIND SOLUTIONS TO MAKE IT BE THAT WAY (AGAIN AND OFTEN)! A PLANET WITH AN INCREASING NUMBER OF UNHAPPY AND DEPRESSED PEOPLE IS NOT THE BEST WE CAN DO! LET'S DISCOVER OUR HIGHEST POTENTIALS AND MAKE THIS PLANET BECOME AN ENJOYABLE STAY FOR AS MUCH OF HUMAN BEINGS AS POSSIBLE.

DEPRESSION CANNOT BECOME NORMAL FOR SO MANY PEOPLE.

Certain alternative healing therapies (some of them rather new, some of them simply not known well enough by enough mainstream therapists, perhaps some for various reasons are not interested enough in keeping learning other methods / techniques / approaches) may be much more beneficial and successful, than the general public is aware of. It requires an open mind.

I wish to share and create ways of making helpful information available to more people, and making it easier to understand.

If you are seriously thinking about suicide, and you haven't tried everything mentioned in this book yet, then I ask you to give the things, methods, approaches a chance, because in such case you actually have nothing to lose, but everything to gain. Never give up. Never. Everything is temporary. Life can shift very quickly any day, any moment. These approaches are natural, holistic, and many of them helped many hopeless people. You can be one of them and trust me it will be worth it. And if you will be ready, I encourage everyone to go even further and explore the true nature of existence, that from which the outer physical reality arises, discover the deeper aspects of consciousness. Self-realization and enlightenment (full with light and fueled by pure divine love, which shines through the illusory limited way of perception) are highly meaningful and highly rewarding life goals. It's something you can take with you, when you "die" one day.

LACK-OF LIST

Do you have lack-of something?

This is an approach to find areas and elements in your life where you feel that you would like to change something about it, become consciously aware of them, and create doable action plans with concrete steps for them, which work for you.

This list contains that, which often causes people to feel less happy. Therefore, to start feeling much better much more often, you can focus on changing lack into abundance.

- Lack of relationships with other human beings or animals or nature can lead to feelings of disconnection, loneliness, apathy, depression. Lack of good friends and healthy relationships, and not spending much time with them. Care for your friends, be the one who calls them and asks them how they feel and what's new.
- Lack of creative self-expression can create psychological, emotional, physical blockages, that can lead to feeling depressed. People need the freedom to express themselves. Have certain activities, which allow the expression of your energy, not suppressing it, letting it flow and use it for something, anything you like and feel good about.
- Lack of hobbies, not yet looked for / not yet found a hobby that is very exciting and self-motivating, something you can do for hours without noticing how fast time passes by. Is there something that you love? How often do you do it? Do what you love. If you mostly do things that you don't love, then of course you are not happy, not motivated, not satisfied, and set for feeling depressed. Think about all the possible ways how you could make your hobbies, the things that you truly enjoy doing, into your "job". Can you teach it to someone to any age group? Can you offer your time for somebody who doesn't want to do it alone? Can you do an online course? A good way of using your creativity is to keep thinking about and focusing on new ways how to make a living by doing your hobbies.
- Lack of love: feel more love by giving more love, have a loving dog or other pet which fills your life with more love and joy
- Lack of sport: do some sport every day (ideally of type cardio, ideally also in the morning after you wake up – stretching is good to start with), learning a few exercises (just one or two can be enough) you can do directly in bed before getting up is one way to raise your mood and engage in activity and wake up the energy flow and body awareness and start the day in a positive way, become more awake
- Lack of laughter, fun, joy: watch more funny movies and videos, play more games (for example the game "Activity" played with friends, if you play computer games then play those where you have to move not sit, perhaps

where you have to dance), being active in moving the body (some people love dancing – you can dance at home even if it's just 5 minutes per day), find your own suitable entertaining activities and find a way to experience them more often

- Lack of inspiration and curiosity to explore and experience something new: watch some interesting documentaries such as on gaia.com
- Lack of life meaning and life goals: read the chapter about life purpose and becoming aware about what is truly meaningful to you
- Lack of emotional freedom from past strong unprocessed emotional events, too many suppressed emotions: do various emotional release therapies many times (dynamic shaking moving meditation, TRE, holotropic/rebirthing breathwork, and other)
- Lack of positive self-talk
- Lack of experiencing and acknowledging and celebrating success moments
- Lack of self-confidence, low self-worth: it helps to become a subject matter expert in some topic that you are excited about to learn about and do
- Lack of contribution to other people's well-being: volunteer to help together with other like-minded kind people, giving creates an inner satisfaction
- Lack of supportive environment, make changes in your environment and spend much more time in nature/hiking, being outside of big cities and buildings, perhaps find a job where you have to walk in nature
- Lack of sun, not spending enough time exposed to sunlight
- Lack of regular high quality restful sleep
- Lack of time spent in nature regularly
- Lack of listening to happy uplifting music, sound is energy and it can effect and influence your state of being a lot
- Lack of meditation, there are many studies about how beneficial daily meditation is, it is also labeled as "hygiene for the mind"
- Lack of certain vitamins and/or minerals

For example, if you don't have lack of love and laughter, and you see/have given a clear meaning to your life, and there are many activities that you enjoy doing and created a life where you can do them often, then there is much less space for depression. So this is an example you can choose and focus on first to have more of it in your life. It's your life, your choice, and there are plenty of people who can support you and play a positive role in your journey.

The main steps to do something proactively about this "lack-of list" is:

1. First become consciously aware of what do you have lack of
2. Find out HOW you can improve in that area
3. Start taking repeated action, live it, make it part of your lifestyle.

After you identify what you would like to have more of in your daily life, you can

create a plan with steps how exactly it can be achieved in your case. What needs to change?

How you can find more HOWs and get inspired by suggestions of other people:

- Ask friends for their ideas
- Ask in online communities, such as in the Facebook group created for people reading this book
- Research online specifically for a topic
- Search on quora and ask a question there if you didn't find suitable answers yet
- Ask some life coaches, spiritual intuitives, you can find them also online

THE WHAT & THE HOW

Essentially your main quest comes down to 2 things:

- 1) Becoming clear about WHAT causes you to feel depressive states of being, and also becoming clear about WHAT causes you to feel positive, joyful, happy, loved, appreciated, etc. states of being. We want to know both very clearly. Because living in the void with no emotions is also not what most people are after. The goal is: Less pain, More joy.
- 2) Exploring and giving useful recommendations about HOW you can decrease those activities/situations in your life, which make you feel emotions from the negative scale. And HOW you can increase those activities/situations in your life, which make you feel emotions from the positive scale. And HOW to heal from past emotional and mental traumas. And HOW to think positively.

Additionally, there are certain communication skills, which can be learned, which can highly increase the way you cope with any conflicting future situation, so that it doesn't escalate or it doesn't affect you that much or even not at all.

- 1) Stop doing (most or all of the) things that make you unhappy
- 2) Start doing more things that make you happy

You can only do this, if you know WHAT they are, and HOW you can (not)do them.

The question is: what makes you unhappy? This should be easy to answer. You know the answers. It is very beneficial to write all those things down, to create a complete list of those things, else they keep floating in your background as dark clouds, and you feel helpless about what is causing it. This list of things is causing how bad you feel most of the time. It can be for example certain repetitive thoughts. You simply need clarity about what is on this list, and then you simply need practical rational actionable solutions for the items on this list.

And the second question is: what makes you happy? Usually you don't know before you try: the more things you try out, the higher the probability that eventually you find something that you like and enjoy. You may know about several things already, become aware of them. When you find it, start doing it much more often. Make it your goal to find more time for them (ideally when you stop doing some of the things which you like less you will have more time).

When you start decreasing the amount of time you spend with something that makes you unhappy and increase the amount of time you spend with something that makes you feel happy, you will be living a much better life emotionally compared to now, and you will have made progress towards living a better life.

THE BIG LIST OF POSSIBILITIES

Helping with the HOW

Many people struggle with the HOW and could use some help.

We need clear HOWs to change/improve/heal:

- The environment one is constantly exposed to and influenced by
- Diet
- Relationships
- Daily activities
- Certain traumatic experiences
- Beliefs and conscious control over thoughts (dropping/replacing negative ones easily with some positive/constructive/love-based thoughts)
- Ways of behavior, habits.

If a person has depression, there are three main categories of help available, and depending on the situation, they are combined to different degrees:

1. Speaking to a trained counselor/therapist, psychotherapist
2. Taking some antidepressants (medication for depression); they are often used in tandem with psychotherapy or depression therapy
3. A wide range of complementary and alternative medicine (CAM) including the possibility to use some natural alternatives instead of antidepressants

For milder forms of depression, the first and main recommendation is psychotherapy – talk therapy – behavioral therapy.

With more severe forms of depression, also medication is added to get back the ability of feeling more positive emotions again, and removing the feeling of heaviness, which feels like the person is not able to do any other activities due to that.

Clinics: There are day clinics where you are only from Monday-Friday 8 hours per day and clinics where you stay for a few weeks and sleep there.

Clinic helps with:

- Building oneself up
- Stabilization
- Getting back some feelings
- Creates/Provides a space which protects and includes therapeutic help
- Also to be in a safe distance from the environment where something bad happened or which reminds one easily about something bad happened

What helps in the clinic for some – meeting others and hearing their life stories and realizing there are people with much worse lives what happened in their lives, it leads to changing the way of thinking: seeing there is still something to be grateful for and

being grateful for it, being able to refocus on all the good that is still possible instead of seeing only the bad that happened.

In the age of Internet, people are often searching for alternative solutions on their own, for quick fixes, for cheapest solutions. This may be often very limited compared to consulting with professional therapists who have a lot of experiences and knowledge. Not all therapists are same knowledgeable, but some are very passionate about their job and mission to help and have experience with more CAMs, which they can suggest to the person.

The therapist can help you:

- understand why you may be experiencing depression
- view depression's symptoms without judgment
- show you ways of managing certain symptoms or erasing them altogether
- find sustainable goals and maintain new habits

Common therapy goals include improving physical wellness, strengthening relationships, boosting self-worth, or improving day-to-day functioning.

Psychotherapy can help treat depression. Modalities like cognitive behavioral therapy, interpersonal therapy, and mindfulness-based cognitive therapy can provide relief from depression symptoms. You can learn highly useful behavioral skills.

Always returning negative thoughts: "somatic therapy" and "behavioral therapy" can help you with this a lot, an experienced "teacher/therapist" can guide you through and teach you how to deal with it more effectively and in a better way.

You learn something useful about how to deal with yourself and with the world.

Finding and talking to a therapist is highly recommended. Those are the people who can give you the best advices and guide you in your process effectively.

You can find some therapists also online for example here: online-therapy.com

Medication for depression is called antidepressants.

Some people use antidepressants to help treat depression symptoms.

Roughly half of people who take antidepressants experience side effects.

These drugs can boost serotonin and dopamine levels in the brain. Serotonin and dopamine are the body's feel-good hormones. They are important in boosting mood and motivation.

It takes some time to figure out the right combination of antidepressants, it is mainly done by trial and error approach, if there is no information about family history of taking them to draw upon.

Waiting for them to work can be slow, it takes weeks, and can take months to find out which ones are most suitable.

The risk is also that it can make the symptoms worse.

Ketamine seems to work well and fast, much faster than antidepressants, but more

research needs to be done, if it can be used in a safe way and how exactly. Because it can work much faster, it may be sometimes considered as a temporary solution for someone with very severe depression and strong suicidal tendencies.

To name just a few alternatives in this introduction:

- Massage therapy has been shown to decrease levels of cortisol (the stress hormone), it has also been linked to an increase in serotonin and dopamine levels
- Eating foods rich in omega-3 fatty acids can increase serotonin levels
- Exercise can release endorphins
- Meditation can increase dopamine levels

A person can use all of these, and even more, together with counseling.

There are people who don't like massage, don't like to exercise, and don't like meditation, cannot enjoy these things, cannot do them regularly. Luckily there are many more options available, and eventually by doing those other options, they can bring the person to a state, where they start to genuinely enjoy also massage, exercise and meditation.

Every person is different, and what works for one doesn't have to work for another. A unique customized approach considering many things is best. With antidepressants, there are several different antidepressants not just one. With CAM, there is a wide range of possibilities, a person usually has to try several methods several times to find out which ones seem to show no effects, and which ones are beneficial or very/most beneficial.

This list provides an overview of many different topics, tools, natural supplements, etc., which can be further explored by the reader. They are categorized into following main categories:

- Toxic relationships
- Diet & Natural Supplements
- Activities
- Energy & Body work
- Mind related
- Spiritual insights related
- Devices
- Tests
- Online self-help
- Courses, events
- Documentaries
- Books
- What others say and suggest

TOXIC RELATIONSHIPS

Cut toxic relationships, which are not positive for you, which don't give you positive energy and experiences. Toxic relationships are those, where the negatives by far outweigh the positives.

If you suffer, ask yourself: is it worth it? Why is it worth it?

We cannot help change the other person, if the other person is not willing to change. If they have deeply engrained behavioral patterns, personality, lifestyle, and spending time with them is effecting you very negatively, then the advice is to leave such relationships out of love for yourself.

If you need help, get help, talk to those who love and value you. All toxic relationships have to go. There is no negotiation and no postponing. Don't keep rotten food in your fridge. Rotten food will not become fresh in a few months.

If the other person has tendency to violence, then obviously you have to plan it better so that there is no chance for them to hurt you in the process of the breakup. An experienced counselor may assist you in this. If you love yourself, if you dislike the suffering you are going through, ask for help.

If you do wish to improve the relationship, note that it takes two people to be in a relationship. Therefore, you have to look at the following:

1. Identify what triggers the other person and if it's connected to your behavior, habits or something else that you can change and wish to change, then go and start changing it. Also identify what is the primary source of the other person's unhappiness and bad mood outside of your relationship and talk about whether something can be done about it or not.
2. Identify what triggers yourself, and what would need to change so that you are not triggered anymore into feeling negative emotions, and if the other person can do something about it then let her/him know what they would have to change so that you feel better as a result of that. If they don't change anything, then make it clear what are and will most likely be the consequences of it.

In general, there needs to be more talking and mutual understanding of what is going on and why and what each of you can do to change it.

If both of you agree, then you may ask for help from a relationship expert.

If it's a pattern that keeps repeating, then do some holistic body-mind-spirit healing, to stop attracting same kind of relationships into your life again. There are many options available.

You are not alone in this world, there are plenty of healers, and also plenty of good nontoxic relationships possible.

You are worthy of true love. You already have everything to not only give love, but also to receive love.

Don't wait another couple of weeks, months, years. Life is short. You deserve love.

Releasing Pain and Trauma Caused by the Past

(taken from a talk by Sri Avinash: <https://www.youtube.com/watch?v=jwFxPrElFoo>)

There is in many cases a connection with another person, such as: past trauma, abuse, loss of a loved one, fear of another person, hatred, anger towards another person. It's always with a person, that is critical to understand, it's a bond/energetic connection in relation to another person.

It's like having a chain to a stone that weighs 50kg and wherever you go, you are pulling/dragging that stone with you.

It's a link to a person that is holding you back – if you understand that, then you can begin your healing process. You can let it go and move on, allow yourself to let it go, even though it's tricky for the mind, you have to let it go, you have to understand that your life will be better without that 50kg stone.

The following process consisting of three steps can be used. It requires your effort.

STEP 1)

Release the connection with that person – cut energy cord

Our mindset is that we are not trying to work out whether they are good or bad, whether somebody deserves something or not, not at all, in other words no judging. Basically, release it with love and good wishes. You are happy about the release itself from your perspective looking at the benefit for yourself, because this release is going to serve you. If they caused us harm, we know they were in trouble, they might have had a traumatized life themselves, we just send them divine love from God and release that. We don't have a mindset of finding some suitable excuses and explanations. We know, that releasing it will make us feel lighter and will help us move on. Be willing to release the connection on an energetic level first. Set them free, set yourself free.

First step is a decision that you make. Nobody can force you to make this decision. You have to make this decision yourself. You have to have the knowledge that you can release it. In your essence you are divine, you are a divine being, and as a divine being you can do anything – you can release and let go of what you decide.

It's an energetic connection, it's like a cord, invisible energy cord.

You can do it yourself: close your eyes, decide to consciously release it with love, and then cut that cord (like with scissors), and see it be released.

STEP 2)

Don't think about it no more

Even though you made the decision to release it, to let go, your mind still has an automated pattern to come back to that. You want to end that automation by not thinking about that. You learn how to meditate, you learn how to focus your concentration, your energy, so you don't go there. You already settled it, you are not chasing anyone anymore. Learn how to meditate, that helps you train the "muscle" of

not thinking about the past, not going there anymore. You are able to control not going there.

STEP 3)

Have a future vision of yourself

Have a goal of yourself, but not material goals like house, car, job, relationships. Not that type of goal, that's a different type of goal. You set your goal: How you want to see yourself – your divine qualities of yourself.

For example:

- see yourself as a beautiful divine being, sweet beautiful energy
- strong, not weak: things don't disturb you easily, someone says something not nice, someone is rude, it doesn't attach to you, it bounces off of you, it doesn't affect you
- see yourself as full of love, so much love that it cannot dry, like the ocean, you can give and give and it's never ending, you have always more to give, see yourself as infinite never ending love
- set yourself as a goal this divine connection with the source: everywhere you go, wherever you are, you always feel this connection to the source, this friendship, you don't have to be religious/there is nothing wrong with religion, you don't need to know anything about spirituality, just see yourself having that connection with the Source that created the whole Universe, that ultimate protector, cultivate that connection, even if you don't know how to do it just have that as your goal, you feel safe, protected, looked after, loved, you never feel loneliness

This will help you let go and release those past connections that has caused you pain and trauma that you are carrying with you, release it, release that 50kg stone and don't drag it around in your life. Deep down you want to release it. It causes you problems, it doesn't benefit anybody.

You are allowed to release it and you can release it. Know that you can. You don't need permission from anybody. You are your own master.

Ultimately you have to let it go yourself, be ready and willing to let it go. If somebody else does it for you, you may go back and retie the knot back again, if you were not ready to release it.

When you release it, you become a gift to the world.

You are divine, every human being is divine – they just forgot.

So:

1. Release it ([cut the cord](#), you can do it yourself, you might feel additional relief if somebody else does it too – it is individual)
2. Don't think about it – Learn to meditate, so that you don't go there anymore
3. Set a divine qualities goal a vision of beautiful energies that you have (joy, gratitude, love, highest human divine qualities, pure flow of life force energy through you)

DIET & NATURAL SUPPLEMENTS

What you put into your body (what you eat and drink) has an effect on your health state. If you develop illnesses, pain, fatigue, this effects also your mental well-being. The optimal state is a state of balance. Too much or too little of something causes imbalances. Certain types of food promote health and healing, others promote disease.

Simply and generally put: prescription drugs do something in the physical body, which also effects the brain and the mental state, your hormones, the bio-chemical reactions in your body. In the same way, different types of food (those which we consider healthy or those which we consider unhealthy) have different effects on all of this too, some just little, some much more.

Many people don't actually know, which types of food that they are eating are not so healthy. People developed a habit of eating what is convenient, fast, cheap, and additionally sweet, salty, fatty foods taste good. Here is a list of foods that is considered unhealthy, and you would benefit from not eating them at all, or at least eating them much less:

- processed food (foods that contain added sugar, refined grains, artificial trans fats, different types of chemicals, they went through different types of processing which modified the natural food by removing and adding something to them)
- deep fried food
- sugary soft drinks
- too much of animal products like meat and dairy (especially non-organic and again the highly processed)

If you don't take care of your body, where are you going to live?

Much more emphasis needs to be put on curing and preventing disease with nutrition.

Not just traumatic experiences, but also missing nutrition and too much processed foods and sugar leads to imbalances in the body-mind and can cause depression too.

Furthermore, there is also a link between gut health and mental health, mood and depression. Changing eating habits to have a healthy gut is recommended.

A diet that has anti-inflammatory and antioxidative properties is recommended, to bring the body into balance and away from too high oxidative stress, which is also linked to having an effect on depression and overall health.

Too much stress coming from our environment also causes cortisol, the stress hormone, being released, and that in excess amounts can lead to depression and mental illness and to various health problems. Maintaining a healthy environment can prevent this, and therefore it should be considered what changes are possible in the short term and in the long term, and create a plan with steps how to get there. Look at ways how to reduce your daily/weekly exposure to stress and find ways that work for you to release stress, such as also be mindful of using certain stress-reducing breathing techniques, and a daily meditation practice.

Full body detox (incl. heavy metals detox, herbicides, pesticides, other unwanted chemicals) is recommended, especially if you have never done any type of detox before. Detox is also often combined with certain different types of fasting. If you are new to this, make sure to read enough from reputable sources or find an experienced consultant, to avoid doing it the wrong way.

Before considering taking/adding natural supplements, you should first consider what you are eating in general, what types of food are part of your current diet and what are your eating habits. The healthier you eat, the better for your health. At the end you may not need as many additional natural supplements, and you may achieve even better results for your well-being and also overall health state, which couldn't have been achieved by eating a rather unhealthy diet and taking a lot more supplements. It is a great idea to aim towards not needing supplements in the long run, and sustain yourself entirely on whole, organic, natural foods. Supplement only that, which you have not enough based on comprehensive blood analysis tests. It may be a good idea to talk to a dietitian or to a nutritionist. Ideally to more than one, to get a second opinion.

With supplements note, that taking too little or too much is sometimes not effective or can be harmful. Also you have to learn not just how much, but also when and how to take them, and whether it is safe to take them, especially if you are taking any prescription drugs. If with certain prescription drugs you made the experience of increasing dosage gradually, note that with certain natural supplements this may not give any additional benefit, or as mentioned before too much can often be harmful. Additionally, when taking supplements, they often need other vitamins and/or minerals and certain enzymes to support their digestion, so that the body can absorb the nutrient and not go to waste. Therefore, taking nutrients rich food with your supplements is often the best way to go, especially with vitamins, but there are always exceptions or some restrictions to this for different reasons. So be aware of, that you should not take supplements whenever and however you feel like it, if you are interested in getting positive effects and their full potential, not just a small portion of it.

Recommended is to check your body's vitamins and minerals level from a blood test. In addition, find natural food dietary sources for getting them back into balance.

Also take a look in the chapter "Devices & Tests" to see what further tests you can do to assess your overall health state and get further useful insights, pointers what looks to be out of balance and thus what would help most to bring the body back into balance. For example, to avoid taking supplements which are not really necessary, and start taking supplements or do some other type of non-supplements therapy which will work much faster and be more effective.

List of supplements that may help with lowering depression:

- Vitamin K2 grass fed butter also helps against depression (<https://www.youtube.com/watch?v=PVB-SyBbLEo>)
- Bach flower remedies for emotions
- Ormus (Vancouver Island Ormus – great quality and price)
- "Omega 6 : Omega 3" imbalance. We get way too much omega 6 and way too little omega 3, reach a ratio of 3:1, this is said to be able to eliminate certain types of depression.
- Gotu Kola (<https://www.consciouslifestylemag.com/gotu-kola-benefits-of-the-herb-of-enlightenment/>)
- Rhodiola Rosea
- L-Tryptophan, an essential/indispensable amino acid which means it cannot be made by the body and must come from food
- CBD oil
- Saffron
- NAC
- NAD+, NADH
- Lion's Mane (<https://www.amazon.com/Organic-Lions-Mane-Mushroom-Capsules/dp/B07Q5DZJTK/>)
- Mood Effex Natural Mood Support by CLE Holistic Health (<https://cleholistichealth.com/products/mood-effex-natural-mood-enhancement-mood-support>)
- Stress Decompress and Brain by Host Defense (one of the best companies for products containing high quality mushroom ingredients; these contain not only mushrooms: <https://fungi.com/collections/host-defense/products/stress-decompress>; <https://fungi.com/collections/host-defense/products/brain>)
- Daknang 1 Awareness Formula – This formula is intended to improve memory and cognitive functions, provide mood and creativity uplift, as well as stress and anxiety protection. (<https://www.daknang.com/product/daknang-1-awareness-formula/>)
- Supplements by Dr. Joe Dispenza for better sleep, for better brain functions: <https://biosyntropy.com/>
- For more energy, good for the brain, nervous system, and considered also to help with antiaging due to positively effecting mitochondria. This is a more expensive supplement, not affordable for everyone continuously, but you may

try it out once to see whether you notice any help, any positive difference:
Energenesis – <https://www.theenergyblueprint.com/store/>

- A special unique type are products with liposomal delivery, which is faster and more effective for absorbing and utilizing the ingredients. One such product is for example: Noto Bravi™ - formulated for everyday use by those who are interested in sharpening memory and attention, elevating mood, and maintaining excellent cognitive function. The formula includes four adaptogenic botanicals that have been shown to support cognition and blood flow to the brain: <https://www.quicksilverscientific.com/all-products/noto-bravi/>
- Mood by braineffect made in Germany, 100% natural and vegan. Contains: plant capsule shell, L-tryptophan, cordyceps extract (cordyceps sinensis), rhodiola extract (rhodiola rosea), green tea extract, magnesium, vitamin K2 (mk-7 trans), coenzyme Q10, flaxseed extract, thiamin (vitamin B1), turmeric extract (curcuma longa), vitamin B6, vitamin D3, vitamin C, zinc, pantothenic acid (vitamin B5), niacin (vitamin B3), black pepper extract (piper nigrum), iron, folic acid, methylcobalamin (vitamin B12) – <https://www.brain-effect.com/en/mood>
- Ayahuasca vine (without DMT ingredient) microdosing (there are a few options, there are certain restrictions, it is not suitable for everyone, this one is definitely not cheap compared to a price of a standard supplement, but to get an idea here is some more info: <https://www.sacredjourney.earth/ayahuasca-micro-dosing-program>, as with everything do your own research)
- Microdosing psilocybin mushrooms 1-2x per week
(<https://www.zamnesia.com/content/615-microdosing-information>)

For the second year in a row, the US Food and Drug Administration (FDA) has designated psilocybin, the psychedelic compound found in many of the most popular hallucinogenic mushrooms, as a "breakthrough therapy", for the treatment of major depressive disorder (MDD). (<https://www.livescience.com/psilocybin-depression-breakthrough-therapy.html>)

Some people are not prepared to have an altered state of consciousness experience, which comes with psychedelics, it might be too much for some to handle, understand, integrate, to deal with. For them the approach of microdosing might be a much better choice, which doesn't come with a deep spiritual visual experience.

You have medications, then you have natural supplements, and then you have natural plants, which depending on dosage can enable access to deeper levels of the psyche, subconscious, consciousness. If done in the form of some shamanic healing ceremonies, they can provide a different even more holistic or multidimensional approach, but due to the deeper access into deeper levels of consciousness, it cannot be generalized, that it is suitable for everyone. For some people it may not be suitable for various reasons, some may need an individualized preparation consisting of various steps before they have their first psychedelic type of experience.

Classical mainstream medication (medical drugs prescribed by doctors) can have various side effects, and people still take them. Some take them in huge amounts. The full on (full dose, instead of microdosing) spiritual experiences may have for some people certain side effects, it's not 100% safe for everyone, but some may say it has less side-effects than long term use of several medications, and in some cases just a few spiritual experiences are often more effective than years of talk therapy. I definitely don't say that talk therapy is bad. Not at all. It just has its limits in certain cases, and if you feel stuck, you may want to consult the possibility of having a more accelerated way of insights, realizations, learning, through spiritual experiences induced by some non-addictive psychedelic types of natural mind/perception/consciousness altering substances in a safe environment with experienced facilitators. Depending on different factors, you may benefit from a preparation phase, which might include microdosing first, in order to minimize the chance of side-effects. You could learn some guided breathwork, watch documentaries about spiritual related topics, read some related books. When consulting with others, whether it is appropriate for you or not, you may consider also asking morphic fields readers, to get insights from there. This is not mainstream doctor approved advice. These are alternative information to be considered together with people who have already experienced it themselves, and ideally those who have no money-based interests, but give honest advice and feedback. More and more professional therapists have experienced it themselves.

Researching the dietary and supplemental aspects of creating biological balance and a suitable environment in the physical body for overall health with focus on depression, led me also to a German book "Die Midlife-Lüge (The Midlife lie) by Eberhard, Michaela, Burkhardt, Katrin (published in 2019)". The contents of it were shown on a google books page containing the following information about Depression. The following supplemental recommendations:

Main emphasis: Vitamin B6 (must be as P5P), B12, D3, Q10

As base: Magnesium, Vitamin C, Omega 3

Based on the result of a full-big blood test: B vitamins (main emphasis), trace elements (zinc, selenium, copper)

Depending on the exact description of the symptoms, possibly: R alpha lipoic acid (RALA), 5-HTP (from Griffonia), GABA, NADH, L-Tryptophan, supplements for intestinal health

There are therapies or approaches, which focus not only on the body or only the mind or only the spirit, but they encompass body-mind-spirit in a more holistic way, they consist of several approaches, not just nutrition/diet or one other single component, even though one component may be more in focus. One such approach is for example: Ayurveda, Ayurvedic retreat. Although it has various recommendations for eating right for your body type, it includes also certain massages/bodywork and approaches, which even if just in subtle ways, but they do effect also the mind and spirit.

There are further recommendations for supplements in the chapter with Edgar Cayce's recommendations.

To stress the importance of it again: when talking about diet, detox is an important element in getting healthier. This becomes more clear when you see what some other experts are recommending in some of the upcoming chapters.

Not just detox is important, but inflammation seems to play a big role in creating imbalances in the body and enabling the formation of different diseases. An anti-inflammatory diet is recommended, which can be supplemented with certain supplements with strong anti-oxidative properties.

INFLAMMATION, MITOCHONDRIAL DYSFUNCTION, AND OXIDATIVE STRESS

When looking at diet and supplements, there is growing scientific evidence that a very important role seems to play the level of inflammation, mitochondrial dysfunction, and oxidative stress in the physical body.

I recommend the following two scientific papers, from which I will quote just a few sentences.

Article 1:

The Many Faces of Mitochondrial Dysfunction in Depression: From Pathology to Treatment

5 people wrote-reviewed this article

Published: 10th September 2019

<https://www.frontiersin.org/articles/10.3389/fphar.2019.00995/full>

Both oxidative stress and malfunctioning mitochondria represent two risk factors for the development of major depression.

As mentioned above, patients with MD (major depression) are characterized by a lowered total antioxidant state and by enhanced mitochondria-related oxidative stress, which is the reason why antioxidant supplementation is increasingly considered as a candidate treatment for depression.

Converging evidence from studies employing both animal models of depression and human subjects provides a good perspective for the use of antioxidants in combination with antidepressants.

Several studies have used antioxidant molecules such as N-acetylcysteine and curcumin, which target mitochondrial monoamine oxidase A, in the treatment of MD (www.clinicaltrials.gov).

Overall, the data suggest an intriguing link between mitochondrial function and depression that warrants further investigation.

Article 2:

Targeting Inflammatory-Mitochondrial Response in Major Depression: Current Evidence and Further Challenges

Published: 14th April 2020

<https://www.hindawi.com/journals/omcl/2020/2972968/>

In this paper, we discuss the involvement of inflammation, mitochondrial dysfunction, and oxidative stress in the etiology and pharmacological resistance of MDD as pathways for future therapeutic approaches.

There is evidence for the use of some antioxidants as a therapeutic approach for MDD. One promising candidate is N-acetylcysteine (NAC), a glutathione precursor that decreases inflammation and apoptosis, modulates levels of glutamate, promotes neurogenesis [191], and improves mitochondrial function [192]. These effects seem to be responsible for the remission of neurological symptoms in psychiatric diseases [193].

Further the paper mentions the positive results of studies for:

- CoQ10
- Zinc (Zn)
- Curcumin
- Resveratrol

Considering all the evidence mentioned above, new investigations focusing on antidepressant effects of antioxidants or drugs with antioxidant activity should be performed, since the use of these compounds may emerge as a novel range of adjuvant therapy for resistant MDD management.

While this narrative review further supports that inflammation, mitochondrial dysfunction, and oxidative stress can be recognized as the central event in MDD, the question of why these events are still uncontrolled with conventional drug treatment remains unanswered. The few studies available on antidepressants and their clinical effects on inflammation/oxidation/mitochondrial dysfunction are often inconclusive or biased. Despite that, the combined evidence indicates that ATP depletion, oxidative stress, and inflammatory responses can activate apoptotic mechanisms that lead to neurodegeneration, a common feature in depressive patients. The data presented here demonstrate that MDD activates inflammation pathways through nuclear, cytosolic, and mitochondrial proteins, which can serve as a starting point for the screening of new drugs. However, the future challenge is to find effective new drugs that target inflammation and mitochondria, thus reducing cases of refractory patients. Finally, although the biochemistry mechanisms linked to the immune response in depression are gradually being elucidated, further research is needed to test these hypotheses in vivo.

Not mentioned in the articles, but when talking about powerful antioxidants, one of them that you could also consider is: Astaxanthin – it can reduce oxidative stress, it sustains mitochondrial function by protecting the mitochondrial redox balance.

ACTIVITIES

If you find some activities that are fun (one can be enough), there is a much higher chance, that you will keep doing them, because you will like/love/enjoy doing them more often.

- Doing different kinds of sport alone and with others, also in the morning when you wake up (hiking, trampolining, dancing, bouldering – because you need to be focused all the time, ...)
 - A possible way of combining several suggestions is to join a group hiking organized by others and can be often found for example over meetup.com website:
 - spending more time outside in nature and exposed to the sun
 - doing an activity, a form of exercise
 - connecting with other people and talking/sharing
- Yoga (there are different types, start with "for beginners", if you don't know which one to choose, you can go for "hatha yoga", adding the heat element has additional health/wellness benefits and is called "bikram yoga")
- Chi Kung / qigong – perhaps you may like it as a mixture with yoga:
<https://www.yoqi.com>, free videos on YouTube:
<https://www.youtube.com/channel/UCq6iAv6Ydn5-ccJ5Nm6Mcdg>
- Dynamic meditations / shaking meditations (such as Osho dynamic meditation)
- TRE (Trauma Release Exercises, when learned it can be done alone at home, it is an activity, body work, and does effect the mind when trauma is released)
- Different types of breathwork, pranayamas (holotropic breathing, rebirthing breathing, Wim Hof set of practices for human physiology transformation – if you want to learn his breathing method for free, this is a great explanation by him: <https://www.youtube.com/watch?v=nzCaZQqAs9I>; these are very powerful, some compare it to ayahuasca like experiences, because of the possibility to release DMT, they are usually done as group sessions and the whole session lasts up to 3 hours); do at least 4, if you see a positive difference after 4, then you may want to continue, you can do the free online sessions first
 - online & free: <https://alchemyofbreath.com/breathwork-webinar/>
 - online: <https://breathworkonline.com>
 - find practitioners near where you live
- Volunteering and nature based new experiences (<https://www.workaway.info>)
- Animal therapy
 - swimming with (wild) dolphins
 - spending time on a specialized rescued animals farm
- Laughter therapy, also available as "laughter yoga" (you may find a free class with exercises online on youtube and do it at home first, but it is different/more

- powerful/more positively contagious to be in a room full with laughing people)
- Music. For many people who had depression, their way out, or at least a huge help was through music. Singing and/or playing a musical instrument. It is not a solution for everybody. Is it for you? Maybe you can start with some simpler musical instruments such as singing bowls or something new and less known like hang drum. Perhaps you can try listening to binaural beats.
 - Sungazing (not during the day, best is last 30min before sunset, read about instructions before you do it, do not damage your eyes, <http://solarhealing.com/process/>)
 - Learning lucid dreaming and out of body experiences is not for everyone, but it can be also beneficial for some, helps to become more conscious in their daily life and consciously more actively enjoying the sleeping/dreaming part of life For more info feel free to read the free e-books at: <https://obe4u.com>
 - Drawing, painting, coloring

Why do we feel good in nature and with animals?

Nature doesn't judge us; animals don't judge us.

We don't need to prove anything to them.

We are already good enough to them, there is no pressure from them, we don't feel any expectations, any demands, we don't need to pretend to be someone else.

ENERGY & BODY WORK

To be considered as additional complementary approach, which may help with certain conditions, with certain aspects of bringing the body back into balance and removing certain types of blockages. Some are more effective than others and this depends person per person, on the underlying root causes and issues of the person, and also on the skills of the practitioner and the number of sessions needed.

Not just a traumatic experience causes altered states of consciousness, but changes in the energy body through various types of energy work modalities cause a change in your consciousness too, and has some effects on the physical, mental and emotional body.

To get at least a little introduction about some energy related terminology such as the chakras (energy centers, part of the energy system), you can watch this short video: Microdose - Chakras - S1:Ep2 | Gaia

<https://www.youtube.com/watch?v=tUm3APD0Hbw> – length 8 minutes

- Cranio sacral therapy
 - The following is not a substitute for a full cranio sacral therapy, but it is something that you can do at home to induce an even deeper state of relaxation with other possible health benefits by using a Still Point Inducer such as: <https://www.amazon.com/Still-Point-Inducer-Relieving-Headaches/dp/B00BISMO1G> or CranioCradle <https://www.amazon.com/CranioCradle-Therapy-Shoulder-Myofascial-Physical/dp/B005QBCL82>
- Craniosacral Chi Kung, see book by Mantak Chia, a combination of an eastern and western approach, which you can do yourself, you don't need to pay a therapist/practitioner
- Aura and chakras cleanse (especially if you have never had this before, and if you truly noticed a bigger difference after the distant energy session, then you may consider doing it several times per year or even buy it as a gift to your loved ones; here are fiverr recommendations to two practitioners there: [reikimastersami on fiverr](#), [masterkenji on fiverr](#))
- Emotion Code – a method to find emotional baggage (using muscle testing) and to release it (you can find some practitioners also on “[fiverr emotion code](#)”)
- EFT – Emotional Freedom Technique
- KAP (by Venant Wong) energy session (for some this can release also very old traumas stored somewhere in the body; <https://www.venantwong.com/kapfacilitators>)
- Reiki energy healing (you can find some practitioners also on “[fiverr reiki](#)“)

- Theta healing (<https://www.thetahealing.com>; you can also find a few [theta healing therapists on fiverr](#))
- BioDynamic Breathwork Trauma Release System (you need a trained person to do this with you; <https://www.biodynamicbreath.com>)
- Tantric body de-armoring, tantric emotional release (not for everyone, usually not something to start with, depends on the stage of progress you are in, and what types of issues you are dealing with, whether you have issues with intimacy or not; there are different tantric energy bodywork approaches)
- A special type of stomach massage called Chi Nei Tsang popular in Thailand, but also available in other countries, it is supposed to help release some stored stuck emotions. It is better known also under the names: Visceral Manipulation/Massage/Treatment/Techniques, Organ Massage.
- Myofascial release therapy MFR
- Different types of massage: Shiatsu, Bowen therapy, Ayurvedic, Meridians massage, 2h-3h long deep tissue massages, other
- Acupuncture
- Acupressure – depression stress anxiety self-acupressure points
- Sound healing (singing bowls, gongs, tuning forks – can be used similarly or as an alternative to acupuncture; often there are also group sessions offered in some yoga centers combined with deep relaxation and meditation, you can buy a “universal om tuning fork” if you would like to do it yourself)
 - Also one option is using the power of group energy and synergy with the same intention doing the same practice together such as OM Chanting. It is often organized for example by Bhakti Marga. For more information, search for "the meaning and healing power of om".
- Some resonate strongly with specialized unique energy healing sessions such as done by: Wieteke Koolhof, Asil Toksal, Jennifer Millar, to mention a few. All very different, some accompanied with self-reflection questions, some channeling a wide range of different energies. Availability of some people changes, they may not offer all services which were offered in the past anymore. Some do only private sessions, some also group sessions. These are just complementary alternative therapies, which may be more beneficial for some than for others, and they are not healing all causes of depression in one session, they may for example give certain helpful insights, which may be healing, in a shorter period of time, than with other types of therapies.
 - I would like to mention the opportunity for free online distant healings by Sri Avinash: <https://www.sriavinash.org/free-healing-wisdom-webinar-master-healer/> and feel free to look at the other types of energy healing options available, watch the testimonials videos
 - It's for you to find out whether it works for you or not, I am just mentioning another possibility. By Srijana, aka Jane Barthelemy. She is an intuitive medium, energy healer, artist, author, and Buddhist practitioner of almost 50 years. She offers different types of energy healing for example: health scan,

detox, past life, zero point and more:

<https://fiveseasonsmedicine.com/treatments/>

- There are energy healing therapists which offer combinations of several energy healing modalities in one session, this may include: acupuncture, sound healing, Chakra Light Crystal Bed Therapy, pranic healing, quantum touch, reiki, cranio and other modalities, which focus on the chakras, meridians, aura, which often help greatly relax the body and release certain tensions and blockages in the subtle bodies. So instead of just one type of energy healing modality they use several. It is said that certain illnesses before they manifest in the physical body they can be already seen as being formed in the more subtle energy bodies. Having energy sessions may sometimes look like nothing happened, but in some cases it may have prevented you to manifest a certain physical illness. You have to decide what type of lifestyle makes sense to you, what types, and how much prevention you prefer instead of later dealing with manifested illnesses.
- Family constellations therapy (can give certain powerful insights by seeing role plays from a different perspective; often the root causes are connected with other family members and ancestors and the goal is to find and release them)

These are non-invasive complementary therapies, most with no known side-effects. Remember that for holistic health you need to consider mainly:

- your environment,
- what you continuously eat and drink,
- your beliefs, thoughts, values,
- quality of your sleep,
- how often and how much you move your body,
- how satisfied you are with your job,
- whether you have meaningful life goals,
- whether you do some beneficial spiritual practices such as meditation,
- and a few other factors.

MIND RELATED

"What you think, you become."

Talk therapy tends not to be as effective as other therapeutic methods when there is deeply somatized physical, sexual, emotional, mental or spiritual trauma.

Forms of therapy with greater success at alleviating Post Traumatic Stress Disorder include:

- Somatic Experiencing
- Cognitive Behavioral Therapy CBT and MCBT (Mindfulness based CBT), there is also computerized cCBT and in groups as group CBT
- Trauma-Focused Cognitive Behavioral Therapy TF-CBT
- Dialectical Behavioral Therapy DBT
- EMDR (Eye Movement Desensitization and Reprocessing)
- Cranio-Sacral Therapy and Somato-Emotional Release
- Extraordinary Vessel Acupuncture
- TRE (Tension and Trauma Release Exercises).

Somatic experiencing is a form of alternative therapy aimed at relieving the symptoms of post-traumatic stress disorder (PTSD) and other mental and physical trauma-related health problems by focusing on the client's perceived body sensations (or somatic experiences). It was developed by trauma therapist Peter A. Levine. Somatic Experiencing attempts to promote awareness and release physical tension that remains in the aftermath of trauma.

Cognitive behavioral therapy (CBT) is a psycho-social intervention that aims to improve mental health. CBT focuses on challenging and changing unhelpful cognitive distortions and behaviors, improving emotional regulation, and the development of personal coping strategies that target solving current problems. Its goal is to change patterns of thinking or behavior that are behind people's difficulties, and so change the way they feel.

Trauma focused cognitive behavioral therapy (TF-CBT) is an evidence-based psychotherapy or counselling that aims at addressing the needs of children and adolescents with post-traumatic stress disorder (PTSD) and other difficulties related to traumatic life events.

Dialectical behavior therapy (DBT) is a type of cognitive behavioral therapy. Its main goals are to teach people how to live in the moment, cope healthily with stress, regulate emotions, and improve relationships with others.

EMDR therapy, eye movement desensitization and reprocessing, was introduced as a treatment for posttraumatic stress disorder (PTSD) in 1989, it can be used as a treatment option to reduce suicidality, PTSD symptoms, anxiety and depression in patients in acute mental health crises.

CranioSacral Therapy (CST) is a gentle, hands-on approach that releases tensions deep in the body to relieve pain and dysfunction and improve whole-body health and performance. It was pioneered and developed by Osteopathic Physician John E. Upledger after years of clinical testing and research at Michigan State University, where he served as professor of biomechanics.

Using a soft touch which is generally no greater than 5 grams – about the weight of a nickel – practitioners release restrictions in the soft tissues that surround the central nervous system.

The central nervous system is heavily influenced by the craniosacral system – the membranes and fluid that surround, protect and nourish the brain and spinal cord. By normalizing the environment around the brain and spinal cord and enhancing the body's ability to self-correct, CranioSacral Therapy is able to alleviate a wide variety of dysfunctions, from chronic pain and sports injuries to stroke and neurological impairment.

Somato Emotional Release is a therapeutic process that uses and expands on the principles of Craniosacral Therapy to help rid the mind and body of the residual effects of trauma.

Extraordinary Vessel Acupuncture

NSEV Healing & Acupuncture is a philosophy of health, and a method of treating and preventing disease, that integrates the mind, body and spirit. It is a holistic, modern adaptation of an ancient Chinese medicine and acupuncture healing system that addresses a person's symptoms and their essential life affirming functioning. NSEV practitioners work with a broad spectrum of illness (physical and emotional) and alleviate pain and imbalance by harmonizing the extraordinary vessels. To do so they use a variety of techniques including acupuncture (with and without needles), moxibustion, cupping, gua sha, sound healing, herbal elixirs and a variety of breath and movement exercises. The extraordinary vessels are the primordial fields and pathways that allow optimum wellness and promote healthy relationships with ourselves and with the world.

Here under "Resources" <https://nsevhealing.com/resources> you can find the following two pdf documents:

- <https://nsevhealing.com/s/Using-Acupuncture-to-treat-major-depressive-disorder.pdf>
- <https://nsevhealing.com/s/Major-depressionnn-research.pdf>

It is possible to do Extraordinary Vessel Treatments also with 4 magnets and 2 ion pumping cords as demonstrated in the videos and described in the pdfs here:

<https://nsevhealing.com/resources>

TRE (Tension and Trauma Release Exercises) is a series of exercises that assist the body in releasing deep muscular patterns of stress, tension and trauma. The exercises safely activate a natural reflex mechanism of shaking or vibrating that releases muscular tension, calming down the nervous system.

The Soul Happy Technique

The analytical conscious mind is bypassed and the subconscious mind is accessed to implement radical, lasting change in your life, resulting in a better view of yourself and your capabilities.

The Soul Happy Technique combines therapeutic models rooted in neuroscience and energy theories behind quantum physics to offer an innovative and powerful method that helps people overcome disappointments, traumas, fears and past failures that often get in the way of true happiness. By tapping into the subconscious mind and reprogramming the negative feelings stored there, the technique helps alleviate anxious and insecure feelings we experience as part of our everyday lives.

Neuroscience explains how we store and process memories and how the brain is capable of rewiring itself, allowing us to reprogram our mind. It does this through neuroplasticity. To find out more go to: <https://soulhappy.com/>

Regression therapy (the effects are for: body-mind-spirit, not just the mind; why: understand life on a deeper level, release certain issues with unknown root causes, gain some new sense of much deeper freedom, get rid of symptoms which are not treatable with drugs, nutrition, diet)

- QHHT (Quantum Healing Hypnosis Technique) by Dolores Cannon
- LBL (Life Between Lives Hypnotherapy) therapy by Michael Newton

Beliefs

Definitions, and belief in them, form the basis of the physical persona and thus, are the fundamental components that generate every experience of physical reality.

Change your beliefs! How? Take a look at the suggestions by Dr. Bruce Lipton, there are many techniques that can be used to help change beliefs:

<https://www.brucelipton.com/blog/want-change-your-belief-system-heres-how> and <https://www.brucelipton.com/other-resources#belief-change>

One way to create new beliefs: When you start behaving differently (such as you imagine and embody how somebody else would behave, like role playing), you will have different experiences and through them you will adopt/create new beliefs and/or change existing beliefs.

An honest answer to the following question will help you discover the negative belief you believe to be true: "What would I have to believe is true about myself in the present situation in order to feel, think, behave, the way I do?"

Interpreting things in negative ways, generally stems from fear-based beliefs.

Hypnosis and Self-Hypnosis

The subconscious mind is powerful.

Reprogram certain negative limiting beliefs in your subconscious mind for example by self-hypnosis by listening to high-quality hypnosis audios from experts. Specifically for depression, you can visit [hypnosisdownloads](#) for more info. For other related topics such as: self-confidence, social anxiety, fears, negative thinking, motivation, concentration, you can visit and browse through [this section](#).

Mindfulness practice/course/retreat. See for example: <https://plumvillage.org/>

Biofeedback therapy (reduce stress, increase relaxation, and more)

Biofeedback is the process of gaining greater awareness of many physiological functions of one's own body, by using electronic or other instruments, and with a goal of being able to manipulate the body's systems at will. It is a non-drug treatment in which patients learn to control bodily processes that are normally involuntary, such as muscle tension, blood pressure, or heart rate. For more information you can read for example: <https://www.mayoclinic.org/tests-procedures/biofeedback/about/pac-20384664>

Guided visualizations

A guided meditation which brings you into a deep state of relaxation and you are imagining the positive story that you are listening to, this way you are creating a new positive experience for the subconscious mind, you are using the power of your own mind to do some self-healing.

“The subconscious mind cannot differentiate between real and imagined.”

When you do some personality development or mental and awareness training, the true test comes when you experience certain situations, which were very challenging for you before, and which were triggering in you different kinds of negative emotions.

Whether you changed or not, you can see by how you react in situations: if you still react and feel the same old way, then you haven't changed yet, and you will not create new experiences/results.

Acting classes: There is the option to **act like an actor would**. You can imagine being a different person, identify with that role, and forget about the past self in those moments when you have been assigned the role of acting differently. At first, this may sound like too much, but it would give you the skills and confidence to follow through: taking a few acting classes would help you to practice in a test environment, before you feel more confident to apply these skills also in the "real world". When you start acting/behaving/responding differently in situations, then you will start creating different results. It's easier to actually do it, if you had the chance to practice it with supervision in a safe environment, and gain confidence about how it feels like to act differently, you role model how you want to react in real life situations. You can do certain “real life modeling acting training” also with some therapists.

Avoiding and resisting and suppressing situations, certain conversations with certain

people about certain topics that bother you, is keeping you in tension and stress. Face it and resolve it. Don't carry it as a baggage with you. You are not free if you live your life with a bag full of unresolved stuff.

What's the worst thing that can happen?

Fear is not a good advice giver. Face your fears.

Stop avoiding. Start resolving.

In the future some forms of **virtual reality therapy** may become available for certain types of health conditions. It may take a few more years for this kind of approach become available and better tested:

https://en.wikipedia.org/wiki/Virtual_reality_therapy

Questions to honestly answer for yourself and become fully aware of your answers, to get clarity about what main issues are affecting your emotional and mental well-being, your decision making, your state of procrastination:

- Self-image, how do I see myself, what do I think about who I am?
 - What I don't like about myself and my life? What is not good enough?
 - In which areas of life do I lack self-confidence?
 - Which skills do I see myself as that I am lacking?
 - Why do I want to have which skills that I see myself as that I am lacking?
 - How can I become more self-confident in that area, do I know how and am I doing it already?
 - What do I see as failures in my life and how much and how often do I think about them? What are these past failures holding me back from doing now?
 - What would I really like to do, but I don't do it, because I am afraid to do it because of some fears (possibility of creating new type of emotional and mental pain, fear of failure – you have to erase the word failure from your vocabulary)?
 - What do I think that I would have to have first or accomplish first, before I would feel comfortable of doing the things that I would like to do, but I am not confident enough to do them?
- When and how much and how often am I concerned with what others think about something that I am doing? Am I not doing something what I would like to do, just because of what others might think about it?
- What unfulfilled desires do I have, and do I know how they can be actually reached, did I break it down into doable steps?
- Is there something specific that is very worthwhile living for, that gives my life meaning? Do I desire something and do I fully believe it is possible for me to reach it? Do I know how to reach it and I am fully committed to do it, if not, why I am not committed (an honest answer will give name to the "blockages/something that is holding you back" to look at and work on)?
 - If you don't have anything worthwhile living for, wouldn't it be nice to find something and then give your 100% to go for it?

MIND – SELF-HELP STRATEGIES

While researching information also on YouTube, I came across a video in German, which had a big amount of highly positive comments, much more than some of the other good videos. It really stood out somehow. I decided to make this information available to the English-speaking people also via this book.

For those who want to listen to the original in German:

<https://www.youtube.com/watch?v=kSRDiWz-fMQ> – German title: "Wie Du depressive Stimmungen loswirst! - 3 Strategien, die funktionieren"

Three strategies to better cope with depression and with bad moods. They do not substitute professional therapies.

Depression can be triggered through traumatic experiences. Depression can be also a result of an ongoing thinking of certain thoughts and feeling of certain emotions. For example, some people feel worthless, or are feeling very guilty, because of something, and get depression as a result of that.

Depression can have different causes, but no matter what the cause, the techniques that you are about to learn can help you change the way you think and feel.

Before we dive into the techniques, first I have to explain something about how the brain works.

The nerve pathways in your brain change based on what thoughts and emotions you feed it with, and what experiences you make in your life. Imagine a nerve pathway as a road. If you use it often, it will become bigger and easier to use. In the same way, if you for example feel depressed often or have depressive thoughts very often, then the nerve pathways for depression are very good, strongly developed, and because of that also very easily available.

The good news is, if we stop using certain nerve pathways, start using them less and less, then they will become smaller and smaller, weaker and weaker, and more difficult to use and access. And on the other hand, if we start using the nerve pathways, which are associated with positive emotions, then they will become stronger, bigger, and easier to access. Therefore, our goal is to stop using the nerve pathways associated with depression, and build up very strong nerve pathways for different types of positive emotions. How this can be done, is going to be explained now.

Strategy 1 – Giving meaning

The meaning that we give the things in our life.

One thing in life is inevitable, no matter where and when you live, at some point in your life you will experience some kind of heavy, strong pain in your life. And how you cope with this pain, what meaning you give to it, that will determine in a big way how your life will be, how you will continue experiencing your life. How happy you

are is also closely related to how you define what happens, what meaning you are giving the things and events in your life, what do you associate your happiness with, how broad or narrow you keep your definitions.

The pain itself is often not the problem, it is just a natural signal from our body, which comes and leaves. The problem is when we let it stay and don't let it go. For example, if you unknowingly touch something very hot with your hand, then the pain is giving a signal to change the position of your hand and don't keep it there and stop putting it there again and again. So, pain is a very uncomfortable thing, but a very useful signal, which we need to survive. Now, when you had a temporary accident where you burnt your hand, then the blister, the skin will eventually heal and you will have no pain anymore. But, if you keep putting your finger over and over again into this blister, then it will continue to hurt, it will hurt more and more, and you will make it impossible for it to heal. And now for depression this means, if you had an event in your life, which has caused you very big emotional pain, or if there is something in your life that you evaluate as very bad, that you get a lot of emotional pain from it, then you have an emotional wound. So, there is something bad in your life, that you kept thinking about it over and over again. So, you have been putting your mental finger into this emotional wound, and you made it impossible to heal, until a point came when you became convinced that it is part of you, that it is who you are. But, this isn't so. You have learned this type of depressive thinking pattern at some point in your life, and you became so good at it, that you became convinced that this thinking pattern is a piece of you.

And now comes an important step, to step out from depression. Changing "I am depressed" into "I have depression", it is something that I have, feel, not something that I am. This is very, very, very important, because as long as you keep yourself fully identified with depression, that you simply are that kind of person, you will not be able to let it go, because you see it as a part of you. But, when you say it is simply something that I have, then you can manage to let it go as anything else, because it is not who you are, it is something that you can let go of.

The experiences in our lives have a big impact on how we feel and what we think about our lives.

But, at the end of the day, they are not the determining factor.

You can still live a fulfilling life; you can still make something positive out of it.

It is not the end of the road/path, but only a piece of it.

Don't think that because you have depression, you feel depressed, that you are a weak or bad person, not at all. Some of the biggest or most influential people in our history had depression, such as Martin Luther King, and after that, they still had a very positive impact on many people's lives.

Nothing that happens to you is either good or bad, but only as good or as bad as you evaluate it.

Imagine somebody shouts at you, and insults you, and tells you that he hates you.

When this is a bad thing for you, then you will probably feel hurt. Now imagine the exact same scenario, but now you are an actor and another actor screams exactly the same words at you with the same intensity and conviction. Would you also feel bad

and hurt? Probably not. And you may say, of course not, it was only played. Yes, it was, but it proves one thing: we have in both cases the exact same experience, but we give them a different meaning, and this meaning that we give it changes our life. When you manage to give the things in your life that depress you, pull you down, a different meaning, some kind of positive meaning, then it will completely change your life. And if you cannot find anything positive at all, then remember at least, that when you manage to overcome these negative feelings, then you will be stronger than ever before.

It's easier said than done, but you are the person who has the power and possibility to change it.

There is one other thing closely related to us giving meaning to things, that I have to mention too. We tend to confuse/mistake things that we want, with the things that we think will bring us the things that we want. Let me ask you a question: what is the most important to you in your life? What do you want to own/have, get, experience, feel? Do you want to find the love of your life, have your own family with children, do you want to earn a lot of money, do you want to be very successful in what you do, do you want to live at a specific place, what is the most important to you? Now, let me suggest a thought. The things that came into your mind such as: love, money, success. This is not what you truly want. What you truly want is: to feel happy, to feel complete, to experience inner peace. But you have to decide for yourself. I ask you another question, what would you prefer: have all of that that you say you want, but be unhappy, or have nothing from it, but be completely happy and satisfied with yourself and your life? This shows us, that what we want, was never that which we thought we want. These things that we wanted were only the means to get that what we truly want such as be happy and peaceful. But at some point in your life you have learned to bind your happiness to certain things, for example: I have to be successful to be happy, I have to be pretty to be happy, I have to have a certain amount of money to be happy. But these are just some ideas from some other people, that you have taken over at some point in your life unknowingly, without noticing it. And this imagination of what you think you need to be happy is in the way to perceive happiness that is already inside of you. There is a solution for this, that can help you let go of the not useful definitions, and it is called: mindfulness-meditation. Imagine that you perceive life through glasses, but these glasses are dirty, so no matter what you look at, you perceive it through that. What mindfulness-meditation does is that it cleans up your glasses. That you will see what is truly there, and you can be happy even without the things that you think you need in order to be happy, and that you like yourself and you have a positive definition of yourself.

Strategy 2 – The direction of your awareness

To understand this, we will make a short simple exercise now. Are you ready?

Look around, and look for all the things with the color gray. What is gray above you, below you, next to you, behind you. And now close your eyes. And now with closed eyes think of all the things that you have seen that were red. Do you have more things

in your mind that were gray than red? Open your eyes. Now look for all the things that are red. Now you will probably see much more things which are red, than before. And this tells/shows us one thing: not that what is there determines what we perceive, but that where we focus our awareness on, what we are searching for. For example if you are asking yourself all the time why you are worthless, and you think about it all the time, then it will become real for you and you will feel it. If you ask yourself all the time why your life is so bad, then you will feel exactly that and you will perceive all the reasons why it is bad. But, on the other hand, when you become aware of that now you have the possibility to see/listen to/read this text/information, and many people cannot and they would maybe love to be in your place because of this, then you can maybe feel grateful for it.

Take a small moment now, and ask yourself what can you be grateful for in your life. If you really wanted to be grateful for something in your life, what would it be. It doesn't have to be anything big, it can be a small thing. From your past, from your current life. Was there something positive that ever happened in your life, or is there something now in your life, which is actually good. What could you be grateful for? How does it feel? The good thing about gratefulness is, that it is the opposite pole to all kinds of negative emotions. You can't feel a negative emotion and gratefulness both at the same time. If you did this short exercise, then you will probably now feel a little bit different than before. Why? Because our awareness determines how we feel. Where we put our attention, awareness is what we perceive and feel. Imagine your brain as a computer, if you ask it a question, then it searches everywhere for answers. And when you ask bad questions, then you will get bad answers. For example, if you ask: "Why does it have to happen always to me?" Of course, it doesn't happen always and only to you. But, if you ask such a question, then your brain will give you answers for it, such as, because you deserve it, or because you are worthless, or something like that. But, when you ask your brain better questions, good questions, then you will also get better, good answers. For example, if you ask: "What can I be grateful for?", "What can I be proud of in my life?", then over time, you will start to see much more red, where you saw only gray before. And when you do it regularly for a few minutes, such as in the morning and in the evening, when you write down what you can be thankful for, proud of, happy for, then over time it will create the "happy nerve pathways" in your brain and these happy thoughts will become easier and easier to access for you, and it will automatically also point your awareness during the day on such things that you can be grateful for, happy for. Not from one day to another a complete 100% shift, but bit by bit, more and more, if you keep doing it regularly.

Strategy 3 – Your body communication with yourself

Your thoughts and emotions effect your body posture, face expressions. This works in both directions.

If you smile long enough, you start to feel better.

It is almost impossible for your brain to think positive thoughts and feel positive emotions when you maintain certain body postures and facial expressions.

If you have a positive body posture, when you smile, it is very difficult for your brain to think negatively.

This means, you can affect your brain (thoughts, and feelings) by changing your body posture and facial expressions.

Knowing about this is very beneficial, because it can support you greatly in your process of letting go of spending too much time in negativity based thoughts and emotions. When you use it consciously more often as an additional tool.

If you drastically change your body posture, then you can much more easily break out from the vicious cycle of focusing your energy on negative thoughts. And if you keep it up long enough, your brain will have to change its state and match and support that other state. And so we can get a foot into the door of the depressive thinking pattern and we can start creating and strengthening a new, different, more positive thinking pattern and emotions, and that's important in order to build the nerve pathways associated with positive thoughts and emotions.

What you could do regularly is to pay bigger attention during the day on your body posture, that you have a positive body language, that you are straight, shoulders back, your chest forward, deep and regular breathing, and have a relaxed and more positive face expression. And if you make this regularly, this alone will make a big difference.

What does it mean now?

It is not enough to feel good only once, to break out from your pattern only once, because then you cannot create and build a new pattern in you. You cannot build a new thinking and emotional pattern by doing something once. To create a new pattern, you have to do it regularly, and you need more happiness rituals than you have depressive rituals. Because if you feel depressed very often, then you have certain depressive rituals in you, which keep you in that state for longer.

My suggestion for you: if you want to feel better on an ongoing basis, add a daily happiness ritual into your everyday life. There are different ways to do it. I give you one way how you can do it.

Your Daily Happiness-Ritual

It consists of several things and it takes 10-15min.

The best would be to do it in the morning immediately after you wake up, because then you set a direction for your day.

1. The direction of your awareness: where you direct your awareness determines what you feel. Focus your awareness on things you are grateful for. On 3 things that you could be grateful for if you would really want to. What is important is, that you feel it at least a little bit, that you add the emotion of gratitude, feel at least a little bit truly grateful for something. What we want to achieve is training the body through this emotion to feel good regularly. If you can feel good through gratefulness, then you make it easier to feel good also in other ways with other positive emotions.
2. Mindfulness-meditation: to get a much clearer vision of who you truly are and the simplicity of every moment without the heaviness of unnecessary

labels/comments/conditions/expectations, and over time the negativity based nerve pathways will become weaker and weaker. Start with 3min of mindfulness meditation.

3. Create motivation: it is about creating the energy of motivation to break out from the negative thinking and feeling patterns. There are two main motivators for all humans: one is away from pain and the other is towards joy/pleasure. And with this exercise we will create both of them by saying certain statements about yourself. For example, my suggestions are:

- I know, that I won't give in the destructive emotion of depression, because the bad consequences of it are that I will feel very bad, I will become ill, I will be lonely, ... But I am not that. I am the one who determines where I put my awareness, it is me who gives things in my life meaning, in reality I am a happy person without this depression.
- If I make myself aware of this, every day, then I will be a happy person, I will live my life the way I want to, I will leave this thing behind me.
- It will be like this, and I will live my life like this.

It's not about saying some things you don't believe in, no, it's about making yourself very clear about, why you don't want to be depressed anymore, why you want to break out of it. It does make a big difference, if you make it clear to yourself every single day, what is the price of staying depressed for much longer. If you become fully aware about the consequences and outcomes, then it can create a much stronger energy in you to break free from these emotional and thinking patterns.

Every time you want to add new ways of thinking and feeling into your brain and behavior, then you have to keep repeating them over and over again until they become a habit, and that's why it is so important to do it regularly.

I hope it helped you and you can take away something positive.

Keep an eye on your body posture and keep asking yourself positive questions, so that your focus, your awareness and mind is trained to look at and come up with good positive answers and associated feelings. Be supportive in letting your emotional wounds heal by directing your awareness towards different “colors” (thoughts, activities), and creating and strengthening the positive neural pathways. Repetition is key. More happiness rituals than depression rituals.

CONSIDERING SPIRIT

Depression is not just about the physical body. We are more than just a flesh body. A more holistic approach considers also our emotions, and also our mind. But is that all? There are certain indications, that there is something else too. All the different religions, which is an integral part of many people's lives, they all point to a life after death. They point to continuing living eternally as spirit. If this spirit lives eternally, it means it lives also while we live as human beings, and it is in some way connected with us, it is in some way greater than us, so it may indeed also play some part in our lives.

- Look at all the books related to past lives.
- Look at all the near death experiences books and interviews.
- Look at children knowing what happened in a previous life and describing it in detail.
- Look at people who can consciously leave their body to induce an out of body experience and not die (they return back to their physical body and still live).
- Look at Hinduism (which has been called the oldest religion in the world) and reincarnation.
- Look at all the sacred plant medicine ayahuasca experiences, reviews, interviews.
- Look at the ultimate goal of yoga: union. With whom? With your various parts and the whole, the un-manifested, the non-physical.

Is all of this non-existent, or are we a bit sleepingly, suppressingly ignorant to recognize that indeed, there is something more to be explored and considered? What the eyes cannot see, doesn't mean it doesn't exist.

If there is eternal divine spirit, it would make sense to consider it in our life.

And from the point of view of a Higher Self, there may be certain life themes, life topics, life lessons to be learned and experienced and resolved. If we don't examine, understand what they are, then a seed of depression may still continue creating some amount of depression in the person's life. From a point of view of Hinduism and reincarnation, the karmic seed may be a carry-over from other lives.

Most of the time, the deepest sense of experience is, if the person can experience this inner world, these higher worlds themselves, and look and understand their life from other and higher points of view. Not everybody is ready for this. For some this is too soon. For some, if their only determination in life remains towards suicide, this is something to be considered.

Perhaps gentle step by step introductions of these "Look at..." topics can be created, to bring a person in a much safer way towards understanding and experiencing himself also from a spiritual point of view, while still having a physical body and physical life. Not just faith and prayer, but experiences, which give useful glimpses. This also would have to be considered on a case by case basis by some experienced practitioners.

SPIRITUAL INSIGHTS RELATED

Having a greater/higher understanding of our Self, can change how we view past experiences and our thinking patterns. The mental suffering can be understood on a much deeper level and it becomes easier to stop/transcend certain negative mental patterns. We recognize what is truly meaningful and valuable, when looking at it from a higher perspective. Aiming for liberation.

Spiritual exploration/awakening accelerators:

- Vipassana (you can search in your country or abroad, for example this style is available in many countries: <https://www.dhamma.org/en/about/vipassana>)
- Dark room retreat (<https://darknessretreat.net/directory/>)
- Ayahuasca plant medicine (not just for insights, for receiving answers directly without another person in between, but also for deep cleansing and healing; recommendations: in Costa Rica: <https://www.rythmia.com>, in Peru: <https://pachamamatemple.org>)
- Shaktipats (for more information see the chapter about kundalini)
- Practices focused on awakening kundalini (for more information see the chapter about kundalini)
- Spending time near or meditating with living fully enlightened beings, in the presence of those higher states of consciousness energies it can have some positive effects (especially for those people, who are determined to explore and follow a spiritual path of awakening and self-realization)

Plant medicine is not limited only to Ayahuasca. For other forms you can check out for example: <https://thankyouplantmedicine.com>, where you can also find many links to related organizations, groups, projects.

By following teachings of an enlightened human being such as Eckhart Tolle (for example via YouTube videos; not just him, but he is a good example), you can start getting new positive ways of looking at things in life, get new suggestions about how to deal with certain common life issues, you can start changing your way of thinking. For example:

"The world is not here not make you happy or unhappy. It is here to awaken you, to make you conscious. It does that by challenging you. Let go of the unnecessary narrative that makes you unhappy and become present to what is. Be able to differentiate between a situation that you are experiencing and your mental commentary (the thoughts that you have) about the situation that you are experiencing." Listen to this teaching by Eckhart Tolle:

<https://youtu.be/5MG1XcntrT4>

There are many more teachings, many answers to questions available.

Again, you have to differentiate; a severely traumatized person will most likely not

get better by this type of approach. That is why counselors are so helpful, because they can assess the person, person's state, personality, issues, etc. and suggest an approach consisting of suitable methods in the right order.

Get more in touch with life and deeper and new perspectives on life by watching gaia.com instead of mainstream media. You could start by watching "Rewired" by Dr. Joe Dispenza on gaia: <https://www.gaia.com/series/rewired>

Some souls choose certain life lessons related to certain illnesses and some also choose to not get healed. It's simply part of their journey and other's journeys of other souls they are connected with.

Find out what is the spiritual cause and find out what is the belief system cause. Ask morphic fields readers the following or similar questions:

- What is causing my depression, what are the root causes?
- What other factors contribute for me to often feel depressed?
- The reasons why I am depressed are:
 - only because of some imbalances in the physical body (not enough or too much of certain chemicals or nutrients)
 - and/or due to stuck emotions or energy blockages (such as traumatic experiences with big negative emotional impact) in the emotional body
 - and/or due to hard-wired thinking patterns, beliefs, habits in the mental body
 - and/or mainly due to spiritual reasons in the spiritual body?
- How can I heal my depression?
- What are the best first steps for me to do in order to release my depression?
- Which of the following 3-10 methods/approaches is most suitable for me?
- If any, what were and what are the biggest benefits of my depression?
- What hidden lessons are connected with my depression, what life lessons can I learn from it?

Many alternative healing therapists use also muscle testing to determine yes/no answers, whether something is good/bad, helpful, whether it will work or not.

Whether you are experiencing a lot of depression or just very little, no matter in which phase of your life you are at right now, there can be different reasons for any human being to be or become at some point in their life interested to explore consciousness – the innate nature or essence of their being, that which is beyond the body and mind, that from which all creation initiates, the eternal, mystical, unseen and unknown, the aspect of existence which the mind is not capable to fully define/comprehend/explain, but at the same time it gives rise to all phenomena, which the body and mind can perceive and experience. Possibility to enter states of being, which are not of the mind, are beyond the mind, when transcending the overactive mind and the five senses.

Exploring consciousness also means exploring the inner world and how that inner world creates the outer world. Truly understanding the metaphysical universal laws and learning to apply them consciously as a much more powerful creator of your own reality. It's an inside job, you will not find it in the outside world, you can most certainly use certain tools which are in the outside world, but ultimately at some point you let go of them and it is an inner awakening, inner journey towards the mysterious and the unknown. But why do it? For liberation. For inner peace, which cannot be shattered by the mind or any outer experiences or circumstances. For realizing what unconditional divine love truly is. For the powerful much deeper and accelerated inner healing potential. For a powerful transformation reaching your higher potential, breaking out of illusions, seeing the absolute truth, living life from a place of true peace, love, joy and bliss. Exploring the possibility of bringing heaven to Earth and living in heaven on Earth while having a physical body. If you know you are not just the body, and not just the mind, you have a body, you have a mind, what are you then? Is there more to life to be realized? Is life more enjoyable with a higher state of consciousness, if it also grants the ability to easily stop/transcend identifications with thoughts, those which are a source of mental suffering coming from a lower level of understanding due to a lower level of realized consciousness?

Whatever creates a sense of curiosity or pull towards such topics, here are a few more possible ways and approaches how one can explore consciousness. There is not just one path to climb a mountain, an individual who is on a different side of the mountain than others may have to, at least initially, choose a different path. Learning from teachers, guides, who have mastered certain aspects of the path is often very beneficial, it can accelerate the spiritual growth and awakening from the perceived limited narrow definition and experience of yourself and life into higher states of consciousness.

Here are some HOW suggestions, they may lead you to other further related how's. Trust your unique journey, flowering of your consciousness.

HOW to explore consciousness. Here are a few suggestions:

- Spiritual practices – sadhana (often includes different types of yoga and pranayama, occasionally could include: vipassana, dark room retreat)
- Meditation and chakras is key, one other step further is kundalini
- Mindfulness, living in the now, being mindful-aware in everyday activities like while walking, about the pattern of your breathing, while washing the dishes, while eating
- Dream yoga, lucid dreaming, learning OBE (out of body experiences/projections), you can get blessings from enlightened beings in the dream state, and you will feel more empowered and motivated if you can remember it, first step which is always recommended to start becoming more conscious in the dream state is start writing down your dreams regularly – keep a diary and pen near your bed, and setting an intention of remembering your

- dreams before falling asleep and don't quit after a week
- Spending more time mindfully in nature and around animals can open a deeper connection and start experiencing added dimensions of aliveness
 - Some get glimpses via psychedelics, most common are via magic mushrooms, ayahuasca, and a few other, only do something like that if you feel the inner calling, never let yourself get into it in a forced way or just out of fun
 - Certain shamanic rituals, ceremonies
 - Breathwork such as holotropic, DMT breathing
 - Past life regression sessions
 - Reading certain books such as “The Law of One / The Ra Material” which is available also for free, or “The Bhagavad Gita with commentary”, “A Course in Miracles” book can be also very helpful although not an easy read, but worth it, books such as autobiographies of enlightened beings
 - Watching gaia.com which takes you deeper into exploring certain aspects of existence and consciousness; watch free documentaries about enlightened beings: Anandamayi ma, Amma / Sri Mata Amritanandamayi Devi, Ramana Maharshi, Papaji
 - Spending more time near enlightened human beings
 - Looking at pictures of enlightened beings and asking them for their blessings
 - Techniques to meditate better (breath meditations, mantra meditations)
 - Techniques to awaken more love
 - Selfless service in general not just volunteering once per week/month, but genuine acts of kindness ad-hoc, also serving the enlightened master who is serving the world

A FEW QUOTES BY AMMA

(she is a living embodiment of Divine Love)

From: Science of Compassion - a Documentary on Amma, Sri Mata Amritanandamayi Devi: https://www.youtube.com/watch?v=YsxZI0PBI_A

I am always stunned at the beauty I see in everyone.
There is something unique in each and every being.
There is love in everyone's heart.
One who has realized the Self, sees the Self in everyone. They have only compassion for everyone.

Education needs to incorporate universal values of the heart as well.

In true love everything is always fresh, because you are totally in the moment.

In reality there is no difference between the Creator and the creation, that understanding is called self-realization.

You have a desire to find the truth. Sometimes you forget that desire temporarily.
Sometimes your intellect swallows your desire.
You have to keep awakening your desire.

The real birthday is the day the thought "I was born" disappears.

From: Conversations on Compassion with Amma:
<https://www.youtube.com/watch?v=IjkDV1QUbdI>

You cannot force open a flower, cannot force the bud to open up.
The more love there is, the easier it opens up.

Compassion is the first step.
Take that first step without fear and everything will follow.
Actions taken from compassion cannot be wrong, it's love's nature.
Give up the "I", act from the Universal mind/energy.

Have a vision of Unity.
Through love (the power of love, the greatest power of all) we can achieve Unity.

Attitude: See everything as part of me, I am part of everything else. It helps to make a stronger decision that I will help others. Compassion is a decision, it's up to us, we

have to take the decision. Every day do something good for someone else (smile, kind word), and it goes on the chain of compassion, when it becomes a chain reaction you can make a huge impact by doing very small actions daily.

The same God-Consciousness is present in everybody.
There is no difference between the Creator and its creation.
Different jewelry, but the gold in them is the same.

There are two types of poverty currently in the world:

- 1) Poverty: food, clothes, ...
 - 2) Poverty of love and compassion
- Focus on 2) to solve 1)

It needs more-better education for spirituality/values and mental health, how to maintain peace and happiness when facing challenges.

We need to awaken ourselves.

A seed needs a proper environment to sprout (a spiritual master can give it, we learn from somebody who knows, you need some kind of a guideline how to start, if you learn to drive a car, you learn it better with a teacher), he helps us to fix the internal connections in our minds.

You cannot forcefully open an egg; it has to open from within.

It doesn't matter how long and how close we live with an awakened master; we still need to awaken ourselves.

DEVICES

Devices:

- Light therapy lamp (if you can't get enough natural sunlight, see on amazon)
- 8 Coil Shakti (<https://www.god-helmet.com/wp/winshakti/rotating/index.htm>)
Spiritual Brain Technology Using Moving Magnetic Signals
You can buy it and use at home.

It is for:

- Spiritual and personality transformation; overcoming fear, sadness, and anger
(Does not apply to diagnosed psychiatric disorders)
- Creating intense and unique altered states of consciousness
- Enhancing meditation
- Mood enhancement
- It has session designs to facilitate: out-of-body experiences, lucid dreaming, remote viewing, bliss and other positive feelings, and more.

To learn more about this type of brain stimulation see also information about TMS/rTMS – Transcranial Magnetic Stimulation (it is a form of PEMF therapy with much higher intensity applied directly on the head area), a noninvasive procedure that uses magnetic fields to stimulate nerve cells in the brain to improve symptoms of depression. Before having rTMS, you may need a: Physical exam and possibly lab tests or other tests, psychiatric evaluation to discuss your depression.

It works for some people, but not for all. Some people in some of the YouTube "TMS review depression" videos comments mention, that it increased their anxiety. As with many things in life, it doesn't work for everybody and there is no test that can be done in advance to determine with 100% certainty whether it is suitable or not. Many positive testimonials you can find for example here: <https://successtms.com/testimonials>. You may consider a lower intensity PEMF instead, which can be used at home.

- Sooma tDCS medical device and therapy (<https://soomamedical.com>):
 - Sooma tDCS therapy
A complete therapy solution using mild non-invasive brain stimulation to treat patients suffering from major depression or chronic pain. It delivers electrical current (2 mA; adjustable current up to 3 mA in increments of 0.1 mA) to the brain.
Transcranial direct current stimulation (tDCS) is a neuromodulation technique used to treat a number of psychiatric and neurophysiological conditions. It uses a weak electric current, delivered to the brain from a usually small, portable device. The stimulation area depends on what condition is being treated.

The Sooma headcap ensures that the correct areas of the brain are stimulated during each and every treatment session.

Sooma tDCS™ is a medical device (portable stimulation unit) used by healthcare professionals worldwide. It has acquired e.g. CE, Health Canada, MDA, HSA, TGA and COFEPRIS approvals. The devices are manufactured in Finland under ISO 13485.

The latest treatment results for Sooma depression therapy (2019) are based on 302 patients who underwent depression treatment with Sooma tDCS. The results show a 61% response rate, meaning 61 out of 100 patients have reported a $\geq 50\%$ drop in depressive symptoms after having undergone the treatment. For remission, the rate is 20%, meaning 1 out of 5 patients no longer had any symptoms of depression after having undergone treatment.

The therapy is totally painless and the sessions can be done in clinic or at home. An online platform enables a healthcare professional to stay in control of the therapy even when it is applied at patients' home.

One treatment session takes 20 to 30 minutes and it is repeated once-a-day for several weeks (normally three weeks, 5 times per week). This is followed by a maintenance period, where treatment sessions can be given 1-2 times per week for a time, depending on the response of each individual patient.

For more details, read also:

<https://soomamedical.com/en/news/at-home-treatment-of-depression-during-covid-19/>

- PEMF – Pulsed Electro Magnetic Fields. It is often used for pain such as back pain or knee pain, for insomnia, to accelerate healing from injuries. The overall regenerative effects on the cells seems to have many different health benefits and some people report that it also helps to relieve anxiety, stress, depression. It can be easily self-administered at home. Due to its lower intensity it is safer than the high intensity TMS offered by medical professionals, and you can use it without a medical prescription. If you don't sleep so well and you want to sleep better, you may consider using PEMF in the evening. You can find more information and products for example at this website: [miramate - about pemf](#)
- Spooky Rife Machine
 - You can use it as a Rife Machine, for PEMF, for creating colloidal silver, they have a lot of information and great support including an active forum with many posts and members. This is probably the most affordable rife machine, and at the same time perhaps most tested due to perhaps the biggest user base, and also it has features (not just any, but such which can make a huge difference), which many of the other rife machines from other

companies don't have.

- If you are in a state of deep suffering, if you have tried everything and nothing is helping, then this is one of the further options you may want to give a chance. You can also get a scan of your whole body based on frequencies and receive the tailor-made frequencies to be used, which fit that scan. You can use it to support your detox, to help with adrenals for fatigue and low energy, insomnia, to balance different parts of your body using frequencies. If sound healing works in certain cases, this is a more precise way of using frequencies. You can consider this as one of the complementary alternative approaches. It can be of interest also for those who have "mystery undiagnosed illnesses" and would like something, which could potentially be of help in such cases.
- For more information visit the [homepage for rife products](#)
- **Scalar Waves Energy Device Energy Medicine**
It can provide three different methods of transmitting healing scalar waves: pure scalar, molecular scalar and Rife scalar.
Scalar energy is known for its healing properties.
Every cell possesses an electric charge and you can stay healthy with a charge of 70 to 100 millivolts. Scalar energy charges our cells, so they can function better.
Scalar energy can be also used to treat plants and animals.
James Clark Maxwell, a Scottish scientist born in 1831, first discovered scalar Energy. Maxwell made great contributions in the field of mathematical physics. He formulated the theories of electromagnetic radiation and electromagnetic fields. Nikola Tesla advanced Maxwell's findings, and invented machines that proved the existence of Scalar Energy. This energy has some remarkable properties, one of them being its ability to heal.
The most advanced and most affordable device available to the public from a trusted company as to my knowing is: [spooky2scalar](#)

Orgone products – they will not release traumas or heal depressions, but they can give some positive energy into your environment, you may not notice it, depends on your sensitivity, but you can create an environment which is slightly more positive. This is not used as a form of therapy, it is about feeling overall slightly better in the environment you spend a lot of time in.

You could also buy certain crystals and place them on specialized crystal grids, see products on etsy.

TESTS

Different types of tests to help assess your health state:

- Get personalized health recommendations based on your DNA: [selfdecode](#) (I recommend watching also the testimonials videos)
- NES Health Scanning (<https://www.neshealth.com/nes-provision/>)
- Spooky Rife Machine Biofeedback Scan ([understanding-biofeedback-scan](#)) – it suggests frequencies for frequency based treatments
- Blood test for deficiency / levels of vitamins and minerals (such as B6, B12, D, iron, but all the others too)
- Testing for hormonal imbalances, thyroid
- A neurotransmitter test can identify and correct neurotransmitter imbalances before they become severe enough to cause symptoms. It can help determine which medication or natural treatment would be beneficial in treating existing conditions

ONLINE SELF-HELP

In the world of smartphones, where people spend more time using the Internet on their smartphones than on a computer/laptop, users use apps daily. There is also an **app for mental healthcare**: <https://mymoodpath.com/en/>. Several German Universities support this project.

Many different online **e-health self-help portals for mental health** can be found in the following document: *“Joint Action on Mental Health and Well-being, Depression, Suicide Prevention and E-Health, Situation analysis and recommendations for action”*. In the chapter: 2.3. E-mental health interventions available in Europe Starting at page 155:
https://ec.europa.eu/health/sites/health/files/mental_health/docs/2017_depression_suicide_ehealth_en.pdf

COURSES, EVENTS

- Success Resources Enlightened Warrior Training Camp (it is not about spiritual enlightenment – ask the organizers for details before you decide to signup; it is found highly transformative for getting out from comfort and fear zones and with it comes a new found sense of freedom and inner power to conquer/take on the world with this new inner strength; it is expensive, not affordable by many, you don't need this to heal depression, this is just a small puzzle piece for some to let go of certain mind and behavioral patterns which are holding them back to live more fully with less fear)
- Dr. Joe Dispenza (best in person – not so easy to find a spot, because it gets sold out quickly, but highly recommended, there is also an online course which is great, but it doesn't substitute the in person live workshops)
- Finding conferences, might be of interest for therapists who wish to stay up to date and keep educating themselves: <https://www.conferenceseries.com/search-results/depression>

DOCUMENTARIES

Documentaries help you get new insights, realizations, rethink your values in life, find new inspirations, and can serve also as ideas for life goals, something new you would like to learn or spend more time with exploring.

General about life (not specifically about depression):

- FINDING JOE | Full Movie (HD) | Deepak Chopra, Robin Sharma, Rashida Jones, Sir Ken Robinson: <https://www.youtube.com/watch?v=s8nFACrLxr0>
(The beginning might be perhaps not that engaging for everyone, but if you keep on watching there are some nice moments in it.)

BOOKS

Kind reminder: One of the biggest traps with self-help books is, if you just read it, but don't do it, don't implement it, and you start saying "I know", but/so why are you not living it? Instead of just reading, I encourage you to start more doing. Doing means permanently adjusting your lifestyle, your way of living.

What I believe can be useful for some, is to additionally look for some books about: habits (en-trained automatic behavioral patterns). If you change the activities you do daily, if you introduce and maintain new positive daily habits, which become easy and enjoyable, then this can have a bigger positive influence on your daily well-being. If you want a different life, you have to live it differently. Life is what you do daily, what you think, what you focus on, what activities you do.

Another book is about therapies and approaches for depression and related conditions. See it as a piece of information that can be helpful to you in some way, such as introducing and pointing you to new directions or explaining some scientific approaches, don't see it as the only bible you will ever need in your life. I don't claim it's a perfect book or best book (neither is the one I am writing, I am not all-knowing, I am sharing what I believe is helpful for those interested in this topic), it's just a book that is closely connected with treating also depression and can be helpful to at least some people:

- The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma
- <https://www.amazon.com/Body-Keeps-Score-Healing-Trauma/dp/0143127748/>

Another book about Depression by Johann Hari. There is a short chapter in this book from a talk he gave, where you can get a sense of what type of information you can expect from his book. The book is:

- Lost Connections: Why You're Depressed and How to Find Hope
- <https://www.amazon.com/Lost-Connections-Uncovering-Depression-Unexpected/dp/1632868318/>

Because, I love to focus on topics related to love, one book I can recommend is:

- The Five Love Languages by Gary Chapman (note: it is not about the spiritual aspects of love, but about different ways of expressing love)
- <https://www.amazon.com/Love-Languages-Secret-that-Lasts/dp/080241270X/>

There are many forms and expressions of love, we can become more aware of them and learn to express them to others more consciously and more often.

Remember, what you focus on grows and expands.

DEPRESSION – WHAT OTHERS SAY & SUGGEST

Here I include opinions and recommendations from some experts and some may be less known people. They are from different related fields. The idea is to give a fresher view from different angles about how multifaceted the topic depression is, and what different aspects need to be considered. Also giving further new ways of approaches you may have never heard about. It may contain several or at least one missing piece of information, that can make all the difference in your case.

The people are:

- Edgar Cayce (also known as Sleeping Prophet)
- Anthony William (also known as Medical Medium)
- Johann Hari
- Robert D. McMullen, MD

From documentaries about depression:

- German documentary #1

EDGAR CAYCE & DEPRESSION

Edgar Cayce (pronounced Kay-Cee, 1877-1945) has been called the "sleeping prophet," the "father of holistic medicine," and the most documented psychic of the 20th century. For more than 40 years of his adult life, Cayce gave psychic "readings" to thousands of seekers while in an unconscious state, diagnosing illnesses and revealing lives lived in the past and prophecies yet to come. For more info about him visit: <https://www.edgarcayce.org/edgar-cayce/his-life/>

The following summary is a summary based on the following web sites:

- <https://www.edgarcayce.org/the-readings/health-and-wellness/holistic-health-database/overview-of-depression/>
- <https://www.edgarcayce.org/the-readings/health-and-wellness/holistic-health-database/dealing-with-depression/>
- <https://www.edgarcayce.org/about-us/blog/blog-posts/depression-wellness-wednesday/>
- <https://cayce.com/health-information/depression-edgar-cayces-holistic-approach/>

Depression is very common. It has been referred to as the "common cold of mental illness." For many centuries depression was referred to as "melancholia."

If there is a problem with certain neurotransmitters in the brain, communication between nerve cells may be inhibited. When this chemical dysfunction occurs in the areas of the brain associated with emotion and cognition, depression may result.

In numerous cases, glandular dysfunction, hormone dysfunction was cited as the source of the problem. Edgar Cayce's explanation was that the nervous system is dependent upon the glands of the body to provide the chemicals essential for normal nerve cell functioning. When the glands fail to provide these essential chemicals, various physical, mental and emotional symptoms (including depression) can result. Endocrine gland pathology (most often the adrenal, thyroid and pineal glands) was noted in several cases of depression.

Environmental (including dietary) toxicity is another biological cause of depression found frequently in the readings. Some readings detail how the absorption of toxins into a nerve fiber can result in a "deadening" effect to the nervous system, which may lead to the characteristic "lapse in nerve impulse" of depression. Naturally, treatment recommendations in such cases focused heavily on therapies intended to cleanse the body. Improved diet, with regular massage and hydrotherapy, were common prescriptions in such cases.

Cayce viewed depression as a literal "depressing" or inhibition of nerve impulse. In

particular, he emphasized the visceral organs (i.e., stomach, liver, etc.) and sensory nervous system as playing key roles in some of the symptoms of depression, including disturbed sleep and appetite, sluggishness and listlessness, headaches, backaches, and more.

Edgar Cayce would often note psychospiritual causes, such as unhealthy attitudes, or a lack of spiritual direction in a person's life, as a precedent of nervous system pathology. Traumatic life events, loss of meaning in life and hopelessness are also cited in several cases as a cause of depression. Cayce typically referred to these factors as a failure to establish a spiritual ideal around which to center one's life. Self-condemnation was a particularly destructive mental pattern frequently noted in cases of depression. Failure to live up to an ideal (or even have an ideal) was sometimes cited as a primary source of mental depression.

Although Edgar Cayce's treatment recommendations varied from person to person based on the unique needs of each individual, the therapies which follow represent some of the common suggestions for treating and preventing depression.

INTERNAL CLEANSING: Avoiding constipation and dehydration, improving eliminations is a high priority because the readings cite toxemia as one of the most common causal factors associated with depression. Hydrotherapy (fume steam baths, epsom salt baths, and colonic irrigation), manual therapy (osteopathic or chiropractic adjustments and massage assist in establishing better coordination between the central and peripheral nervous system and also improve eliminations), castor oil packs

(https://www.baar.com/Merchant2/merchant.mvc?Screen=CTGY&Store_Code=001&Category_Code=CAS), exercise, and diet rich in fresh vegetables and fruits, whole grains, and clean water are the main therapies for improving eliminations.

MANUAL THERAPY: Manual therapy (spinal manipulation and massage) assist in establishing better coordination between the central and peripheral nervous systems. This is important because the readings consistently portray the pathophysiology of depression as a "lapse in nerve impulse."

RADIAL APPLIANCE: The Radial Appliance may prove helpful in cases where restlessness, fatigue or insomnia are significant symptoms. This simple device resembles an electrical battery. However, it does not produce any measurable electrical energy. The readings insist that it utilizes the body's own vibratory energies to help equalize the circulatory and nerve systems.

OUTDOOR EXERCISE: The readings also consistently stress the importance of moderate outdoor exercise in the open (i.e. sunlight) for relaxation, improving eliminations, and in certain cases, as a form of phototherapy. Phototherapy is the use of light to treat illness. Phototherapy has been used for centuries as a natural means of treating depression. Current research into the effects of vitamin D on depression reinforces the readings' recommendations. Exercise releases feel-good natural chemicals in the brain.

IDEALS EXERCISE: The ideals exercise (set ideals for your life) is an important intervention for establishing priorities, not only within the therapeutic regimen, but also for long-term health maintenance. This intervention is also an excellent means of recognizing and correcting dysfunctional attitudes and beliefs.

SERVICE TO OTHERS: The spiritual phase of the basic model encourages persons to take a broader perspective on their immediate situation. Altruistic service provides a sense of interpersonal connectedness, which can be extremely therapeutic in the treatment of depression. Cayce often recommended that depressed persons find someone who is in a worse condition and help them. He emphasized that the best way of helping self is to help others.

BIBLIOTHERAPY AND MEDITATION: The readings also consistently recommend that persons suffering from depression read and study inspirational material. Clinically known as bibliotherapy, this therapeutic technique is now used by many psychotherapists for the treatment of many forms of mental illness, including depression. Consistent with his Christian religious orientation, Edgar Cayce showed a preference for the Bible as a source of inspiration. Certain passages were repeatedly recommended for persons suffering from depression (most often the 30th chapter of Deuteronomy and the 14th, 15th, 16th and 17th chapters of John).

Further supplementary treatments:

- The **radial appliance**
(https://www.baar.com/Merchant2/merchant.mvc?Screen=PROD&Product_Code=100) (a non-electrical device described in the readings, said to balance the body's own energies) may prove helpful in cases where restlessness, fatigue, or insomnia are significant symptoms.
- **Visualization** – it was recommended to "see" healing occurring during treatments, whether spinal adjustments or castor oil packs.
- The **wet cell battery**
(https://www.baar.com/Merchant2/merchant.mvc?Screen=PROD&Product_Code=199) with gold may be useful for persons who exhibit impairment of awareness—any aspects of perception, thinking, or memory.
- The **violet ray**
(https://www.baar.com/Merchant2/merchant.mvc?Screen=PROD&Product_Code=504M) is a high voltage, low amperage source of static electricity in common use during the 1920's and 1930's. It is particularly helpful in cases of general debilitation, and should be coordinated with other therapies in cycles of usage – for example, massage and osteopathic treatments.
- **Atomidine**
(https://www.baar.com/Merchant2/merchant.mvc?Screen=PROD&Product_Code=161) (a special water-based iodine formula given in the Cayce readings) is useful for normalizing glandular dysfunctions, which may present as disrupted biological cycles and/or abnormal results on endocrine tests.
- **Jerusalem artichoke** added to the diet was recommended in several cases to

- normalize glandular imbalance and improve assimilations and eliminations.
- **Lithium** was suggested on at least three occasions, due to its propensity to reduce toxemia by improving eliminations. The antidepressant effects of this naturally-occurring salt are well established historically and clinically.

One disadvantage of trying to apply the Cayce recommendations is the shortage of professional resources available to provide his unique treatment. Most physicians are not open to the information given in the readings and have significant philosophical differences in the nature of healing and the role of the physician. In addition, most osteopaths and chiropractors are not familiar with some of the therapeutic techniques and principles recommended in the readings, which may have been common 50-60 years ago. David McMillin's book is written for healthcare professionals, and provides the principles, techniques, and case studies required to provide effective treatment. There are physicians and therapists within the A.R.E. community who may be willing to work with these concepts. A list of such practitioners is available to A.R.E. members. Contact A.R.E. Membership Services at 1-800-333-4499.

For more in depth information, there are two free books available as PDFs:

<https://www.mcmillinmedia.com/text/>

- <https://www.mcmillinmedia.com/text/Case%20Studies%20In%20Depression.pdf> – 150 pages
- <https://www.mcmillinmedia.com/text/Treatment%20of%20Depression.pdf> – 350 pages

Highly recommended for the serious seeker.

Where to buy products based on some of Edgar Cayce's recommendations:

<https://www.baar.com/stress-reduction>

<https://www.baar.com/edgar-cayce-health-care>

Edgar Cayce is no longer physically among us, but even if he was, the nature of his work was based on a close connection to spirit, higher consciousness, which is eternal. And if you believe in body-mind-spirit, then you understand that the spirit, the soul is eternal. And there are people who are alive, who can connect with Edgar Cayce and communicate with him and pass on messages. If you would be interested to have such conversations, you can. You can contact people such as:

- Pamela Aaralyn, homepage: <https://pamelaaaralyn.com>, video where she communicates with Edgar Cayce: https://www.youtube.com/watch?v=CwcrTuezY_E
- Emanuelle McIntosh, homepage: <https://www.emanuellemcintosh.com>, video where she communicates with Edgar Cayce: <https://www.youtube.com/watch?v=yAerjPILCtI>
- Some other mediums, some of them might be also able to connect with Edgar Cayce: <https://channelingerik.com/links/trusted-ce-mediums/>
- You can find other people on various other sites

They are able to channel information, and you can then do some suitable follow up medical examinations based on the information you receive to get some confirmations and decide for yourself in what way that makes sense to you, in what ways you can make use of the information for your benefit.

I would advise to make use of the two free YouTube videos above. Even though they are not specifically about depression, they contain various helpful messages and can help you to make the decision whether to have a private channeling session with a medium specifically about your health conditions.

If you have the time and determination, I would also advise to read the two free books written by “David McMillin, MA” mentioned above, which contain a lot of information about depression coming from Edgar Cayce.

Edgar Cayce’s recommendations are holistic – he has recommendations for the body, mind and spirit.

If you haven’t tried all of his recommendations yet, then you definitely haven’t done everything that is possible to heal from depression yet. Again: it would be wise to read also the books written by David McMillin, MA, talk to physicians and therapists within the A.R.E. community, and even have a private channeling session, to gain even more up to date insights from Edgar Cayce specific to you. If you watch the available free channelings on youtube, then you will know his type of personality and information that you can use to discern your channeling.

I am sharing information that many are not aware of, many were not considering until now, but now you have something new to consider and you have more books and people to talk about it.

ANTHONY WILLIAM & DEPRESSION

Anthony William was born with the unique ability to converse with the Spirit of Compassion, who provides him with extraordinarily accurate health information that's far ahead of its time. Since age four, Anthony has been using his gift to "read" people's conditions and tell them how to recover their health. For more info about him visit: <https://www.medicalmedium.com>

There are several books by Anthony William where he explains it in more detail and gives recommendations how to cleanse, balance and heal by changing what you eat. His main focus is on diet/nutrition, detox.

Anthony Williams emphasizes and focuses on the importance of, and gives suggestions how to do this:

- the effects of the foods you eat – stop eating foods that contribute to an imbalance of adrenals, that increase inflammation, that feed bad bacteria and viruses, that contain harmful chemicals including heavy metals
- the importance of detox, so that on the bio-chemical level the body can function optimally, efficiently again

He mentions the following two main reasons/causes which contribute to various health issues including depression/anxiety:

1. Toxic heavy metals such as aluminium, mercury in the brain and liver. And these metals are oxidizing, they are so small that they cannot be picked up by regular health scans.
2. Also we have different viruses such as EBV (Epstein-Barr virus). They feed of some heavy metals and they release other toxins, neurotoxins, and electrical impulses end up disrupted.

What you can do to start with:

- Celery juice can pull it out from the brain and liver. The sodium cluster salts in it help to break down toxic heavy metals, help to remove toxins that viruses create. It's also a brain cell rejuvenator and reduces stress.
- Look into further heavy metals detox ("heavy metals detox smoothie by Anthony William").
- Stop eating foods which feed viruses which create the neurotoxins.

From his website and books he further explains it as follows:

<https://www.medicalmedium.com/thyroid-healing-medical-medium/depression>

"When EBV feeds off of large amounts of toxic heavy metals in your system, the resulting high levels of neurotoxic waste saturate the brain, altering and hampering

neurotransmitters such as dopamine and serotonin—resulting in a depressive state."

Excerpt from Thyroid Healing by Anthony William, p50

<https://www.medicalmedium.com/blog/healing-brain-fog-depression-and-acne>

"Chronic brain fog can be very disruptive in someone's life. Brain fog mostly stems from the liver and partly from the brain. As you know by now, the liver harbors certain troublemakers—for example, the pathogen EBV. Many, many people carry an EBV viral load in the liver without realizing it. If your liver is also filled with other troublemakers, they'll provide food to the virus. One such food is adrenaline, which the liver soaks up like a sponge in order to protect you from this stress hormone scorching your central nervous system when you're in fight-or-flight (even the milder forms of it, like driving in heavy traffic). That fear-based adrenaline is one food source for EBV. Toxic heavy metals and pesticides are other favorite viral foods. The very reason that viruses such as EBV camp out in the liver is because the food sources there are so plentiful. When EBV consumes them, it releases different forms of waste matter, one of which is a neurotoxin. As the liver fills up with these neurotoxins, it reaches capacity, at which point they escape into the bloodstream as blood is flowing from the liver. Neurotoxins have a unique travel ability, an infiltration quality, almost like a fumigant, that allows them to easily transport themselves to different places – It's what lets them cross the blood-brain barrier. In the brain, they can cloud up, interfere with, and short-circuit neurotransmitters."

Find out the true cause of brain fog, depression, acne, and more and how you can heal in the book Medical Medium Liver Rescue.

JOHANN HARI & DEPRESSION

Johann Eduard Hari (born 21 January 1979) is a Swiss-Scottish writer and journalist. Hari has written for publications including The Independent and The Huffington Post and has written books on the topics of depression, the war on drugs, and the monarchy. He has also given a TED talk on the topic of addiction.

Notes from YouTube talk “The Real Causes of Depression | Johann Hari”

<https://www.youtube.com/watch?v=Hfl3Yh7fS4g>

Although I have written and share a short summary of the key points he mentioned, it would still make sense to listen to his talk, because he gives many examples and stories, which make you understand it on a deeper level.

Johann Hari is author of the book "Lost Connections", which has over 1000 reviews on amazon, so it is one of the more well-known books. He interviewed some of the leading experts about the causes of depression and anxiety and visited different places with different cultures, lifestyles, rules, to investigate the various aspects of living, which may have an effect on causing/supporting feeling depressed and anxious.

Why are there so many people feeling depressed? One in eleven people in Great Britain is taking antidepressants. There are huge number of people who are feeling depressed and anxious who are not taking antidepressants. There seems to be an enormous rise.

If it's only a brain malfunction, why is it getting worse in so many people?

The idea that depression is just caused by low levels of serotonin is deeply misleading.

Depression is measured by the Hamilton Depression Rating Scale HDRS (from zero to 51).

You need the symptoms to discover the cause and treat the root of the cause. Instead, what medication does is it treats/removes the symptom for a short period of time.

When you remove the signal, and keep that which was causing it, maybe you don't see the signal for some time, but the cause can become now unnoticed even stronger meanwhile and over time may hit/knock on your door even stronger.

Antidepressants (medication) can be one of the things on the menu (in certain cases/stages it is very suitable), but it should not be the only one (it's not enough for most people) and ideally just a temporary treatment for example to avoid suicide and be able to function again until some of the depression related causes (not symptoms) are taken care of on a regular basis, which takes some time.

WHO (World Health Organization) made a statement in 2011 saying: "Mental health is produced socially, it's a social indicator and it needs social solution."

During his research he found 9 different causes for depression and anxiety, two of them are biological (there are real biological contributions), but seven are factors in

the way we live, and a good number of them has been rising and that's why we have this epidemic in depression. And a solution requires a very different way of thinking about it. All human beings have natural psychological needs such as:

- you need to feel you belong
- you need to feel your life has meaning and purpose
- you need to feel that people see you and value you
- you need to feel that you have a future that you understand

We are getting worse at meeting people's deep underlying psychological needs and that's one of the key drivers in this crisis, when it comes to depression, anxiety, addiction to drugs.

Work/Job

How do people feel about their work? It is something that takes up a lot of our time/life.

Based on a larger study 87% of people are doing something they don't really like most of their waking life.

There are several factors that make work depressing (studied by social scientists).

The biggest factor is if you feel you have little or no control over your work, you are significantly more likely to become depressed or have a heart attack. It's not the work that's depressing, but the lack of control (your opinion and needs don't count). More control leads to more motivation.

Anything that reduces depression should be regarded as an antidepressant.

Do the work you do in a way that you like it more – that is a big factor for improvement.

Unmet needs

Our pain and distress makes sense, it's the response that our needs are not being met.

If you solve your real life situation/trigger/pain that causes you stress, then your needs are met and you can carry on without that burden. Meet people's deep underlying needs.

Many people are lonely and cut off from the things that are meaningful.

Obviously prescribing antidepressants (medication) is not enough, not adequate to the scale and nature of the problem.

What helps is: doing something for somebody else, working with others together in a group collectively on something (gardening, ...), sharing and talking, feeling understood and connected to others. Not just talk therapy (1-2 hours per week), but spending more time with others regularly and doing something meaningful together. It deals with some of the true reasons the people were depressed in the first place (such as loneliness, by giving the feeling you belong and others see you and you do something meaningful).

Junk values have taken over

Too much junk food makes people physically sick. Something similar is happening with people's minds: junk values have taken over our minds and are making us

mentally sick. How does what we value effect how we feel?

There are two kinds of ways we can motivate ourselves to do something:

1. intrinsic reason – you do something, because you want to, you enjoy it
2. extrinsic reason – not doing it for the sake of doing it, but to get something else out of the experience

We are all a mixture of intrinsic and extrinsic values, and we change throughout our lives.

The more you think it is about extrinsic values such as: money, status, showing off, looking good externally, the more you will become depressed and anxious (this effect has been shown by more than 30 studies).

Living extrinsically doesn't meet your needs. What you need is to feel connected and to feel that you have meaningful relationships.

Extrinsic values make us more insecure and anxious.

Extrinsic values are considered junk values.

What has happened is, that as a culture we have become much more driven by extrinsic, junk values.

Money, status and looking good externally dominates and is emphasized over kindness, love, heartfelt connections. The whole culture is geared towards forgetting the intrinsic values and focusing on and living with the extrinsic values in our minds. We are immersed in these messages from the moment we are born through our external environment, mainly through all the many forms of advertisements we see everywhere in media, and of course other people we see and interact with, who have been exposed to that longer and are living that way. People don't realize how their values have shifted and have lost their connection to value the intrinsic values much more and to focus on them much more instead of the extrinsic values.

Childhood trauma

Childhood trauma (sexual, violence, neglected/rejected, not being seen/valued/loved, making the child believe it is not living up to certain ideals/expectations) plays a huge role in depression, anxiety, addiction, obesity, and other things.

Some people with obesity, it is a form a protection from sexual attention as a result of sexual trauma, abuse: "overweight is overlooked, and that's what I need to be".

Stop asking: "what's wrong with you", start asking: "what happened to you".

The "chemical imbalance theory" cannot heal a person whose depression, anxiety, etc. is caused by deep psychological reasons.

"I am really sorry what happened to you, that should not have happened, would you like to talk about it" – the release of shame involved in that, by talking to someone who doesn't judge you, that itself reduced depression by 35%, and the people who went to a therapist were less likely to come back with depression by 50%.

That release of shame is really a powerful antidepressant.

Problems that seem insoluble when we are alone and we are isolated, we scream at each other through screens, and we are told that life is about money, become soluble when we sit together and we listen to each other.

When you find things that are meaningful, when you are connected to other people, depression and anxiety often largely goes away.

People feel home only in a room surrounded by 4 walls, but not outside of that room.

Human beings need a tribe; we need a place where we belong.

"Home is where people notice, that you are not there."

Many people don't need to be drugged, they need to be together, have that feeling of belonging and connection to a community they interact with regularly.

You are not alone on this planet, yet people feel so alone.

Questions & Answers part of the talk:

We live in a culture where people's needs are unmet.

The economy is growing, but people feel unhappy, yes, do you measure success in life by the level of the economy?

If you don't have friends, if you can't picture the future, things are not going well for you.

Psychedelics, research reawakened in the last 10 years.

In one research with heavy smokers using psilocybin, 80% of people stopped smoking. Trials are being done for different types of conditions, also for depression.

Most people have something that's called a spiritual experience, you feel intensely connected to the people around you, to the natural world, it takes down your ego walls. Different people have a different intensity of spiritual experience. The positive effects correlate very closely with the intensity of the spiritual experience.

It's a learning experience, which shows you that you can think of yourself as being deeply connected by feeling it, you can shut off the ego part of yourself which is often about many junk values. You learn to integrate that insight, that learning experience into your life.

Whatever insights you get, if you return back to a highly stressful old environment, it is a challenge to maintain those insights, and so the depression can come back. There is need for additionally restructuring your life, so that you can live in a more deeply connected way.

There are some things people can do, but not everyone has the same ability and freedom and opportunities to restructure their life. What people can do is mentioned in the/his book. The information is based on a lot of research not just on one person's life story.

If you would deliberately choose to dedicate more of your time in your life to trying to be happy, would you actually become happier?

Research was done in four countries: US, Russia, Taiwan, Japan.

In some countries (for example US) if you try to make yourself happier consciously, you will not become happier, but in other countries they do. So the question was: what's going on, why is that? Most of the time, if you try to do something to make yourself feel better, you do something for yourself (you buy something for yourself,

...). In the other countries they did something for somebody else: family, friends, community. Individualist vs collectivist idea of what happiness is. It can be as simple as spending time with them and listening to them, the gift of presence, one of the most precious gifts you can give. Do more stuff for other people.

Work and robots and universal basic income

There was a study in a town with a bigger group of people – they started to receive "universal basic income", monthly. A lot of things happened: people spent more time studying, people spent more time with their kids, virtually nobody gave up work, but work employment standards had to improve, but the biggest thing that happened was a really big fall in depression and anxiety.

It's not something you swallow, but it's an antidepressant.

Your mental health is also very closely tied to your vision of the future. If there is no, or it's disrupted, you are much more likely to become depressed.

Robotization and universal basic income can free you up to do the things that actually matter in life. Fear, stress and pressure contribute to start feeling depressed.

Loneliness is a signal to push you back to the group. If you ignore the signal, you will deal with the consequences.

Loneliness has massively increased and loneliness is a massive cause in depression.

Be us, be the group.

Teenagers and adults spend much less time outside nowadays, influenced by the culture/society we live in.

There is a big rise in technology, social media, internet, and the amount of time we are interacting with them. They affect us, our consciousness, and our mental health. It influences the way you think, feel, behave.

We need face to face connections.

A side story in his speech contains a profound message:

He bought an apple in Vietnam and ate half of it. He became incredibly sick. If we wouldn't have gone to the hospital, he would have died. It was because of the apple, and he later found out that you can't just wash it, you have to peel it to get rid of most of the chemicals, because in some countries/places they contain much more chemicals.

He references this story to make a point in how important the symptoms are, and that we can't just focus only on the symptoms, but we need to make our best effort to find the root cause and treat that as well eventually, if you truly want to get healed. Not just keep treating usually by suppressing the symptoms perhaps for the rest of your life. The challenge is often to find out the root cause, and in some cases even if knowing the root cause, still not knowing how to treat/heal/balance it so that the symptoms disappear permanently. So often suppressing the symptoms is best we can

do. The issue is, if there is no effort made to find the root causes and give it a chance to try different alternative complementary therapies to at least improve upon it, so that the symptoms are less severe and less often.

My suggestion is: if none of the traditional methods and tests could find out the root cause(s) in your case, then perhaps make an effort to inquire for root causes by asking a few different: mediums, psychics, morphic fields readers, channelers, past life regression therapists. Quality over quantity. Can several independent sources not knowing from each other confirm the same root causes and suggestions? And see whether you can confirm all or some of the information by doing suitable highly specialized medical tests with the help of the additional information received. You can also ask for suggested suitable solutions – what's the best approach and why. If the suggested solutions are such, where we don't associate any risks with them, then give it a chance and make the best out of the information received. If traditional physical reality science is not yet at the level of identifying certain important factors/causes in some cases for some people, then make use of the body-mind-spirit, of the spirit aspects of life, and ask for insights to be considered with your rational mind. This requires an open mind and being open to acknowledge and enter a possible upcoming paradigm shift. More and more people are opening up to access higher aspects of consciousness. Some are already mastering it to a level, where information received through them can be very specific and very helpful.

In cases, where we cannot figure out what causes in this case the depression of a unique individual, and what to do next, and nothing seems to be helping, then ask for help somewhere else, and evaluate the information before using it. Yes, there is definitely and unfortunately a lot "fake spirituality with money/profit oriented people, who see it only as a business and are doing it for the wrong reasons (I wish them good luck with their karma)", but consciousness is real, souls are real, other higher intelligent life forms are real (see chapter "CONSIDERING SPIRIT"). It's about finding genuine people with good intentions, who give very specific information and not following everything blindly. Consider using it for insights, which might be helpful, when you run out of other options.

So:

1. Ask several not just one
2. See whether there are ways to confirm some of the information received (you can even ask in the session "how to confirm", if you are not sure how)
3. Apply the info, if there are no known risks associated with it (antidepressants have several side effects associated with them, yet we still take them; important is to not do reckless things which make no sense)

Other messages that I deducted from the story with the apple, which almost killed Johann Hari:

- What you eat has a big effect on your health, not just can make you sick (or even kill you) either fast or slowly, but it works in the opposite direction too, it can help you heal and feel full of energy. **Eat food that promotes health.**

Healing through nutrition is in many cases with different types of illnesses highly underestimated and it doesn't get the focus it deserves and needs. We treat our cars better than our bodies. It became normal to add "sand" into our fuel-foods and to eat it, even though we know it is not good. We seem to be overlooking the obvious. We say: eat sand with moderation and if you get sick, you can, but you don't have to stop eating sand. We allow the manufacturing and selling of certain health deteriorating products. Profit and economical success is more important. Additionally to that, we get sick(er) also, because the society acts in a sick way, using sick values over healthy values.

- It became normal that the majority of our foods contains various chemicals, even the fruits and vegetables. Foods containing chemicals (also residues of pesticides, herbicides), even if you don't take a big dose of it like Johann Hari did unknowingly through just half of an apple, if you take it over a longer period of time week by week, these chemicals are still chemicals, which don't belong into the body, and with time silently unknowingly in the background they do their havoc, and at some point we just say: "there is an illness/dysfunction and we don't know what caused it, but something is damaged and the signals are not working properly. Let's take more chemicals to address the symptoms, we have no idea about possible root causes, the food, the diet has nothing to do with it, you don't need to change it, we got your symptoms covered with more chemicals." Not just all kinds of processed foods, but non-organic fruits and vegetables also contain certain chemicals, which are not good for your health, and it doesn't make sense to put them into the body. So if you can, strive for more **ORGANIC** fruits and vegetables. Avoid chemicals as much as possible.
- Related to the above that we are eating also chemicals on a daily basis, which are not good for our health, they are just an unnecessary burden for our system, regular safe **DETOX** is something to be considered. Even if you eat only organic fruits and vegetables, the air you breathe, some of the cosmetics you use/apply to your skin, some of the other foods/ingredients you eat, they still contain certain chemicals, which are unnatural to the body. The classical elimination and filtering mechanism of our body is not 100%, if it was, then eating just half of this apple wouldn't have caused such health conditions that he almost died. I 100% don't agree with those saying that: "detox is not necessary, or that it does nothing. Are there really no toxins in the body? Is the body eliminating all the toxins without any additional help, no matter how much enters our body, what cocktail of chemicals we ingest, what severe diseases one already has, the toxins are always filtered, eliminated thanks to the liver and kidneys? I don't believe in this, that's why I suggest and say: "there are types of detox, which are highly beneficial for your health including your brain and nervous and glandular system and thus also for your mental health, for living longer and healthier".

ROBERT D. MCMULLEN & DEPRESSION

Dr. Robert D. McMullen, MD graduated from the Georgetown University. Dr. McMullen works in Mount Kisco, NY and one other location and specializes in Psychiatry.

This is not a recommendation to see him as your Dr., this is to give you information what a psychiatrist recommends for people with depression.

He is regarded as knowledgeable with a lot of experience. Based on online reviews some of his patients say that they lack communication skills, and genuine caring, and taking the time to create a connection/bond with you. We all have our strengths and weaknesses. In an ideal beautiful world, everyone should be inherently kind and good-hearted, people working in mental health professions even more so.

The information here is to broaden your understanding about what is or might be common recommendations among psychiatrists, and can give you ideas what you might look into with your local point of contacts.

The information comes from the following two YouTube videos:

- 4 Major Treatments For depression in 2018:
<https://www.youtube.com/watch?v=AbwRx2Lizp8>
- 2019 Depression Treatments What Works?:
<https://www.youtube.com/watch?v=JDtO2UKQeow>

Here is the summary:

Loneliness:

Being alone is deadly.

You have to make an effort to spend much more time with others.

Having a pet.

Go to social events. Focus more outwards and on others.

Quality and amount of sleep:

Good regular sleep schedule, never oversleep (don't sleep too much).

Sleep 7-8 hours not more, wake up earlier in the morning.

It helps to wake up with a light lamp that brightens up automatically and slowly.

Exercise – one of the top things you can do, 3 days per week is the minimum, 5 hours per week, vigorous exercise is better.

Diet:

Adjust what you eat – the more vegan your diet the better, eat much less animal products, take a good complementary multivitamin supplement, don't overeat.

What we eat and our nutrition has a direct effect on depression as well. We recommend a diet filled with foods with anti-inflammatory effects. Amino acids are important, because they produce antioxidants that clean up the poison in the body and in the brain. Your diet should also contain vegetables and fruits. Sugars found in fruit functions as a transmitter to the neurons in the brain cells and improve the mood. Your GI tract is just as important for your mental health. Take probiotics to improve your mood and depression. Probiotics that are registered in the pharmacy is the best kind (because it is alive). Take it daily and keep it in the refrigerator at home.

Supplements:

- Fish oil
- Vitamin D (ideally also spend much more time outside in the sun)
- Probiotics (with actually living bacteria, not all of them have them)
- NAC
- NAD+, NADH
- Lithium Orotate
- B12 (after checking and knowing your levels)
- Iron (after checking and knowing your levels)

Psychotherapy:

Find a therapist you connect with on a personal level.

Change your cognition – how you perceive yourself, others, situations, what conclusions you make, reframing things.

CBT is the most prominent therapy, changing the way you view the world and the way you negatively self-evaluate everything and also to change behavior.

EMDR – has more and more evidence that it works to neutralize negative memories and beliefs.

Medication:

Find something that has least possible side effects.

Start with low doses.

If it's not working, stop it.

Vagus nerve – natural ways of stimulation.

TMS (Transcranial Magnetic Stimulation) – is better than ECT (ElectroConvulsive Therapy, formerly known as electroshock therapy): safer and more doable and benefits last longer, it has a higher chance of working than medication.

GERMAN DOCUMENTARY #1

The researchers and the documentary participants in different countries may have different approaches and/or insights, some of which otherwise not available to so many people, but thanks to different documentaries it is made available. The language barrier makes information not available to everyone, to overcome the language barrier, in this case I will provide a summary from a short German documentary released recently on 25th March 2020.

Volkskrankheit Depression: Wie neue Therapien helfen können | ARTE Re:
<https://www.youtube.com/watch?v=8t9Msf7Shj0>

A girl is describing how she feels:

"I don't know what is bothering me, I'm just sad. One feels an emptiness and hopelessness."

The key takeaways/summary from this documentary is:

1)

It helps to **speak with others**, don't hide it, don't hide from it. Open up for sharing and talking. Release the tension of holding all the thoughts and emotions unexpressed inside of you. Speak with those who you trust.

2)

More countries start to provide some forms of **online therapies portals with self-help functionalities**. One of the main advantages is that they are available 24-7 and help to make the first steps to be easier, than contacting psychotherapists/talk therapists face to face and often having to wait for longer periods of time for an appointment.

Thanks to the document co-created by several experts, with the name:

Joint Action on Mental Health and Well-being

DEPRESSION, SUICIDE PREVENTION AND E-HEALTH

Situation analysis and recommendations for action

You can get a very good overview of all the different e-portals for mental health available in various European countries in chapter:

2.3. E-mental health interventions available in Europe – starting at page 155 in the document:

https://ec.europa.eu/health/sites/health/files/mental_health/docs/2017_depression_suicide_ehealth_en.pdf

3)

It helps to do something with others outside (such as gardening, manual work, sport, hiking). Outside+Activity+Group: also the feeling of being part of the group, of being useful, of focusing on simple single tasks, breaking free from social isolation through social interaction, the idea is also that social contacts improve health and well-being. Not just social interactions/connections/aspects for the psyche, but Nature+Sun+Physical based activity also improve health and well-being. These are some of the components, which help many to feel better.

More social interactions are also known under the term: **Social prescribing**. Social prescribing is when health professionals refer patients to support in the community, in order to improve their health and wellbeing. The concept has gained support in the NHS organizations of the United Kingdom as well as in Ireland and the Netherlands.

4)

Ketamine works fast, but usually lasts only a few weeks.

The long-term effects are still being examined.

It is administered intravenously in a hospital under doctor's supervision.

In the documentary the girl receives it together/combined with electrostimulation at the same time. (5 sessions, 400 EUR per session)

Recently, a new ketamine nasal spray has been approved by the FDA

(<https://www.fda.gov/news-events/press-announcements/fda-approves-new-nasal-spray-medication-treatment-resistant-depression-available-only-certified>), which may help people with depression that hasn't responded to treatment with available antidepressants. Be aware: There is no guarantee that it works for everyone and possible side-effects are not well known yet – meaning when more people start to use it and more data is gathered, then it will be possible to make more data-backed claims such as new claims or revised claims. There may be unknown risks at the moment. Good people to talk to are doctors who have experience with administering ketamine intravenously to patients with depression and know the feedback from several patients over a longer period of time.

For me the two new information was:

- Social prescribing – this has not yet spread into all countries worldwide, but would be something to consider more
- The availability of many different e-health-portals for mental health as introduced in the referenced pdf document

The first step - no matter how small - will move you forward!

To change and improve something you may consider the following recommendations, if you are able to do it:

- Spend more time with others than alone
- Spend more time outside (ideally in nature, parks) than inside
- Spend more time with manual work than mental work (including less time with

social media)

You may consider participating in some social work projects, in some meetups to go running, cycling, hiking, gardening with a group of people. Be curious to do something you have never done before with absolutely zero expectations.

These recommendations are helpful, you have to start somewhere, and adjust your lifestyle, but:

They will not solve certain emotional traumas, and certain negative beliefs, and will not detox your body, and will not completely balance your adrenals system, and will not fully counteract if your diet contains too much sugar, toxins, and certain other things which continuously (if you consume them daily) negatively affect the brain, mood and nervous system, and will not fully balance and cleanse your subtle energy bodies, meridians, nadis, and in some cases some karmic and ancestral issues/energies. Also once you return back from these supportive activities, they will not make certain environmental triggers disappear: whether it's your job, or a relationship, social media or media in general, or something else that contributes on a daily or regular basis to feeling stressed, anxious, low self-esteem, etc. There are many other things to be considered and changed and improved upon, there is many more areas that often contribute to the overall mental health such as mentioned in the chapters: "MOST COMMON CAUSES OF DEPRESSION" and "LACK-OF LIST"

LOVE

Giving Love

A few insights and realizations about the mechanics of feeling love by giving it first. You can feel love by giving it not just by receiving it. And actually the more you give the more you will start to receive it back too. The key is to start giving it first. Start giving it much more. And the best way to give love is by not expecting anything from anyone in return.

People often don't give love, they just expect to receive, and are disappointed that they are not receiving any. And they even start to think that perhaps they are not good enough or not worthy to be loved. If you never give love, the chances are a lot lower that you start receiving it. If you just keep waiting for receiving love, your life will be full with waiting. Give that which you want to receive.

Learn to get comfortable with giving love by practicing it. You cannot lose when you give love first:

- You don't lose love by giving it, it is free and there is an abundance (infinite amount) of love to be felt and expressed, you just feel this abundance and open yourself up to feel it more often in various ways such as by proactive actions of kindness.
- Even if you don't receive it back, while you are giving it, you are already feeling this love, so you are already in the frequency of love. You are in full control; you are not dependent on anybody else. It is the feeling that you are after, the feeling of love which is felt by yourself when you express it outwards.
- When you give love, you should always do it out of love, meaning there are no expectations and no attachments involved. Do it for the sake of simply giving it. What you focus on expands. When you give love, very often as a reaction, you start to receive love too.

The reactions of others are not what you are after. Not everybody is open and ready to receive love. But it is, and always will be a very kind and loving thing to give love. Within every human being this potential is present. You can choose to use it and make it your habit to use it. You don't lose it, you get to feel it, share it and amplify it. Make love your goal, or at least one of your main goals. When you give love, there will be no more absence of love in your life. You don't need to wait for anything to happen first.

If you don't expect anything from anyone, you can never be disappointed.

Love is the most powerful force in the Universe.

Absence of love makes many people feel easily miserable and all kinds of negative thoughts and emotions. There is nothing more important, than love. Focus on love. Make love not just your goal, but your path. Don't wait for the outside to change first, give love first.

ANTI-SUICIDE ALTERNATIVES LIST

If you are not afraid to die, why are you afraid to live? You probably define living as suffering and dying as no more suffering. The thing is, if you accept the challenge of living and do everything you can possibly think off to make it a worthwhile and joyful life, then you can be proud of yourself. No matter what age you are, every single day is always a fresh start. There are thousands of paths you haven't walked yet. Love is free. Love is abundantly available. A person in love is a person to strive for. You are an explorer, explore life from new perspectives, redesign your role. You are a being and your essence is to BE. There is nothing else to do, but to BE whoever you choose to be, explore whatever you feel pulled towards. Discover the beauty of living. Get out from the old layers of conditionings and create a new life. Redefine your life, redefine yourself. Imagine you just turned 18 again and became free to do whatever you want. But this time nobody expects anything from you. It's just you, the planet, and all the opportunities and paths you can embark on and explore, and everything you choose to explore is valid and will never be judged. Nobody insists that you have to live your whole life only in one way. Embrace life, embrace change, embrace the unknown. Start new, and if you don't like it, just start new again. We come to this world with nothing and we will leave with nothing, and everybody will die anyway. It is not mandatory and necessary to suffer so much. Don't live a boring life. Do many things, push your own limits. Get up and create a new yourself with a new story. Do all the many things which are free.
Play – Explore – Create.

List of things to consider and get inspired by:

1. If you so much want to leave your body, just learn OBE (out of body experiences) and you will be able to do it not just while sleeping, but anytime during the day, and without any drugs/substances, and you will experience the freedom that comes with it. OBE can be a lot of fun. You can learn a lot about it for free for example here under the name "The Phase": <https://obe4u.com>
For a short video introduction about Astral Projection (closely related expression to OBE), I recommend watching:
Microdose - Astral Projection - S1:Ep1 | Gaia
<https://www.youtube.com/watch?v=xFI5u4lCsKI> – length 8 minutes
2. Give Ayahuasca a chance, the real deal with professional shamans in a safe environment; based on hundreds of reviews available online in written and video form, it has positively transformed the lives of so many people, healing of traumas, of suppressed emotions, of a negative mind are very common, receiving guidance, insights and a new sense of aliveness and appreciation for life is often part of the adventure/experience/healing
3. Ibogaine (is a naturally occurring psychedelic substance found in iboga, a Western African plant): it is mostly used as an alternative treatment for substance addictions. It has shown positive effects also when used with people

who had depression. It requires professional supervision. You should never take it on your own.

"There is evidence presented from observational trials that, in addition to interrupting substance use disorders, ibogaine can help to improve depression, anxiety, obsessive-compulsive disorder, and other quality of life indications for an extended period of time after ibogaine administration." (source:

<https://www.ibogainealliance.org/ibogaine/therapy/mood-disorders/>)

"As the ibogaine begins to work on your psyche, submerged emotions from your deep past can be dislodged, rise to the surface and float away. Whether it's a trauma from your childhood, learned behaviors that have led to negative outcomes, or an internal value conflict, ibogaine has an almost miraculous ability to clear away unwanted or unhelpful thoughts that have stuck to your sense of self." (source: <https://ibogainetreatment.eu/ibogaine-for-depression/>)

4. Volunteer working for charities (could be also helping out with permaculture)
5. Find and join a self-sustainable community where you get work, accommodation, food, you participate in their group activities (games, dancing, singing) and become a valuable member of their community
6. Get a job, where your job is to be in nature all day long, where you are at the same time of service to others (others have other strengths and preferences so they do other things)
7. Learn alternative healing modalities yourself (at least one, for example: Reiki, Gongs/Singing Bowls/Tuning Forks) and use it for yourself, get a partner or a friend who is doing the same (you may meet at one of these courses/seminars/workshops) and exchange healings for free between each other
8. Read books from genres you would have never considered before, to open up to whole new worlds of impressions for your brain and self
9. Smartphone and internet detox minimum for one month
10. A longer guided fasting (the body can heal and repair during that time and reset, balance certain internal biochemical mechanisms, you can also feel energized and get a higher clarity of mind, many people also report that after a longer fasting the taste of foods becomes more intense in a good way)
11. Go to a monastery or ashram and live there for a year or few years, feel free to experience several different ones, you will encounter higher life teachers than those in traditional mainstream schools, become a wise person who studies old texts and live a peaceful life there
12. If you are willing to believe that your core self is divine love, to get to it, to get in contact with it, you may as well use this lifetime for a lot of spiritual sadhana, this could include a lot of vipassana, yoga, pranayama, chanting, different types of meditations, a few shaktipats, a few dark room retreats. If after let's say three years you do not notice any difference after many hours of daily practice (not 1-2 hours per week, but at least 3 hours per day), then reevaluate again and move on. You cannot know something without doing it

first and experiencing its effects. Something may change, some new discipline gained, a sense of inner peace, a more relaxed way of looking at life, new realizations, letting go of some past experiences, may be the minimum benefits you walk away with.

13. Read this whole book at least twice, there are other suggestions too that may help you a lot.

Combine and experience several things from this list. If you are considering suicide, you shouldn't be afraid of any of the items on this list. You should say something like "ok, bring it on, I am ready for the challenge". You could even look at it as a "things to experience before I die list". Don't expect your life to turn around by doing nothing, without letting go of that which causes you to suffer and adding completely new activities or way of living, which causes you to feel good.

The above list contains components such as:

- completely new environments, many of them highly supportive and emotionally rewarding
- not just new environments, but also trying out completely new ways of living in that new environment (different job/work, tasks, activities)
- more holistic healings
- engaging in learning new skills
- engaging in having new tasks that need to be done and taken care of, feeling useful and being appreciated for doing them
- removing overstimulations from the current outside world

You are not alone: even people who are successful or famous and rich, who dedicated their life to a charitable cause or simply pursued their own interests, even many of them experience depression and suicidal thoughts.

Depression is a disease of the mind, not just a chemical imbalance. A state of mind, in which one feels not good (different negative emotions).

Releasing suppressed or stuck emotions is very helpful. Some common ways for it are for example: ayahuasca, visceral massage, longer holotropic breathing sessions, TRE, dynamic shaking meditations.

One thing that can bring great solace is to craft your life around a sense of purpose.

Training the mind in meditation is an important step in the self-care needed to heal from depression. This is a daily practice, not a once in while or once per week practice. Meditation is mental hygiene with lasting effects. If you sleep every day, meditate every day. Look at it as / make it same important, same necessary.

Depression changes the chemistry of the brain.

Nutrition and supplements can help restore balance in your mind. Follow mainly a

plant based diet. The following three supplements can help your mind feel more balanced: tryptophan, EPA/DHA (vegan source) and CBD oil daily. There may be other supplements or diets that help you too. Keep trying them out, until you find what works for you.

Spending good quality time with some of your best friends more often, by simply enjoying something together, lifts your spirit.

SUDDENLY FEELING DEPRESSED AGAIN

When you suddenly feel depressed, then remember, if you don't do anything at all, and just let yourself feel it more and more and longer and longer, then this is something that is not working in your benefit, this doesn't improve your state of being. In order to stop feeling depressed, start feeling less and less depressed, start feeling different more positive emotions, you have to DO something, and if one thing doesn't help, do several things. You have to show strength to not wait too long. There is a better way of feeling, it is possible.

You have four basic categories of options available to you, avoid the first two as much as possible and do the last two instead:

1. Do something that ultimately makes it worse
2. Do nothing, just keep waiting passively what happens, while thinking some negative types of thoughts, and feeling some negative types of emotions, you keep focusing and repeating in your mind what you don't like and don't want, you are prolonging this state of being, you get more of where you put your focus, attention and energy on, and this usually results in some amplifying and thus worsening of your emotional state and feeling powerless and hopeless;

At least ask yourself and write down the answer to: "Why do I feel this way now, what thoughts caused/triggered it?"

Is it caused by something in your environment? Is it caused by some activities that you don't like/don't want to do? Is it caused by some thoughts or fears or lack of something?

Knowing and becoming fully aware of root causes is very helpful, because then later we can focus on creating solutions.

3. Do short term things, which can positively help to make you feel better temporarily, stress and tension release, inducing relaxation, making the body create feel good hormones without drugs, changing body chemistry for example by some physical activity, by chemicals coming from healthy food, changing what the mind is primarily thinking about by changing what you focus on by redirecting the point of your attention; this you can do every day and most of certain activities you can even do if you don't feel depressed, to keep feeling good and living life with a much better mood in general
4. Additionally, to the short term helpers also do some of the long term activities; complementary therapies to release stuck energies, dismantle certain patterns, make peace with the past, have a vision of a bright future and take some action on it, learn to enjoy daily life, identify all root causes and introduce and implement constructive solutions

First goal is to stop doing 1) and 2) and start doing 3) and 4) because it is always the

better choice.

One of the worst things you can do is to not do anything. Also hurting yourself or taking any drugs with side effects and dependencies is not a long term positive approach/solution.

Always remember: you are not alone, not at all, you are one of millions, who feel some degree of depression right now and today. Majority doesn't talk about it.

Also remember: there are many approaches to shift your thoughts and emotions and to bring different aspects of yourself back into balance, and many of these approaches greatly helped and help others, there is something you haven't done yet.

Also remember: life is rather short. Don't wait. Don't postpone. Know what you want in your life and go after it. Feeling depressed is not worth our time. There are better things to do. How? Go through all the previous chapters again.

Love matters.

Kindness matters.

Spiritual growth makes sense.

Helping making the planet a better place for everyone is meaningful.

Enjoying life, enjoying what you do (this includes also simple things like enjoying preparing your food or taking a shower) is possible and emotionally a much more enjoyable way of living.

There is no other path to peace/happiness/joy, then peace/happiness/joy. It is by being it, that you experience and create more of it.

Create and have a vision of your life that you find much more enjoyable and fulfilling, and remind yourself daily of it, and do something daily to move towards it. If you don't know what to do daily, ask for consultations to get advice to create a plan with steps how to get there.

Another way is to practice the brain-heart coherence meditations, where you get into the quantum field, and get into the emotions of your future desired self and life, you feel those emotions in your heart, and you do this most of the day even with open eyes and regardless of your circumstances you are able to recall these feelings to feel them in your heart, to bring it into the now, and to let the synchronicities come into your life. For more information: Dr. Joe Dispenza has great scientific explanations and materials including guided meditations.

You can change to have much more positive thoughts, emotions, experiences much more often. This potential exists. You can change not only your thoughts and your emotions, but also change your environment and your daily activities. You have the ability to influence and change the chemistry in your body without harmful drugs.

You can bring the physical body back into balance.

You can do activities, which create a good mood.

There are many alternative and complimentary therapies, techniques and tools to be considered to keep removing certain emotional baggage, and help create and maintain some new positive habits.

Short term activities which change the way you feel and make you focus on something else:

Change the chemistry inside your body: move your energy by doing some physical activity like some type of sport (yoga, pushups, squats, jumping), go for a walk into nature – combine with running if you want, any other sport, jump on a trampoline if you can (you can buy a better one used for fitness workouts to have at home), dance even funny moves like nobody is watching even without music

Do some breathwork, do a few breathing exercises:

- slow belly breathing inhale for 3s or more and exhale for 6s or longer
- alternate nostril breathing
- or do a 1-1,5h session of holotropic breathwork with suitable music (obviously this will have the strongest effect)

Some breathing techniques are extremely powerful. Most people breath not ideally. Strive for belly breathing most of your day, it is the breath of babies and of enlightened people.

Take a shower (cold, hot, different temperatures)

Make a smoothie from fruits and vegetables and drink it: add cinnamon and ginger, add different types of berries or at least one type: blueberries, walnuts, sesame seeds, raw cacao nibs, chlorella, apple, banana, water and/or almond milk, avocado, unsalted pistachios, curcuma, cayenne pepper

Cayenne pepper powder contains capsaicin, which naturally increases circulation, it also increases the body's release of endorphins. Endorphins are nature's painkillers and also work to naturally improve your mood.

So: 5min breathing techniques, 5-10min exercise, quick shower (if you have the opportunity and time you can take a muscle relaxing bath with some essential oils), drink a nutrition packed self-made smoothie

Can you occupy your senses more? Is there something you would love to smell, hear/listen to, taste, touch, look at? This can change what you focus on and replace your current thoughts with other thoughts.

Think about one of your most favorite meals, and make it yourself today, if you never made it before, learn to make it. This makes your mind to be focused on something else, something you associate positive feelings with, positive anticipation of the taste.

Take natural supplements like: CBD oil, Tryptophan, Lion's mane

If it's really bad, before you consider drugs when you are very close taking them, it would make sense to consider microdosing with magic mushrooms instead (see "psilocybin therapy" and ideally find and talk to people who have experience with this). The logic is: if you consider long term harmful drugs to alter your brain and body chemistry, then consider first something what is currently considered much less harmful and has shown some very positive results with no or almost no known possible side effects.

Change what you focus your attention on, suggestions:

- anticipation of something positive today or in the next couple of days
- what is the next best thing to do that I can take action on now that will help me or somebody else?
- what games can I play with whom, or do you have pets you can play with?
- ask friends how they feel and whether they need help with anything, feeling useful and appreciated helps
- do I have any hobbies; can I do some of them now? Do activities, which require your energy and attention, that you like to do or are meaningful to you.

Remember: it's better to shift your focus and energy on something more positive and not stay in a place of not doing, waiting, or making things worse. Everything is temporary. We can temporarily many times during the day change our point of focus if we for example choose to do new different activities.

Life is always lived in the NOW. It is always NOW. We make choices every single day. Choose to do more activities, which make your NOW moments more enjoyable, more positively memorable, more meaningful.

Consider exploring the various beliefs changing techniques, which may help you with creating a more positive thinking supported by your subconscious mind.

Keep exploring other options, therapies, techniques mentioned in the previous chapters.

You could have a breakthrough experience with any of them. It's for you to have that experience. Everybody is unique, has a unique path.

The power and influence of your environment

Consider what changes in your environment could benefit you feeling less anxiety, stress, tension, fear. And work towards how to start making these certain changes in your environment. Stop waking up every day into the same environment that you already associate with not feeling good about it. The logic is: if there are 10 environmental factors that you don't like, if you can improve on let's say 4 of them one by one, then you would be living with just 6 instead of 10 and that's a clear improvement, and you can keep taking small steps to also work on the rest, to keep making improvements until you create the environment that you enjoy living in much more. You have to pick some and start somewhere.

Dr. Bruce Lipton demonstrates clearly (he has proven it scientifically, many free presentations available on YouTube) how important the environment we live in is and how much it effects and shapes us.

So instead of focusing only on how to heal something on the inside, but still remaining in an unsupportive environment which undermines this effort constantly, instead you can support and accelerate this process of inner healing (thoughts, emotions, traumas, inner chemistry), if you also focus on making changes in the outer environment, because this way you will start perceiving and experiencing less negative and more positive things, which will greatly help to make changes in the way you feel on the inside through new direct experiences. It is easier to create, change and maintain new habits if the outer environment is much more supportive and affirming of it.

Removing old heavy stuff (by any different types of healing therapies) from a big bag which is attached to you is not that useful, if you/the environment you live in keeps adding new stuff to it through remaining living in the exact same very unsupportive environment. Examining and making meaningful changes to environmental factors/influences is very important.

Example: if there is an unfulfilling job that you hate and you spend 1/3 of your life there, go focus on steps to create an environment, where you have a type of work, which is meaningful to you and you truly enjoy doing those activities. Sometimes the easiest way to improve our wellbeing is by stop doing the things where we know we don't like them and substitute them with other where we clearly feel the emotional difference that we like them much more. It requires letting go of the old.

The work is to identify what you don't want, what you want instead, and how to get there.

If you don't know how to get there yourself, there are many people with great suggestions you personally are not yet aware of. Reach out, search, ask, find the ways. Don't stay in a place of non-action. Be flexible for changes, you can keep finding even more exciting activities and change again to choose the even more exciting activity or several of them, but you have to start to be able to discover more of them.

Remember that two powerful transformational approaches for the mind and emotions are also: ayahuasca and the shakti coil device. They are not for everyone, but again, in case you consider health damaging hard drugs or even suicide, give these two a closer look and find more people to consult these options with.

Also a highly successful experiential (you participate actively, learn and practice and witness changes) transformational workshop is available done by Dr. Joe Dispenza and his big team. It is highly recommended. You will understand and witness how the

brain and emotions work from a scientific point of view, explained and demonstrated in a way that makes it much easier to understand and remember, and exercises are given and practiced together for several days, to fully get it how to be able to change old ways of thinking and feeling.

To dive deeper into your body, consider [selfdecode health test](#), and also a longer ideally supervised fasting, which can act as a form of reset and deep cellular healing.

Take action and keep taking action.

Change/adjust your lifestyle, one change at a time.

There are always options and there is always something positive you can do to improve your situation no matter how hopeless things may seem on the surface.

EXERCISES

Exercise 1:

Create a vision of your life that you would actually enjoy, you can create more than one. Describe a perfect average day. If every day would be like that, your life would be pretty good and you would be satisfied with it. This way you will know and have it on paper, that you can imagine a life, which you would like to live. And it is something to strive for, something to put your focus on, and start moving towards it every single day. Start doing those activities daily, at least as many of them as you already can.

What activities do you do in the morning, during the day, in the afternoon and in the evening on such a perfect average day? And if you can do all these activities, then you are satisfied with such a day, and if every day would be like that, then you would be satisfied with living such a life.

Next also create a list of items/activities with what you would like to do weekly, monthly and yearly. And if you can do those activities that often, then again, you would be absolutely satisfied with such a life.

Having this clear vision, this clarity can be very helpful. A kind of motivation that life can be good and enjoyable.

It's kind of a vision board, but not full with material things, or one time achievements, but full with lifestyle activities that you do regularly: daily, weekly, monthly, yearly. And now if you want to feel some good emotions using visualization, just pick some items from this list and imagine the feelings associated with doing those things right now. This will also help you cultivate feeling those emotions more often, which will help you to attract more relevant synchronicities into your life by the power of: you get/attract more of what state of being you are in, which is your frequency that you are sending out.

Exercise 2:

"This was a good life, because..."

Take your time to fill in the second part of the sentence. Find a minimum of 5 reasons that you wish to be able to say in the last moments of your life, why this life was still good, what was it good for.

Make sure, you can say those sentences at the end of your life and feel good about them.

Exercise 3:

Exercise to be done every morning. How to start your day. Why not start every day with a conscious positive intention? Right?!

Every morning set and state your intention again, as a clear decision and declaration to the Universe, for this new day, which is full with unlimited potential.

The key for doing this is repetition. We want to have it not just in the conscious mind, but also in the subconscious mind.

Choose 2-3 sentences from the following list for today (feel free to modify it, whenever you get some new inspirations, so that you use something that is particularly tailored for you).

Also remind yourself of them a few times during the day.

Take them as a fact, not as wishful thinking, IT'S A FACT!

Also remember, it also helps if you can play with the pronunciation doing different intonations, melodies, be as playful with the way you say it as you can, dive into the flow of your creative self-expression of playfulness, take/embody the role of an actor/actress during this exercise. You can also look in the mirror while saying it and do some accompanying body movements along with it.

Repeat every day, state the facts as declarations, which are true for your life!

Here is an example list from which you can choose:

- Good morning beautiful day with unlimited potential
- I give today the opportunity to be the best day or another best day in my life
- New beginnings are manifesting for me at this very moment, and this is a direct result of my positive intentions
- I am an excellent receiver of love
- I receive different types of gifts all the time
- I am a magnet for attracting laughter
- I am proactively creating and living my desired lifestyle
- I focus on and further develop my strengths
- I deserve and get the best for my life path
- I deserve wealth, success, happiness, and love and amazing relationships
- I smile first
- I am good at spontaneously giving compliments
- I give compliments to myself very often
- I choose to focus on the positive in life
- I choose to create more positive karma consciously
- I ask for more loving and kind people in my life
- People are so nice and so kind to me
- Today I will receive great ideas and inspirations
- Today I will eat healthy, spend time in nature, and do sport
- I will do and enjoy doing sport today
- Today is a good day for a good/great/amazing day
- Today is going to be a great day, because I say so and I do so
- I can feel it, that many good things are going to happen today
- Whatever happens today, I will extract the positive out of it
- Today is positivity day, the day where I come up with and give positive meaning to what I see and experience
- I am greater than my mind, and I am the master of my own mind, and I have full control of the thoughts I choose to create with it
- I love myself and I love my life and life loves me back

Exercise 4:

Exercise to be done in the evening before going to bed/sleep. Why not end every day with a conscious positive intention? Right?!

State your clear intention.

Visualize being in crystal clear water standing shoulder high, standing under a small gentle waterfall, in a beautiful comfortable scenery where you feel safe and strong.

And say/read (feel free to read it first, then close your eyes and repeat saying something similar from what you remember with your own words):

I step into my power and declare and state my intentions, and I ask for and allow help coming from the purest love based good intentional beings.

I let go of all the judgments, worries and doubts, all the fears and insecurities, and all the negative thoughts that occupied my mind today.

I call upon all the greatest Reiki masters and other greatest energy healers of all times to channel and direct healing energies into all levels of my being starting now, and during my sleep, for my highest good, to reach and live my highest potential and be of best positive service to all of Existence with the unlimited unconditional love that I am.

When I wake up, I will feel empowered and inspired to create and experience many new magical moments full of love. My love infused body emanates my true core nature = love automatically without any conscious efforts and without any conditions and any judgments and any expectations. I activate and make use of this potential.

I ask for healing. I ask for guidance. I ask to experience even more love in my life. I am ready to receive this healing, guidance and love for my highest good. Thank you for sending me healing, guidance and love.

So it is and so be it. Thank you, thank you, thank you.

Feel free to create your own text, you can use this as an inspiration. It can be shorter and to the point. It's about reflecting a bit on your day, letting go of some stuff, expressing some gratitude for something, asking for something good, and setting some good positive intentions, which are currently most relevant in your life, just before going to bed.

Exercise 5:

Bless others in your mind. Bless that which you wish for yourself.

When you are outside and see and meet people you have never met before, and will perhaps never see again (usually the case in bigger cities): look at them and say some of the following good intentions/word towards them silently in your mind:

- I wish you a happy and joyful life full of love
- Forgive and love yourself
- I wish you more love in your life

Do this the whole day, or a big amount of your day.

Exercise 6:

One day in the week, name it "positivity day", or "positivity day challenge". On that day you not only think positive intentions and thoughts in your mind, but you also say more positive sentences perhaps also in the form of compliments, and you do more kind actions for others, and you practice seeing the positive in everything, and you are open to smile more. Anticipate who might need some help, so your attention is outwards on other people looking for opportunities to help them and be kind. Wish people you meet silently in your mind something nice like: "have a beautiful day, I wish you something nice to happen today, ...".

If you can do it one day in a week, perhaps there will be weeks where you choose to do it even two days in a week. And at some point you will ask yourself, why it's not every day? At least to a certain extent, at least two hours doing it very consciously. By this practice and its repetition this would create a new subconscious pattern, which would make it your natural state one day, meaning it would become more automatic and effortless, it's just something that you do. And remember, by being and giving positivity, it not only feels good (feels better than not doing it and much better than thinking negative thoughts), but even more positive things start to come into your life.

Exercise 7:

"If I" exercise, actions needed, positive reformulation with commitment

Consists of 4 steps. Sometimes all we need to get us going is knowing and following the steps and creating our own action plan.

Step 1:

What are your "if-I's" in order to not feel feelings connected to depression, in order to live a happy, peaceful, enjoyable life?

If I would have ... I would not feel depressed, sad, demotivated, fearful anymore.

If I would be ... I would not feel depressed anymore.

If I would live ... I would not feel depressed anymore.

Write down your "if I" reasons, if that something would be true, I would have no more reasons to feel so depressed. What are the biggest number one reasons for you that come to your mind first?

Step 2:

Rank them:

- a) in order of their significance for you, most important first
- b) based on what you think is easiest to achieve till hardest to achieve

Step 3:

Write for each "if I" what actions do you think you would need to take in order to get/have it in your life. Why do you think you don't have something, what would you have to do or change to have that something?

If there is something that you think is not possible to achieve, you cannot come up with any possible actions or solutions how to achieve it, there are at least 3 things you can consider:

- 1) ask other people, more people have other points of view, somebody can have solutions, the solution doesn't have to come only from you
- 2) do more visualizations of the positive WHAT end state, do not worry about the HOW, let a creative how come to you in the next couple of days/weeks, you are calling it in by focusing only on the WHAT (by using the law of attraction principles), a very important part of this is to focus on the emotions how it feels to have reached those goals
- 3) is it possible to make peace with not being able to achieve this and still live a wonderful life full with other great things and experiences and moments in it? So instead of being emotionally negatively affected, is it an option to change your attitude and understanding of the situation to be ok with it if it doesn't change and focus on all the other good things which are about to change soon?

Step 4:

Reformulate the "if I" sentences into a positive way of looking at them in a very simple way, in 2 steps:

- a) change them to: I don't have this xy, yet. Add "yet" at the end.

This is changing your mindset and giving positivity into your subconscious.

Read more about the power of the word "yet": <https://goodmenproject.com/featured-content/the-power-of-the-word-yet-wcz/>

- b) now continue the sentence by using the following template:

...yet, but I commit to do "this and this action xy" daily/weekly so that I will have it in my life soon.

At the end of this exercise, you have much more clarity. You know what it is that you don't like, that you resist, that you wish to be changed. You have some concrete steps you can actually take in order to start going into that direction. And you have a more positive attitude and commitment towards your goals. Instead of focusing on something that is bad, not good, you don't have, you can now focus on the desired end result, when you stay consistent with taking action regularly, it's just a matter of time to reach what you say you wish to have in your life.

Even if you don't find a solution for all of your issues, if you have managed to do it for 2-3 of them, that can already make a big positive difference in your life. Once you will reach these 2-3 goals, new doors will start to open up usually already while you are actively investing more positive energy into them.

Exercise 8:

When you did the previous exercise, this one should be easy now. It is a rehearsal. Or if you didn't do the previous one, maybe this gives you another chance to think about your answers to these few questions. It's about getting in touch with your inner needs. There are two people facing each other. Your past self and your future self. You are your future self talking to your past self. Position yourself into the FUTURE saying the following sentence:

I sufferED from anxiety and depression.

And now answer to your PAST self:

Why you don't suffer anymore? What has happened? What has changed? What is different now compared to before?

This is your current belief system, where you attach/place your personal definition of "depressed vs not depressed anymore". The only thing now is to talk to several experts in particular fields of life (such who reached those goals and are living that way already), who can give you a plan with steps and teach you how you can get there yourself, getting the knowledge and applying it. This is an individual process tailored to your unique self, your unique wishes/goals. What's between you now and the imagined better/improved/transformed version of you, is what you do daily: the purity and quality of the fuel for your body (what you feed-power-cleanse it with), your environment you are living in/you are exposed to/you interact with/you have relationships with, beliefs, thoughts, activities, skillset, releasing past stuck emotional energies, very clear vision of your more meaningful more exciting future and how you can get there. All of this can be changed! ALL OF THIS CAN BE CHANGED!

Exercise 9:

Regardless of depression, what positive experiences you wish to experience in your life?

Let's imagine for a while (just imagine it for the sake of this exercise) that you will stay depressed for the rest of your life. That there is nothing that will ever help you. That you remain living in the exact same environment without any conscious beneficial adjustments, that you keep doing the exact same things over and over again, and that you remain focused in thinking and believing in the same thoughts. But even if that would be the case, you can still do certain things in between and along the way, to create also some new nice memories and do something you consider worthwhile to have had that experience! Let's say instead of close to 0 or less than 3% new positive experiences you can still make the conscious effort to create, let's say 5%-25% (or even more!) of your life, some emotionally positive experiences.

And now just forget about the word depression, just for a few minutes till this exercise is over. All that exists at this moment is the following question, which needs to be answered, and you need to start writing as soon as you read the question, so prepare your pen and paper now:

QUESTION: What are the experiences that you can think of right now, that you would like to experience in this life, perhaps asap? Feel free to write more than 5, as many as you want. Don't stop if ideas still keep coming. You can order-prioritize them after you have written them down. Only include positive things, which do not create negative karma. **START WRITING NOW.**

If you have them, now for each of them think of a min. of 3 things that you would have to do in order to make it much more probable to have that experience soon. Congratulations, now you have goals and a possible to do list on which you can start taking some new conscious action.

If you need help, ask your 2 best friends for their opinion to discuss together your list of experiences and actions needed to be taken. They might expand your horizons and give you some great tips you didn't think about yourself.

And now every morning you can go through the list of experiences without reading the action plan and just imagine yourself having that experience right now, imagine how you think it might feel.

Visualize it because remember:

The subconscious mind cannot differentiate between real and imagined especially if you add present tense and emotions.

And the subconscious mind is far more powerful than the conscious mind. So visualize daily to give your subconscious the WHAT so that it starts working for it without you having to be consciously aware of it the whole day.

A bulletproof way for changing your life is by using REPETITION, self-conditioning, self-training.

So the formula is:

Imagine + Feel + Present Tense + Every Day + without worrying about the How

When you finished the visualization+feeling, simply let it go.

This is a list to live for, to strive for, to go after, to make it happen, your tasks, your own assignments. You came here to proactively take action to do what you desire to experience, to be a creator and create those experiences, not passively wait focusing on the absence or lack of something. I am giving you tools. If you use them long enough, more and more changes will start to happen. Nobody else can do it for you, but you. Don't let this be something you read, but never do. Don't let this be something you read and start, but quit after the first week. If you want to succeed, if you want real changes, you need to be consistent for at least 2 months and there is no reason to stop after 2 months. If you are not ready to commit to at least 2 months, then do yourself a favor and don't even start. Make it part of your new lifestyle. You need to sleep, eat and drink, but you also need to take care of your mind by using positive self-conditioning after many years of unuseful conditionings.

"2 months is too long" is just another self-limiting thought. Stop limiting yourself. 2 months is nothing. Do you really choose many years of depression and more unhappiness over 2 months of discipline? If yes, then say the sentence out loud which you choose:

- (1) I choose a life that I enjoy living and I commit to 2 months without taking a day off, I don't mind giving 5-10min of my time every day if I get a life in return which is highly enjoyable. I rather sleep 10min less than feeling depressed for the rest of my waking day for many more years to come after these 2 months. If I continue to do nothing or just little here and then, chances are high nothing changes and I stay depressed. If I commit to go through the process of doing the exercises, the visualizations daily long enough, chances

are much higher that many positive things start to happen and my life will keep on improving. I realize and understand, in order to get something, I have to do something first. If you can't commit for 2 months, then you don't want it. If you want it, you would say: I will do 3 months and I will start today.

- (2) I choose a life which I hate, where I feel all kinds of negative emotions most of the time, I choose to stay depressed for many more years, because 2 months of following positive self-programming is way too long and not worth it.

If you want more pain, go with #2. If you had enough pain, go with #1. Don't make this complicated. Rise above any old negative limiting thoughts, because in this process you will start to get rid of them. You are cleaning up your mind of anything that holds you back and doesn't serve you feeling good. Your quest is to become and stay the master of your mind and thoughts – then you win. Can you master your mind? It is 100% possible. It is something to strive for. The more positive your mind and more control you have over your mind to consciously create, select and focus on the positive, the more positively you are able to experience your life. Don't be identified with it, be a witness of it and consciously create thoughts that are supportive and positive.

You are not your mind.

Don't believe every thought that appears in your mind.

Be selective, and train the mind to come up with more and more thoughts, which have positive effects on your life.

Be creative in creating positive thoughts, which make sense to you and are easy to believe in. Your positive thoughts are not dependent on anybody else.

Train yourself in positive self-talk through repetition of positive sentences. You are installing/deploying those thoughts as your new main thoughts, they will be replacing those thoughts which are not compatible with them.

Stop listening to negative thoughts of others. Start creating your own positive thoughts, so that there will be no more place left over for contradicting old negative thoughts.

Exercise 10:

"What you focus on expands! -> what you resist, persists -> what you don't want, stays if you focus on (think & feel) not wanting that something -> you get what you concentrate upon, if you focus on lack of something, then you will be affirmed and confirmed in lack" Very important exercise!

For 2 days write a diary with short notes about your thoughts what you've been focusing on during the day. You need to see this. Most of the time we are not paying much attention to it, but we have the habit to focus more on the negative, on lack of something, on the things which we don't like, don't want. First step is to become aware of how often you are focusing on and thinking about all the things you don't have and don't want.

Then for those items which were actually about lack of something (I don't have this, I

don't have enough of this) and those which were about not wanting something (I don't want this), you have to create the opposite definitions. So that you have full clarity about what it is that you need to be focusing on instead, focusing on the positive opposites instead.

If you just wait for the outside mirror to change first, you will be living a life of waiting. You have to change your inner world (thoughts+feelings) first, before the outside can start reflecting it back to you.

You need to become consciously aware of WHAT it is, that you want to focus on during the day. Such as: I have a fulfilling job that I enjoy and which pays me really well – you have to be able to imagine one version of such a job and how that feels like to you. You have to imagine a lifestyle that you actually enjoy living and imagine yourself living it. This way you are creating a different frequency of state of being from which you can be finally found by those things, you make yourself visible to them.

Also at the same time, you have to stop confusing the Universe by focusing perhaps even more of your time on the lack of something and what you don't want. So this new type of focus throughout your daily life has to substitute the old way of what you were focusing on, which you recently become more aware of by observing 2 days in your life.

And this you start to do more consciously several times per day. Actually, it's about a permanent shift that we are after, a shift towards focusing on being in a state of being, which we see as highly positive.

If you don't change your everyday focus in your everyday life, then you cannot start expanding in that area and bring in that which you say you prefer. You cannot just know what it is that you prefer, but counterproductively keep focusing on and resisting (what you resist persists) during the day the opposite. This has to change.

Stop focusing on lack and on what you don't want!

Stop focusing on wanting which is equal to focusing on not having! You get more of that if you focus on that, you will be affirmed and confirmed, this will be delivered to you as an answer to the way you think and feel and what you are focusing on. So if you are wanting, then you will simply remain in the wanting state frequency/vibration, and you will simply get more wanting (not having).

You have to understand once and for all and apply a new attitude, which is first unusual, but in order to get more of something easier, you have to focus on having it already and visualizing how you are getting more of it regularly, how it grows and expands and how it feels like to have it. You are conditioning your energy vibration, you are shifting it to a place, where things/what you attract into your life, work according to that state of being. Practice feeling having it already. This is the magnet to use to attract it. Feel it regardless of your current circumstances.

What you focus on expands, you get more of what you concentrate upon, like attracts like vibration, your thoughts+feelings+attitude+mood are your vibration which is constantly attracting other energies in the form of people, situations, opportunities into your life!

If you need more info, go on YouTube or google and make it your goal to fully understand the law of attraction and how to apply it. And please start using it in a way to create a more positive life. Or get yourself familiar with the works of Dr. Joe Dispenza.

Don't wait, be the change you wish to see in your life. Be it first. Be that energy. Focus on having what you want, not on wanting, and also not on what you don't want or what you don't have. Be the energy, which can attract more of that same kind of energy. Use your thoughts and feelings and visualization for affirming already having that something. It's simply about creating such a state of being and living life from such a state of being, so that you call in energies, which will be matching this state of being. Learn and cultivate and master this skill and way of living. Taking action is also important. Life is not just about thinking about life, but also about living it proactively and taking action, get inspired, listen more to your heart, make it happen. If your new state of being starts to attract new opportunities into your life, you have to be active and act upon them, else they will be left unused. Be the master of your mind and thoughts. You decide which thoughts are supportive and which ones are not, which ones can stay and which ones have to expiry and go. The same way how you feed your body with healthy food, also feed your mind with healthy and positive thoughts. If you already decided and are following through with not eating certain types of food, go ahead and stop negative thoughts being part of your life too, it makes no sense to keep them and identify with them as true. Focus on the intention to make the rest of your life amazing. Through mindfulness and choice, you can create a new habit of positive thinking, because a negative mind and a mind, which focuses on lack, will never create a positive life.

HOW TO MEDITATE

Meditation is mentioned a few times in this book. In case you would like to know how to start, here are some basics to start with.

If you meditate, you are giving yourself breaks from the overactive overthinking overstimulated mind. You send the mind on a short vacation for its hard work.

We are body-mind-soul. If you take care of your body regularly such as taking a shower, brushing your teeth, eating nutritious food. Same way you would and will highly benefit from taking care of your mind regularly, and it's not many different activities you need to do, it's just one, just relax and take a break from thinking and do a meditation.

Remember: as with everything in life especially when starting something new, we need to practice and with practice we get better and as we get better we start to enjoy it more and start to see more results and benefits.

That's how it works, you have two basic options to choose from:

1. Learn -> Practice -> Get Better and Improve -> More Results -> Enjoy
More -> New Habit that's now part of your lifestyle
2. Learn -> Try a few times -> Stop -> Be unhappy it didn't work
(you: (a) weren't doing it consistently, (b) and you stopped doing it before you would see results, before you would grasp it and go through the adaptation phase, before you would start enjoying it)

Don't underestimate what proper regular meditation can do for you and your well-being.

If you eat healthy once in a while, don't expect to heal through nutrition.

If you meditate once in a while, don't expect to see big changes either.

Once in a while means – you are actually not doing it.

Once it becomes a habit, once you start to notice more and more results, you will enjoy it more and more. If you become good at it, you can enjoy it much more, similarly to eating your most favorite meals.

Meditation is the art or technique of quieting the mind so that the endless chatter that normally fills our consciousness is stilled. In the quiet of the silent mind, the meditator begins to become an observer, to reach a level of detachment, and, eventually, to become aware of a higher state of consciousness.

Here is the essence of meditation. Every step you take is sacred; every breath you breathe is holy. If you understand and practice these precepts, you will be mindful and your consciousness will shift from the everyday to the "other" perspective. You

will become observant, detached, and free from judgment.

You meditate when you:

- become calm, you become calm by: relaxing your body (progressive muscle relaxation) and by breathing slowly
- greatly reduce the amount of thoughts, when you get into the role of an observer, not following random thoughts, when thoughts come – let them go, don't engage with them
- one type of meditation is a clear single point of focus on a single thing, when you don't change your focus constantly from one thing or thought to another, it's practicing becoming good at directing your attention and focus on something (a single thing) for a longer period of time – ideally on a positive feeling felt in your heart, body and all around you
- can withdraw from your 5 senses, and become pure awareness, resting in awareness which is not engaged and distracted by the physical world

General instructions

To start:

- sit down comfortably (you don't feel pain while sitting) with your spine straight
- close your eyes
- take at least two deep breaths (you can do a few more): do this slowly not fast, the first one is to breathe in deeply much more than your usual shallow breath and breathe out, the second deep breath is with holding the breath for 3-5s after you breathe in and then breathe out
- relax all the muscles in your face

Additional breathwork before meditation

It is often suggested to do a short breathing practice before your meditation practice, because it helps to quiet the mind and makes getting into the meditation easier. If you want, you could do for example "alternate nostril breathing" for 5-15min.

To practice alternate nostril breathing:

- Sit in a comfortable position
- Place your left hand on your left knee
- Close your eyes and take a deep breath in and out through your nose
- Close your right nostril with your right thumb
- Inhale through your left nostril
- Close the left nostril with your ring finger so both nostrils are held closed; retain your breath at the top of the inhale for a brief pause
- Open your right nostril and exhale slowly through the right side; pause briefly at the bottom of the exhale
- Inhale through the right nostril and then close this nostril; retain your breath at the top of the inhale for a brief pause
- Open the left nostril and exhale through the left side; pause briefly at the

bottom of the exhale

- This is one cycle
- Always complete the practice by finishing with an exhale on the left side

Additional tips:

Try to match the length of your inhales, pauses, and exhales, one way to do this is by internally reciting a mantra such as "OM NAMAH SHIVAYA" on every inhale/pause/exhale.

To take care of unnecessary small auditory/sound distractions from the environment – for that it is helpful to listen to suitable music via headphones, in this case it could be listening to the mantra you are focusing on which you are using during inhale/pause/exhale.

To further enhance this practice, it is recommended to: put your tongue at the roof of your mouth (and open up your mouth slightly just to make sure to relax your lower jaw), and with closed eyes keep looking/gazing upwards in the middle between your eyes or the center of the brain area

Another tip: imagine you breath in air or light/energy into and out from your 3rd eye area in combination with gazing with your eyes towards that area

For those of you who believe not just in body-mind, but also in soul and thus spirit, and the spirit world, which is beyond the visible spectrum of what the physical eyes can perceive. It takes very little time and can make a big difference to set a short intention by asking your spirit guides, spirit helpers, saints, ascended masters, for additional support before you start meditating.

Something like (saying it genuinely like you really mean it and that you are also thankful at the same time): "Dear spirit helpers, I ask for your help and support for my meditation practice for my highest good. Thank you."

Meditation 1:

- Put your tongue at the roof of your mouth and open up your mouth slightly just to make sure to relax your lower jaw
- Do slow belly breathing
- Smile, have a gentle smile on your face, it's just a "body/face posture" which makes a big difference for your practice
- To not let your closed eyes wonder from one point of the body to another which can unnecessarily make the mind more active, choose just one point where you put your attention with your closed eyes such as: heart chakra, or 6th chakra or crown chakra
- At some point when you go deep within, you automatically let go of any technique and focus and just rest in this inner timeless peace

Meditation 2:

- Focus on your heart area
- Repeat slowly with pauses between the repetitions one of these or all silently in your mind: I AM LOVE, I AM DIVINE LOVE, I AM PURE LOVE

- You can also repeat "goodness and purity"
- Optional: Whenever you say LOVE, picture it/visualize it: the word LOVE is in your chest area either resting there, entering it or pulsating there; you can visualize wearing a t-shirt with the word LOVE on it in your chest area and every time you say the word LOVE it lights up with golden or white light by getting this impulse from your heart chakra
- Go into the feeling, practice feeling LOVE in your heart
- If it helps, you can visualize being hugged by somebody you would love to be hugged by and imagine he/she or you or both of you are saying: I Love You
- Rest your focus and awareness in your heart area with the feeling of love, relax into it, feel it

For Heart-Based Meditations for Spiritual Transformation you may consider the following book: <https://www.amazon.com/gp/product/B075SR5FCB/>

Guided Meditations:

As last option you can find and listen to guided meditations (for example for the chakras, they guide you through the process, you follow the instructions), you can find some on YouTube, or there are apps which you can download into your smartphone.

Four important reminders for a deeper and easier meditation (start by practicing the first two):

1. Breath very slowly, slower is better
2. Completely relax your facial muscles
3. Choose one point of focus for your eyes such as just 1 place in your body could be 1 chakra, and while breathing very slowly you can combine it with visualizing breathing in and out into that point of focus (makes meditation easier to master, when you reduce distractions and you know what to practice), it's about single point of focus, which is not jumping around from one random place to another, which would be easily generating more new thoughts which is the opposite of what we are after, so better to stick to a single point of focus
4. No noise distractions from the outside (nature sounds are ok, but complete silence: perhaps by using ear plugs, ear muffs, ear defenders, or noise cancelling headphones would be great, makes meditation easier especially for those who cannot find peaceful places on a daily basis where they could meditate; try complete silence a few times instead of music and see for yourself what works better for you)

It's not about how many different practices you know, but how much you practice the few or just the one type of practice (breath meditation, mantra meditation).

"How much" is your choice, depends on how much you want to be truly happy and peaceful.

Your new practice – practice daily

When you are introducing a new activity into your life, that you are going to do regularly, choose a doable timeframe, such as 30 days, that you commit to do that new thing daily. Anything less is not long enough, anything more can be too challenging (1 year resolutions) for the mind to accept and commit to. You can always extend by another 30 days after the first 30 days are over.

For this take a piece of paper and write down:

I commit to do ... daily for 30 days

Write down into one line: today's date – Day 1 (and after you are finished write) DONE and a smiley and tap on your shoulder a few times saying "well done 'your name'"

Every day you complete the task/activity you add a new line with:

date – day x – done – smiley

Have it on physical paper, not in electronic form.

Discipline is, when you do not negotiate with the mind.

HOW TO INCREASE BLOOD FLOW INTO THE BRAIN AND STIMULATE THE BRAIN

Stimulating the brain, stimulating certain areas of the brain, having better connections between the neural pathways influences how we feel, our mood, our well-being.

There are certain devices, which can stimulate the brain such as: TMS, tDCS
But there are several other ways/methods, which can also stimulate the brain:

- Scalp massager
- Wim Hof breathing style
- Headstand: Sirsasana is considered the king of yoga poses, because of its many benefits. Headstands stimulate and provide refreshed blood to the pituitary and hypothalamus glands. These glands are vital to our well-being, and are considered the master glands that regulate all other glands in the body (thyroid, pineal, and adrenals). You can learn it also from yoga instructors. Do suitable preparation exercises first. If done incorrectly, you could injure yourself.
- Still point inducer (cranio sacral)
- OM tuning fork (you can use one or two at the same time)
- Singing bowl upside down placed on top of the head (right size, not too small)
- Tapping: is a combination of Ancient Chinese Acupressure and Modern Psychology that works to physically alter your brain, energy system and body all at once. The practice consists of tapping with your fingertips on specific meridian points while talking through traumatic memories and a wide range of emotions.
- Listening to binaural beats
- Certain Qigong exercises

You can try them out all. As with many things, to see some results it is necessary to repeat the usage several times. You can incorporate some, perhaps the first 3, into your lifestyle and keep doing them several times per week as part of your well-being and health-promoting style of living your life. Or do those which are easiest for you, or most convenient, most fun – it's for you to find it out.

In regards to depression – these practices on their own are considered as something complimentary to contribute to overall health and well-being, not a cure for all the various root causes of depression.

OBSTACLES IN TREATING DEPRESSION AND SEARCHING FOR SOLUTIONS

What is problematic when treating depression? How could we solve it or improve upon it at least to a certain extent?

Obstacles & challenges & suggestions for them:

1. Not readiness to ask for help and waiting too long before asking for help and not knowing about different contacts options. We learned “one doesn't speak about mental problems; we keep it for ourselves”. Why do we fear, and find it so difficult to ask for help? We created a society and environment, where we associate something bad with asking for help, that our life gets even worse? We don't trust others and in the available mainstream medical health? The whole world would benefit from operating based on love-based values rather than profit oriented values.
 1. Friends and family can help or support, but there are often more suitable people to talk with, who have a deeper understanding and experience with what the person is going through. Not everybody has even a supportive family or friends and not everybody is willing to talk with them openly about this. Break free from the self-isolation pattern and connect with somebody to talk with. Call a helpline to talk with somebody. One way could be to start with joining a self-help group nearby. There are different types of groups, not just groups focusing on addictions. Don't prefer more months of intense suffering and even suicide compared with reaching out and connecting with others to change the course of your daily stuckness, and be open for meeting people who can help. First step starts with connecting, sharing and getting new input, ideally with somebody you trust.
2. Hard to identify the root cause(s) of one's depression in many cases (can be different factors and their combinations: genetic, various biological, social, environmental, personality/psychological including: beliefs, values, attitudes, the way we think), in order to choose most suitable therapies/approaches, which focus on the roots not just on the symptoms
 1. Do a complete thorough nutrition analysis to see how the body can be supported in the best possible way through nutrition (the more balanced your nutrition the better for your brain and health, the faster progress you can make; in some cases, the primary cause of depression is truly only vitamin D or iron deficiency, or some B vitamin or something else deficiency, which can be found out fast and should be addressed first)
 2. Another highly recommended step: do a truly complete detox of the whole body, to start with a clean physical body and see which symptoms disappeared and which remained
 3. Give much better advice about what to eat, what not to eat and keep

- stressing the importance of the diet with very specific guidelines
4. Take much better care of: unexpressed suppressed emotions (stored in the body not just as memories in the mind), but not just via talk therapies, there are various alternative bodywork therapies, which can be faster and should be utilized too to a much greater extent
 5. Consider full body tests done by devices such as NES and Spooky, to give further useful pointers to what in the body might be out of balance in the first place, we are energy beings, use a frequency based analysis too
 6. Consider insights from the spirit world (especially if other methods have failed and you feel stuck)
3. Hard to know, which antidepressants to prescribe, so that the person doesn't have to go through a long trial-error testing phase, which not only means you suffer several months longer from the symptoms, but you are unnecessarily exposed to the possible side effects of the medication, which doesn't work
 1. Use DNA Tests (in Germany they use “rida precision ABCB1 test”), use tests, which are used only in 1-2 countries to make them available to more countries, if they are proven to work well
 2. Use kinesiology more (not exclusively, but additionally, rather decide based on kinesiology then just choosing some antidepressant randomly)
 3. Get another opinion through morphic fields and the spirit world and discuss the recommendations with your psychiatrist (additional input to be considered in certain cases together with all the other forms of evaluation)
 4. Not enough therapists for talk therapy and too long waiting time (the demand is big and the number of people who have depression keeps increasing, is the number of therapists increasing faster or even slower?)
 1. Introduce new education at school to teach helpful psychology skills how to deal with difficulties in life
 2. More awareness about the existing e-portals, which provide at least some types of complementary self-therapeutic tools
 3. Make “social prescribing” more available, more known
 5. No money to afford complementary alternative healing therapies (it's the combination of several that brings better results, and depending on the causes of depression a different combination of several things may or may not work as well)
 1. Create a list of complementary alternative healing therapies, which are affordable and can be done at home, make it more easily available and understandable how to start using them, because some could truly benefit from any of these, the list can grow bigger:
 - extraordinary vessels treatment with magnets,
 - [self-hypnosis audio](#) (may work for a certain percentage of people),
 - Wim Hof breathing daily,
 - longer online breathwork (such as holotropic breathwork) at least once per week,
 - learn to perform TRE yourself (easily accessible how to guides),

- still point inducer / CranioCradle for deeper relaxation and stress release,
 - teach them Emotion Code and EFT for free,
 - meditation.
6. Lack of awareness about depression in general and about a much broader spectrum of complementary therapies, which may be very suitable, and also how to live a life, where we cannot get depressed so easily
1. Maybe a book like this can help and motivate for further meaningful projects to consolidate information, educate, encourage to consider the multidimensionality of the human being, and keep bringing it into the awareness of more and more people. Perhaps more people will consider becoming therapists or learn and offer some of the many complementary alternative therapies.
 2. Changes in the education curriculum of children of various ages to learn and fully understand some life-skills. Such as some important useful elements from CBT (Cognitive behavioral therapy). Focus on prevention and giving practical tools that a child can use on its own. It's much better to be able to decrease the number of people who become depressed, then just focusing on increasing the number of therapists, or living in a society where one day every 3rd-5th-10th person or so takes antidepressants – that can't become normal. This requires also more education of our children to:
 - understand the psyche,
 - understand dealing with emotions and learning ways how to express them in safe way,
 - understand what values matter in life to a much higher level,
 - healthy ways of communication skills,
 - understand diet and nutrition.

Not just in a theoretical way, but in a very practical way. Parents, who never learned such things/skills and are perhaps also depressed themselves and/or don't have enough time, are not able to teach it to their children, and not everybody on the same level, which could be achieved with a high quality teaching material in a safe environment at school.

What happened to our society?

Just look at diabetes. Dramatically increasing for the past couple of years.

Diabetes is easily linked to lifestyle choices and one big of it is the diet – what people eat and drink. Yet, more and more people choose a diet, which highly increases the chances of creating such kind of imbalance in the body, due to various food addictions, lack of awareness, and the huge availability of such foods.

Depression is more complex and more severe than diabetes. But, if we are doing such a poor job with something like diabetes, how long will it take to achieve that the curve starts to go down and not up year by year with more complex and severe illnesses such as depression? Many illnesses are mainly due to poor unbalanced diet choices, that's where it usually starts.

Globally, there are now more people who are obese than who are underweight. Obesity is a bigger problem than poverty.

"Obesity has reached epidemic proportions globally, with at least 2.8 million people dying each year as a result of being overweight or obese. Once associated with high-income countries, obesity is now also prevalent in low- and middle-income countries." (<https://www.who.int/features/factfiles/obesity/en/>)

Humans? Intelligent humans? What currently counts much more is to create bigger gaps in inequality of life conditions among us, based on promoting separation, greed, power, selfishness, fear?

Self-destruction and destruction of the planet has already become normal. Do we like it? No! Are we as a society doing the maximum to change it to the better much faster? Why are we waiting and postponing? Are we too busy with maintaining what clearly doesn't work for us well? In a normal healthy society, do we discriminate anyone and do we create and maintain conditions, which clearly make our lives worse?

The food that we eat and the values that we follow needs to change.

If it would happen on a global level, it would be much faster, it would affect more people faster. Changes at the root, not just small temporary fixes for some of the symptoms for some people.

The food that makes sick is highly addictive and highly available.

The values that contribute to stress, pressure, fears, are promoted/strengthened via all kinds of media, the systems in place, and people around us, who are affected by that kind of environment, who do their best to comply, just to find themselves sick physically and/or mentally.

In many countries (geographical parts of the same one planet) we have different languages and cultures, but we don't offer equal health care for everyone, as if health is not that important or not as important as money, and it is normal that we don't consider all humans as being equal. We often don't incorporate more holistic methods for better and accelerated healing. Doctors don't learn it at Universities, and later even if they want to incorporate some of the other things & approaches, they are often not officially allowed to. We really need to change old outdated procedures starting at the roots.

It seems like certain technologies and wisdom have been suppressed too, not just in the health related fields, but in any other fields, where some people wish to maintain control and power. We have to come to a turning point, where it will not be tolerated and accepted as normal.

Ask yourself: Is taking poison in any shape or form for the body or the mind normal and should it stay being normal?

We have to somehow manage these bigger changes/shifts to happen. And until we do, see what you can change in your life, such as: eat healthy (avoid toxins and unhealthy foods, stop buying all the unhealthy foods, which I personally don't consider foods, but masked poisons, do some safe supportive detox), and act based on love and

kindness, and meditate regularly.

What matters more are good deeds, not how many other lives you have helped to ruin or destroy in this or future generations.

How come our life standards seem to increase for example in Europe, but the number of people getting different types of illnesses are increasing too? What people eat and drink, their diet, plays not the only, but an essential role. What people put into their body: nutrients or toxins, positive thoughts and values or negative thoughts and values. Which one feels right to you: living under different kinds of pressure and fear based beliefs or motivated by acting as a big collective family, where money and profit is not the driving factor.

This current life looks like a parody, but unfortunately it isn't.

Baby steps doesn't seem to do much.

It seems like we need to make bigger changes globally.

We can't just look away and continue with the current systems in place. We need to start replacing old systems with new better systems faster.

Bigger changes in education (for example including that everybody could study for free), health care, food production/products (certain products we call food shouldn't be even produced). Also universal basic income could help mentally/psychologically a lot. Several changes are needed in different areas of life. Releasing several fear based beliefs on a global level, and from that automatically on an individual level. Systems that promote unity and equality and only environmentally friendly solutions and products.

A global awakening of consciousness and remembering of who we are could definitely help to start choosing healthy life choices, dropping those that are not useful, because everybody has automatically the bigger awareness and understanding of the consequences of their choices.

We would work together much more on global issues to find the best possible solutions, and not solutions, which were chosen mainly to create profit for some small amount of individuals, but destroy others and the planet.

We would not act based on sick/junk values, but based on healthy values such as genuine love and compassion and goodness towards all. Don't wait for others, start with yourself regardless what others are doing, you never know who and how many others you can inspire by your example.

Food plays an important role for our physical and mental health.

We need bigger positive changes on a global level. But every positive change in every single person counts: be a little kinder than you were yesterday. Be as good as you can be, not as bad as others are. We can wake each other up, when we start to promote love, kindness, goodness with thoughts, words and actions, and feel them in our hearts, carry and cultivate and nurture these emotions with you wherever you go. Work together on meaningful projects for the good of the whole humanity and our only planet. Never give up on love-based actions and values.

HEALTHY LIFESTYLE

Eat healthy & Exercise regularly & Avoid Stress (live with inner peace)
Think positive thoughts and feel positive emotions (such as love)

1. Healthy diet (incl. gut health, mitochondria health, immunity supporting foods, anti-inflammatory foods, antioxidant-rich foods)
2. Detox supporting actions a few times per year to help remove certain toxins, also some types of fasting – intermittent, and/or one-day water fast per week or month, and/or 1x-2x per year a longer fast (we can't always avoid all types of toxins especially in bigger cities and with busy lifestyles)
3. Enough sunlight
4. Enough and quality sleep
5. Regular physical activity (sport, yoga)
6. Stress/Tension release exercises/procedures (a good 90min massage, cranio sacral)
7. Meditation (taking care of your mind and thoughts)
8. Breathwork (for example Wim-Hof style)
9. Sauna
10. Enough laughter
11. Time for hobbies
12. Spending time outside in nature
13. Being kind to others
14. LOVE

DEPRESSION-FREE LIFE?

Your problems have to do with the feeling of dissatisfaction, and that dissatisfaction is trying to change something on the outside in the future (tomorrow, next year).

Depressed – there is something in your life that you want to change, but it's not happening, you are failing at it and you are upset about it, and you can't control that, and over time you feel depressed.

What can we do to stay healthy and balanced – most important factors:

- Healthy diet
- Sleeping (enough and not too much)
- Sport
- Time for yourself and your hobbies
- Time for friends and social contacts
- How much stress do you have, can you reduce your daily stress? Do you enjoy your work?
- Learn conflict management and stress management (if you have children then introduce and teach such skills to them)

Qualities of yourself, attitude towards life, way of living with little to no depression. Here are some suggestions of what may be part of such a life:
(most of it is also from the perspective of a small child which is loved)

1. Having a comfortable place to sleep
2. Having enough good quality food to eat
3. Loving and being loved
4. Enjoying doing something
5. Laughing
6. No dissatisfaction
7. No self-judgments
8. No expectations
9. No attachments
10. Nothing to worry about
11. Nothing to fear
12. Experiencing little success moments
13. Ability to live in and enjoy the now-moment as it is with acceptance / no resistance
14. Experiencing life, daily activities like it was the very first time, with more aliveness, appreciation, wonder, amazement

The more of the above you have in your life, the less chances for feeling depressed.

From the perspective of a small child, they don't think about life purpose, or the meaning of life, yet. They simply enjoy moment by moment by being fully focused on a single thing, which brings them some sort of joy, excitement, fun, feeling good. They are fully absorbed by that moment/activity, because that's the most exciting thing to do in that moment and they don't think about past and future so extensively as adults do. They love exploring new things. You can get inspired by that, if you are (if your mind is) ok with such a way of living, if not all the time, maybe most of the time or much more often than before. You already did it in the past as a child. You can choose to bring some of that attitude into your adult life. In this book, in an upcoming chapter, you can examine a bit more in depth the meaning of life and choosing a life purpose that you like and get this part covered/solved.

Children don't have to worry about money, paying bills, going to work. If we would have for example universal basic income and people would love their work, then this kind of mental pressure, tension, fears would be removed from the depression equation. Also the thoughts/insecurities about "being good enough" would be greatly reduced in many cases with many people, because they wouldn't feel that amount of pressure connected to money and work and the idea of having to prove something to somebody, they would simply choose what they love to do and love doing it. Many people could finally allow themselves to let their creativity flow freely and we would have much more creative amazing solutions in all areas of life. Inner tension/pressure/stress/fears is a huge contributing factor to develop illnesses.

I would love more and more people to start going towards love and kindness based values towards everybody instead of the in many countries prevailing junk values. Be an inspiring example for others. Be that, which you wish to see more of.

Strive for unity-togetherness (one planet, one big family without hatred, violence, fears, secret agendas), equality, love, kindness.

If you are able to train yourself to have full control of your mind and thoughts and focus, then you basically cannot have mind-created or mind-based suffering. You have excluded negativity-based thoughts and thinking patterns, and you can easily refocus your attention on anything positive at will. You can think yourself into laughing, into loving, into meditation – single pointed focus on anything you choose.

Accept a new challenge – to be in control of which thoughts are not allowed to stay in the mind and which thoughts you invite to stay.

The mind is a tool, when you control/master it, it is very useful.

There are times, when you can decide to take breaks from using the mind for thinking so many random thoughts, and your inner peace will increase, especially if you do this regularly every day several times per day at least for a few minutes. It feels good to not think all the time all day long, to take breaks from letting the mind chase after the next thought. When you are involved in activities where you need the mind, simply use it in the most beneficial way, don't use it against yourself. Too much thinking is a habit, allowing all kinds of thoughts to occupy your mind is a habit, it

can be changed. You can reduce the amount of thinking at times where it is really not needed, and you can filter out thoughts, which do not serve you feeling good, it is possible. From time to time, you can replace thinking with presence, awareness, notice what is there around you other than thoughts. Practice taking time-offs during the day. Be more mindful of which thoughts are in your mind and when you notice something unuseful let it go and instead say some compliments to yourself for something as an antidote/message what types of thoughts can even randomly come and are welcomed to stay more often. Remember: thoughts create emotions, thoughts and emotions create your state of being, and that is energy, that is creating-forming-influencing your future. What you think, feel and do today is what your life is comprised of, and it has a huge effect on your upcoming future now-moments. Retrain your mind, what type of thoughts you focus on. When you meditate regularly, it is easier to master your mind – you can be more conscious of the thoughts you think more easily and you can refocus what thoughts you choose to keep approved and available for the mind also more easily. Choose the best ingredients for your favorite dishes – choose the most positive thoughts to create some beautiful manifestations in your life.

What's the difference between you being born and being a baby and now: your conditioning, your sense of having an identity of how you define yourself to be, which was created by the influences of your environment and experiences and what beliefs you created based on that. A spiritual journey is not about going forward, but rather going backward: deconditioning of that which covers your innocence, becoming pure again, letting go of those layers, which do a good job to cover that pure divine light, going back to your perfection, learning to ignore (look beyond, be greater than) and erase conditionings. It's not about gaining something, but about losing the burdens, the limited and constraining/restrictive conditionings. How to get back to the baby state? Just talking about it will not erase our conditionings, it doesn't transform in that way.

We can erase our conditionings that we have picked up. Understand that practicing certain meditation and mindfulness techniques regularly will help you erase certain conditionings. It will help you to spend more time outside of the conditionings of the mind, and master (have a much greater control of) your mind, and this all leads to less mind based suffering and feeling emotions such as peace, joy, love much more often and eventually almost always. You don't need to gain something, you have to let go something (conditionings, attachments, expectations, limiting destructive old thoughts which are no longer relevant for this present now moment).

It's absolutely worth it to spend our energy on cultivating and practicing and mastering it, mastering the mind. It's beautiful being outside the mind. Be able to do this anytime, for example saying this to your mind: "Thank you, please take a seat, I speak to you later, when I feel like it", and apply meditation skills to focus on whatever you want. We need to have the right understanding that it is possible and why and how we are doing it. Why: to become light again, or at least much lighter, without the heaviness of accumulated thoughts, which are no longer relevant and

useful now. How: practicing meditation and mindfulness a lot.

When you learn how to master the mind, it means you are its master, not a slave to it. It means you can switch it off easily when you want to, just like you would switch on/off a light switch. Of course it takes effort and practice, but everything takes effort. We have the capacity for it. We just have to understand that it is worth directing our efforts towards this.

The Enlightened State of Being (full of light)

There is something like a highest state of being often referred to as being enlightened. Enlightened masters/beings are: free from conditionings, have zero fear left in their being, have perfect equanimity of the mind, feel inner peace, love, joy, regardless of outer circumstances and the ups and downs of life, are fully consciously connected to Source energy, are a pure empty vessel for the Divine to flow through them, they are basically in a beautiful highly enjoyable positive state of freedom from suffering, full of unconditional infinite love. It's an inner state of being, it's divine, it's permanent, no fluctuations, unshakable, nothing can disturb it. For a person who never experienced such a state of being at least for a few minutes, it is difficult to comprehend or accept that something like that is possible, attainable, how it feels like, and that life can be lived on a daily basis from such a state of being, without losing the connection to this peace-love-joy state of being, which is beyond conditions and circumstances of the outer world. And you don't need to go and stay in a cave in the mountains before and after attaining such a state.

You can have that goal, to awaken the God-self, the divinity, that beautiful magnificent goodness in your being.

It's the highest goal in the whole Universe, so it's worth it.

The closer you come to it, the better you feel already. Not just the end-goal is amazing.

It takes time, if you rush it, that's the wrong attitude, you burn out, you give up.

You need the right attitude: sincerely, humbly, with persistence.

Make sure you are doing it right. If you are not doing it right, or not doing it at all, you are not progressing.

Do practices that cultivate peace of mind and a loving heart.

We accumulate many fears and conditionings in many lifetimes, it is a lot of rubbish dense energy in our system.

It is a process of letting go, and cleansing and cleansing the million rules we have, the conditionings, we have to clear it all out, and that takes time.

Clear out all these rules: through meditation, through cultivating love.

Best way to remove negative tendencies is to awaken love. Love will burn away all negative things.

You start by loving yourself.

How? By loving everybody.

How? By taking actions, that benefit others.

How? Be kind to the people you meet.

Even though it is possible to attain this without a spiritual master/teacher/guru, it is rare. It is easier, you have much better chances, if you get help and guidance from a living enlightened person. You can learn a lot about how to calm the mind, how to cultivate peace of mind, how to awaken love, how to do the practices right. You can serve the world directly or you can serve the master who serves the world. The master represents everybody. High vibration/frequency energy transforms lower vibration energy and brings it to higher energy. When you hang around and you are connected in your heart with another, such as an enlightened being who has high frequency energy, then his energy will bring your energy up, that's how energy works, that's another reason why it is easier to reach it with the help of a spiritual master.

In every moment we are either in peace, or in pieces.

We don't know what this peace is, because we don't know our self.

We have forgotten who we are, we have forgotten our identity.

Our natural self, state, being, is light. It's beautiful, calm, centered, strong.

We have been strongly conditioned to identify with the body and mind and lose connection with spirit, the lightest and biggest aspect of us.

It's worth to remember this and truly awaken to this, not just as a nice concept, but as a reality.

Don't play it small, reach for the highest. Let go of the conditioning that it's not possible or difficult. Start your journey and explore what is truly possible.

Reconnect with life force energy, let it flow through you.

Recondition yourself to meditation and love.

It's worth it. Every step you come closer to it is absolutely worth it.

WHAT TO DO IF YOU HAD A BAD DAY

(to not make a bad week/month/year/life out of it)

Suggestions how to deal with, help releasing negative emotions from having a bad day, bad incidents, bad conversations, the same day. Goal is to do something the same day and next day, don't suppress and carry it for several days or even much longer. Doing several of these things vs not doing any makes a difference, we are energy beings, don't collect and store negativity, release it on a regular basis.

Calm down and relax, and release some tension and stress:

1. Rewrite the story on a paper from the point of view of the other person, in order to better understand why the other person might have acted the way he/she acted;
2. Honestly ask yourself: what can I learn from this, what lessons and teachings can be extracted from it? What can I do differently next time so that it doesn't happen, or if it happens again, or so that I don't feel negative emotions next time;
3. Do a 1h breathwork session (holotropic breathing style);
4. Learn to do shaking exercises such as "Osho dynamic meditation" yourself at home (if you can't do it yourself go do it with a group within 7 days);
5. Order a distant aura and chakras energy cleanse (1x per month is always good and after heavy events, some recommendations: [reikimastersami on fiverr](#), [masterkenji on fiverr](#));
6. Take some suitable Bach flowers essence;
7. Take a warm bath with different types of salt (not table salt) such as Epsom salt and essential oils (at least for your feet if you don't have a bath tub) + use palo santo around your body (smudging – burning of sacred herbs or resins) + aura spray before going to bed and next day morning;
8. Say positive prayers shortly before going to bed and ask for help to resolve and release any negativity created that day;
9. Visualizations:
 - visualize or lay down in nature on the grass for 10min and consciously connect with Mother Earth and ask her to take and transform any negative imprints and disharmony present in your energy field;
 - visualize standing in water and a small gentle waterfall pouring water on you and washing away negative energies;
 - afterwards visualize being surrounded with bright white light 1-5 meters all around you in all directions.

Forgive, let it go, move on

Advice and encouragement, when you experience sudden difficulties in life:
Why do these things happen to me?

Life is a series of changes, everything always changes, sooner or later many new changes will happen to everyone. There are many more changes to come in the future, because life is made and shaped out of all the decisions everybody makes constantly.

Out of all these daily decisions, humans are inherently naturally making many "mistakes" all the time. The human mind is not designed to know the outcome of our actions in advance, it is simply not possible to be done with the mind itself, especially with choices we are making for the first time in our life, and where the outcome is dependent on the upcoming choices of many more people. We live in a huge ocean of interconnected energies, which influence each other. A better and additional advice giver is usually our intuition, which the mind cannot understand. It can be highly beneficial to pay more attention and listen to our intuition and be bold enough to follow it. The attitude towards intuition could be: "I trust my intuition more than my mind." An outcome of a choice, which is later considered as something you don't prefer, is a very natural and common thing to occur on this planet.

It's in the nature of a limited human being, who is living in a duality environment which is full of opposites, that often the outcomes of decisions and choices will not be liked. And that people meet and interact with different belief systems and different life paths, values, motivations and conditionings.

Even the outcome of following your intuition can appear to be something you don't like. It's just that it may still serve you much better, than an outcome, which you would have gotten by your mind. And on average the outcomes, which come from following your intuition, may be much more positive and beneficial for you compared to the outcomes, which would have occurred by following only your mind. I don't think that this can be ever scientifically proven. Just consider your intuition more often, and fully understand and accept how normal it is that "bad things" can happen. Once something happens, you can only change what you do next – this includes deciding what you can do with the information when there is something useful that can be recognized that it can teach you.

Learn to change the way you look at outcomes of decisions/choices, learn to extract all the positive insights and learning lessons you can recognize from an experience, and learn to move on quickly by focusing on what appears to be the next best thing to do, such as the next thing with the highest amount of excitement (could be as simple as going for a walk somewhere in a park or nature, preparing one or even two of your favorite meals, calling and talking to a friend, planning an adventure, ...).

Don't insist that you know better than the Universe that something should not have happened. You just don't see the big picture and sometimes or perhaps most of the time it is necessary to not know in order to have that kind of experience and growth

from a higher point of view. Even though it may seem you are the main person affected by some event/decision, but very often there are so many other people who needed that kind of event/decision to occur, which you don't and will not know about and cannot be always fully aware of how far back and into the future this goes. Which is in a way good, because that would be a huge amount of additional information having to be processed and would lead to a completely different experiential physical reality. So forgetfulness and not knowing are simply an important part of life. The key is to not resist it, because what you resist persists. Accept what is, and move on with the next best idea that you can think of.

Lighten up, don't take all things and events too seriously, don't try to figure out everything. There are always others who had a much worse day than you, and they would change with you immediately.

Ask yourself: what can I learn from this situation? What life lessons can I recognize? What could I do differently next time to avoid this happening again? Prepare and do some adjustments/changes/actions to make sure this doesn't happen again. Let it go and move on. Don't let your upcoming future life be one of focusing on exactly the bad events that happened once. Either focus on the positive events that happened once, or enjoy what there is to be enjoyed in every now-moment, or visualize positive things happening in the future.

Many things in life consist of trial and error. You don't know until you do it. After you do it, you can decide based on your feelings, whether you like it or not. If you don't, just go looking for the next best thing that seems to be better, that is available to you.

Pain is a big powerful teacher, learn from it so that you can change towards what you prefer more. Don't stay with it, if you already learned the lesson! One very common way for many people of figuring out what they prefer, what they like, what they want, is by first experiencing and finding what they don't prefer/like/want. Just once you recognized it, know, that you really have different other options in life.

You are in control of your attitude.

You can consciously choose to put on the positive glasses through which you look, instead of choosing to use the negative glasses, which are not what you truly prefer. Do you want to feel good or bad? Choose and use the glasses, which fit your decision and act from that kind of energy, state of being.

Get into a more positive attitude towards a new day every morning: fully embrace every single day instead of living a routine like robotic life. Give every day the opportunity to be the best day or another best day in your life, instead of waiting for some single days for some future planned events, which you assign such significance to be much better than other days. Greet the day in the morning when you wake up by

saying "good morning beautiful day with unlimited potential". Create this kind of relationship this kind of attitude with every single day. Every day has the same potential in it for beautiful moments or even miracles to happen, be open to it, live with this openness and with this allowance, not closed up, also no insistence.

The meaning you give to anything is the meaning that you will perceive and experience for yourself. In the absence of thoughts, everything is fundamentally neutral, no judgments, no commenting and labeling of anything, no assigning of meanings, no categorizations. At least strive for giving the outcome the most positive definition you can come up with, instead of a repetitive negative definition.

The past is over. If you got shot by an arrow, don't keep walking around with it, take it out and do your best to let it heal as fast as possible. Don't be the one who delays this process. People are constantly changing and growing, some slower some faster. Be a fast learner, do something differently next time, learn a new skill and become an improved version of yourself. Life is about learning and growing, take the opportunity to learn the valuable lessons and introduce something new into your life, if you think you could benefit from it in the future. What's the next best thing you can do? You suffer, when you are not willing to move on, if you stay where you are and don't change anything and don't take any new action. Be open for new changes, be open for new opportunities, be open for meeting new inspiring people and making great new friendships.

We live with karmas and we meet people with their karmas, there is a reason behind forgetfulness and not knowingness. You don't need to know the true exact reason why something happened. You can transform or at least improve your experience, life situation also just by taking new action which is of positive nature, and let the solution be a step by step unravelling of positive synchronicities instead of negativity based synchronicities. You cannot avoid synchronicities, which is energies attracting other similar like vibrating energies. With your conscious recognition of them, you become aware of them, but whether you become aware of any of them or not doesn't keep the rest of them from happening, but you can effect whether they will be of negative lower vibrating or positive higher vibrating nature. If you want more positive synchronicities, then keep a positive mind and act by taking positive actions, and hold and live/face life with positive feelings in your heart.

If you just remain passive, keep waiting, don't do anything new beside perhaps some unconscious predominantly negative thinking, you can really not expect that suddenly positive things happen out of your stagnant and still lower vibrational state of being. 10% positive thinking and 90% negative per day is perhaps similarly effective as eating healthy 1 day in a week, but very unhealthy the other 6 days of the week. How much progress will this allow to happen towards a more positive life? It is not about doing something just once or rarely, it is a lifestyle, a positive state of being which to strive for, to live as, for most of the time. Be a positivity emanating magnet not a negativity emanating magnet. If you want to live a more positive life, it doesn't make

sense to maintain negative states of being. If you want to be vegetarian, it doesn't make sense to eat meat.

At the beginning, it is mostly through conscious choice, over and over again, many times per day, but with time it becomes your first and second nature.

If you keep choosing to remain in negative thoughts and feelings, then you get more of that, because the unconditional un-judgmental Universal laws will give you a match to that. So what about using the laws in your favor, which requires active choosing of being in positive states of being (you choose what emotions you generate and feel), regardless what the outer circumstances may appear to be like.

If you want to create and live a positive life, then you have to use also positive thoughts. Creating a positive life with thinking negative thoughts is like eating unhealthy and expecting it to improve your health state.

If you want your favorite cake, you have to make sure it contains all the necessary ingredients. If you don't use certain ingredients, you will get different results.

A positive state of being attracts more positivity, and in order to be in a positive state of being, you can use your mind as a tool to think positive thoughts, and you can do this regardless of what happened in the past, because now is now, now is empty, it's a blank canvas, it can be filled with whatever you want, and to create something new, it can be only done from doing it in the now and continue doing it. Forget about the past, make the rest of your life amazing. You are a creator being, you can create it, you have a tool which is your mind, you can not only focus on thinking new positive thoughts, but you can also imagine and visualize anything you want and start feeling some associated positive feelings. If you use these tools, you will be sending out the frequency that is going to search for like frequency, which matches it. Remember, to make it clear, at least 51 % (ideally more than that) of the time you need to send out signals of that which you say you prefer, else you will be simply sending out something else.

If the fire is burning you, why do you keep yourself longer in that burning? You want to move away and you can move away, so postponing makes not much sense, unless some kind of benefit you get out of it is convincing you to stay burning a little longer?

Will you say: I am so happy I stayed much longer suffering, or do you rather prefer to say: As soon as I realized this is not what I want I made sure to find some other alternatives to be part of my life, I just simply changed the way I live my life.

You can keep yourself in past events for any time you wish. But one day, when you let go, you might think: hmm, why did it take 2 years, 4 months, 2 weeks instead of just a few seconds, minutes, hours? You decide how long you suffer with mind created thoughts. What makes you suddenly ready in 1 year, and not just in 1 day? Do you really need that much time? Most of the time, believe me, you can do it in much less time.

Practice faster release of hanging on to what doesn't make you feel good.

Let go sooner, let go now.

Move on now.

Do a "letting go fire ritual", if you want.

Put your focus on some new positive actions, and keep your focus there.

If you have one life and one glass, but if this glass is full with something you don't prefer anymore, how are you going to put in something that you like? You have to empty it, let go of the content and move on. Believe me, your life will improve when you let go of the past and create space for creating something new, something positive in your life.

Life can be over in a blink of an eye! Do you want that event and thought be the last ones of your life by sticking to them and carrying them around through your days, or you move on and do your best to take some new positive action by putting your attention and focus towards something you feel good about?

Remember, everybody is doing their best in every situation matching to their current state of awareness and conscious evolution, unconscious conditionings. Some are really stuck in negative patterns and don't even see it, and some will not manage to change it in this lifetime. Be understanding, tolerant, forgiving. Focus on yourself. Be a positive example to others. Show others the path by just being your own highest version of yourself and expressing it naturally outwards to your environment. All change begins within yourself.

"This world is given to you as a beautiful garden. You diminish the garden if you do not enjoy its fruits."

Don't stay focused too long on some weeds in some area of the garden, because you can move on and it makes sense to move on to be able to see and continue living in the beautiful part of the garden. So stand up, turn into a new direction and start walking not with an attitude of how bad the weeds are, but how good the beautiful part of the garden is going to be.

Forgiving does not mean forgetting. It means understanding.

When expectation is present, disappointment is always lurking nearby.

"If you do not transform your pain, you will always transmit it."

"It is ok to taste it, but do not swallow it."

Sometimes the lessons learned seem simple or obvious, yet they must be learned by our hearts, at the deepest levels, not only by our intellects.

Turn your attention towards, what you really want in this life.

A NEW LOOK AT FAILURE AND REJECTIONS

Failing is natural and it enables you to grow. Many successful people failed many times in their lives. If you do something for the first time, something you have never done before, there is plenty to discover and learn about. You need to fail in order to learn something and then you have to adjust and continue. To succeed in something, the pattern for it is as follows, several cycles of: "do something proactively, fail, learn, adjust, continue" until you succeed.

Many people have and use the following pattern: "do something, fail, continue, fail, stop". They do not learn and adjust as much as they could and they quit too soon – if you quit before you reached your goal, you quit too soon.

I am failing = I am learning, I am learning, I am moving forward, I am getting wiser

Failing is just a message, it's a choice what you do with the message. What makes a lot of sense is to use all the positive you can extract from it, and evolve to doing things in new or other ways, until you find a great recipe and ingredients, which give you the success moments you are after. Accept the process, accept that it takes time.

If you repeat a mistake it simply means, there is something you haven't learned yet and you haven't made enough changes yet.

If you give up, you cannot continue learning and exploring and finding new creative solutions.

If you want to succeed faster, find a way to learn from those who already did it, and who share their approach and their plan in an easy to understand step by step way, so that you fully understand what it takes to reach that kind of goal and what action you need to take next and continuously.

See failing as something positive, because it helps you grow and helps you become an expert, who will be able to one day teach others not to make some of the mistakes that you made. That's the cycle and mechanics of progression, first you are a beginner, you learn from experts/teachers/books/through feedback, by practicing and improving and gathering experiences you become an expert, and then you teach beginners yourself.

You know when any child starts to learn to walk, how many times it falls down? It doesn't give a sh*t! The child continues as if nothing happened. It doesn't judge and criticize his/her abilities, doesn't stop and decide that it doesn't want to walk at all, or perhaps waits a few years and continues to learn it later – remember that kind of attitude. Practice. Practice. Practice. Improve, get better, success moments will come.

Difficulties in your life don't come to destroy you, but to help you realize your hidden potential.

Without rain nothing grows, learn to embrace the storms of your life. There are some things you can only learn in a storm. Sometimes the bad things that happen in our lives put us directly on the path to the best things that will ever happen to us.

"Don't fear failure!"

Do you want to be in the exact same place next year as you are today?"

Find and create a lifestyle (series of activities you do daily, attitude towards life) that you enjoy living, this way you will be living a life that you like and enjoy.

If you fail, never give up, because F.A.I.L. means: "First Attempt In Learning"
If you get no as an answer, remember N.O. means: "Next Opportunity"

In a world based on the concept of duality (good & bad, positive & negative, left & right, cold & warm, black & white, and a full range of everything in between), we experience contrasts and we make choices all the time. Choosing a positive attitude towards everything is a choice, and there is nothing more positive than that, so if you always choose to simply stay on the positive side, there is nothing more/better you can do as a conscious attitude, and ultimately this will create a much more positive life with much more positive experiences. Remember: a negative mind will not create a positive life.

So no matter how many times you fail, if you are still choosing a positive attitude, then you are still winning the game. You lose emotionally if you allow yourself to start choosing negative interpretations for situations, which are in their essence always neutral, only we make judgments, associations, interpretations of them.

It's not failure if you enjoyed the process.

Failure is not the opposite of success, it is part of success. Accept failure as part of the process.

Failure is a lesson learned. Success is a lesson applied. If you are not willing to fail, you are not ready to succeed. In order to be successful you have to learn from failure and apply what you have learned. Failure is simply the opportunity to begin again. This time, applying the lessons learned.

Winners are not people who never fail, but people who never quit.

If a child can learn so many things and thus can do it, and you were once a child, you have the potential in you to never give up and follow what is dear to you.

REDEFINING SUCCESS

What is your definition of success? Have you ever thought of/about it?

Did you know that you can live a successful life? Let me introduce to you a few new definitions. Just pick the definitions that serve you, that make sense to you, and use those.

We are very different in what we like and don't like, and how we prefer to live, what is important to us and what isn't, and it also often changes during the life, so it is often different between various age groups and life phases. So success in different areas of life means something else for different people.

In order to live a more successful life, you have to first know what success means to you, after all it's your life and you are unique. That's why it makes sense to choose your personal definitions.

Many people associate with success mainly 2 things: being rich and/or being famous. If they have none of these two, then they simply feel like a failure. But, success can be defined in sooo many other ways too. If you would like to live a more successful life, do the suggested approach and redefine your own definitions and associations of the word success. Live according the new definitions. Allow yourself to say, yes, I live in a successful way, because I ... (choose the 5 or how many you want to, from the suggested list of definitions of success below.)

And you can repeat these reminders 2x daily with different playful intonations, even shouting it out, to fully accept and anchor it deeply in yourself.

You can also record it yourself or let it be recorded by someone else (find someone on [fiverr](#)) with a different voice and listen to it in a calm meditative state too.

Various definitions of success, choose your own personal definitions of success:

Success is liking yourself, liking what you do, and liking how you do it.

To live with a joyful heart, to make money doing what you love, to make a contribution to the elevation of humanity.

Health (including diet/food, exercise/sport, sleep):

- Being aware of which food fights disease and which food feeds disease. You are what you eat, drink, think and do.
- Making your health a much higher priority, or your #1 priority and living a lifestyle which reflects it
- Eating more than 50% of the week more healthy than unhealthy
- Eating more fruits+vegetables than meats+dairy products
- If you are pain free without taking any prescription medications

Relationships (not just with other human beings):

- If you truly deeply love yourself
- If you love spending time with your family and/or life partner and they love spending time with you
- If you have friends which love spending time with you
- If your pets don't hate you, if they truly love you
- If you own plants which are longer than 1 year with you (with cactus perhaps 2-3 years) and they still live and look damn good

Mind/Spiritual/Life/Goals:

- When what you think, what you say, and what you do are in harmony
- When you start every day with meditating and it ignites your day
- When you are kind to people, because you prefer to live in a world where people are kind, this includes you
- When you never give up on your dearest dreams
- When you help somebody to reach one of their goals (achieving it thanks to you, sharing success)
- Living a lifestyle which contributes to being planet- and humanity-friendly
- Choosing/deciding to look at every day with a positive attitude and mindset from the moment you wake up all day long, because a negative mind will not create positive results
- Doing not just body hygiene (wash teeth and take a shower) regularly, but also doing hygiene for the mind regularly with same or even higher importance too (you suffer more from a negative mind than not taking a shower for 3 days), it is the tool we use all day long, don't let it be and go out of control, rule it don't let it rule you
- Being in touch and trusting, listening to following your own intuition (because the mind cannot know what and how something is going to happen, but a sense of feeling can guide us without understanding it with the mind)
- Experiencing for yourself also the unseen, the mystical, the supernatural
- If you stopped caring (from a "no more" unnecessarily self-created mind-created negative emotions, point of view) about what you think others may think about you
- Being able to give honest compliments and not holding yourself back and not expecting anything from giving a compliment
- Not comparing yourself with anybody else, but yourself 2,5,10 years ago
- Having more positive habits than negative habits
- When you finish what you start (not giving up, not postponing forever)
- If you don't buy into excuses

Job/Work/Career/Hobbies:

- Doing what you love most of the time

- Loving Mondays, the same as any other day of the week
- If your hobbies are your work, if your work is a hobby (you love doing those activities and perhaps others can benefit from it too in some way)
- Going to work with an excited feeling or any other positive feeling, where it originates from the anticipation of being at your "work place" soon and what you are going to do there

Money:

- Getting paid for doing what you love
- Having enough money for accommodation and food and other basic needs
- Having multiple sources of income
- Making money while you sleep
- Using money to create beautiful experiences for others

Pick your favorites, copy them into a document, and print your own 1-page document and put it somewhere, where you can remind yourself what success is and what success means to you. Feel free to add your very own definitions too.

You can give it a title such as:

"This is what success and a successful life is to me. If I live according to this, then I live a successful life. If I live a successful life, then I also live a happier life."

You don't necessarily need too many definitions, just a few strongest you like the most.

The secret of your success is found in your daily routine and in your daily attitude.

The biggest obstacle you'll ever have to overcome is your mind. If you can overcome that, you can overcome anything.

It's not just about ideas. It's about making ideas happen. Do it!

A dream written down with a DATE becomes a goal. A goal broken down into STEPS becomes a plan. A plan backed by ACTIONS makes your dreams come true. Don't call it a dream, call it a plan.

Don't make excuses for why you can't get it done. Focus on all the reasons why you must make it happen.

Find a way, not an excuse.

Success doesn't come from what you do occasionally. It comes from what you do consistently.

GIVE MEANING TO YOUR LIFE

Give your life a meaning, choose your meaning that drives and motivates you.

Are there at least as many life purposes as there are many different professions?
Is life purpose even related to a job?

Is there a universal life purpose for all humans and a personal for each of us individually?

What if the more important question compared to life purpose is: which life lessons you came here to do, experience, learn, master? In that case there is a high probability that it doesn't matter what kind of job you have, you will have those life lessons anyway, maybe all of them with different relationships outside of your work. And what if whether you know your life purpose or not it doesn't really matter, because you will experience certain related situations anyway? So you may just choose any job that is perhaps easiest to do, or most pleasurable to do, or highly emotionally rewarding to you, or where you can freely express yourself creatively, or is of biggest help to others. You can decide, choose the preferred combination of such assigned attributes to be your goal/vision for your next job. If there is from a higher perspective no right or wrong (only consequences of actions), then it doesn't matter which job exactly you decide to do, but what would matter from the perspective of consequences of actions is: how much positive instead of negative karma you create with it, with what daily actions do you perform it. And what actions you make outside of your job too. Karma never sleeps, karma always works.

If there are let's say 100 out of 1000 different professions that you would actually enjoy and like, you just don't know it yet, because you never tried them out yet. Then if with all those 100 you can create positive karma, then it probably doesn't matter which one you decide to do, or whether you do more than just one during your life. You could ask yourself a question like: through which job/activities can I create the most and biggest positive karma for myself? Instead of asking: through which job/activities can I earn the most money?

Some people put money above/before karma. Also doing something, which creates good karma doesn't automatically mean that you cannot earn a lot of money at the same time, as a form of exchange for the value you provide to many people. The point is, there might be many jobs that are suitable for you based on your unique strengths and talents, and there are several you can create good karma with and also earn good money with. So, what are your skills/talents/strengths, what are your interests, how can you be of service for others with it in a way that you enjoy it, and in what way can you also get paid very well for the value you provide. Finding this out and making it happen might be a great environment for you to live out your actions and life lessons and experience life with a positive attitude.

Giving meaning to life can be seen as something, which greatly motivates you, and drives you forward to be interested in life and living, creating a feeling of being driven by a sense of accomplishment. No situation/nothing has built-in meaning (there is just so called isness, beingness, existence), everything is fundamentally neutral, we give meaning to everything (for ourself, from our perspective, in our holographic reality, one of infinite numbers of them). You have free choice to give meaning to an otherwise meaningless life and choose what is meaningful to you to strive for. Live life filled with mostly positive emotions instead of negative emotions. Do the things that you love, like, that make you feel good/happy. Discover for yourself what those things are for you. Explore yourself, life, consciousness.

The fact of not knowing many things has certain advantages. Such as, it enables us to dive deeper into the role of being explorers, and getting surprises along the way. Surprises preferably in the form of positive gifts and miracles. We can influence this so that it is indeed positive by maintaining positive states of being during the whole day by thinking positive thoughts, feeling positive emotions, doing positive actions.

If you decide/choose to focus your life energy on something to which you attach the highest meaning from your perspective and perception of life, then you get a sense of meaning for your life, you feel more motivated by having a clear direction, and living it consciously.

Here in the list there is a bit of fusion of life purpose, life goals, meaningful life resolutions and even sarcasm (used to help awaken/realize faster what you don't prefer, and to not take life too seriously, because you cannot be happy and serious both at the exact same time, being happy feels better). Some are similar, but reformulated using different ways of expressing it.

List of possible life purposes:

1. To be yourself as fully as you can. Best way to do it is to keep acting on your passion. Strive to live a life based on and full of inner peace, love, creativity, passion and excitement. And let those emotions guide you what to do next. If you choose to focus on love and joy, then at least your life is predominantly filled and shaped by love and joy. Make the best of every now-moment. Be fully present in it. Enjoy the adventures of life with an attitude of peace, joy and love.
2. To love, make love your goal, to realize and experience highest forms of love, to focus on love, do what I think love would do, to be busy loving my life
3. Experience many different emotions and have many different experiences
4. To challenge myself, keep challenging myself with new challenges
5. Smile and laugh more than in my previous lives and then the statistical average on this planet in this timeline

6. Experience deeply falling in love mutually with a kindred soul (someone who resonates at the same frequency and level, resulting in a feeling of instant connection)
7. To experience a physical body, time and gravity and various limitations and contrasts and unknowingness with forgetfulness and surprises and miracles
8. To create and leave behind a legacy
9. To become an expert in something that I enjoy doing
10. Experiencing being alive, having a physical body, having others to interact with and experiencing different types of relationships, going through adventures, facing challenges, learning something, going beyond what I perceive as my limits, going through wake up calls and a transformation process and finding my own path and exploring my own truth, discovering the huge unused unseen potentials and living them out, giving back and sharing experience and wisdom
11. Be of service to others, support others in their growth and development
12. Be a positive example to others (you have full freedom to choose how)
13. Have a lasting positive impact on the planet and on other people
14. Improve the life conditions of certain animals, reduce the high amount of suffering of certain animals
15. Advance spiritually, and reach higher states of understanding and awareness
16. Awaken kundalini and fully integrate it, and also experience the union of Shiva-Shakti
17. To experience how is physical life as an (from the perspective of an) enlightened person (a state of freedom from suffering, perfect equanimity of mind)
18. Born divine, conditioned to believe in a very, very, very limited self, needed to face challenges which help to remember and find out what our true nature is beyond all the conditionings (such as shoulds and shouldn'ts), breaking free from a state of mass hypnosis. Once you remember and fully recognize this for yourself, you will realize there is nothing that comes even close to how amazing it is perceiving heaven within your body. Live in a state of pure consciousness.
19. Create more positive karma than negative karma
20. Life is eternal (I exist, I always existed and I will always exist in one-way shape or form) and multidimensional. Life purpose is a distraction (there is nothing specific to do, or to prove, or to achieve). I don't need a life purpose, but if I have to use that word, then my life purpose is just or simply: to be, to live, to exist, to experience, to interact, to create, to transform, to change, to express a specific stream of energy through this physical body. To experience from a limited, narrow and specific point of view something what I already know on a higher non-physical level, but didn't experience it yet in that way and form and constellation.
21. Life is meaningless. You are the meaning-maker, the meaning-giver.
22. To enjoy the 5 senses as much and as often as possible (sight, smell, hear, taste,

- touch), this requires living mindfully in the now and appreciating the beauty of life and living
23. To reach/fulfill many/endless desires
 24. I change my life purpose every few years and jump back and forth between them and there is no judgment whatsoever about it
 25. To remember, realize, experience that I can leave the physical body without dying through conscious out of body experiences (learnable skill, requires regular practice), I can even visit and explore the "template level reality" and review my life's planning's without having to die
 26. To see at least one UFO (ship from another civilization not from this planet) or even aliens (beings not born on Earth), there are UFO excursions, which you can attend to increase your chances
 27. Prove to a few others that something truly exists, which they didn't believe in, but now they have no doubts, and this new knowingness has a positive impact on their personal growth
 28. To help educate more children in some very creative beneficial ways
 29. To introduce a new subject at some schools "jokes telling" and teach a "laughter class and how to be funny" once per week or month
 30. To give a person who lives on the streets some life purpose and help them guide them to realize it, to give them a chance to be touched by love and kindness, achieve greatness, and be of service to others
 31. To experience winning some sports events that I like
 32. To eat a lot of junk "food", to watch a lot of television, to spend most of my time (as much of it as possible) in buildings, to buy a lot of new things because they are better and cool. (When looking at how many people are doing this one, can so many people got it wrong? Enjoying life by destroying health and nature, and looking for satisfactions through things.)
 33. To give many people many true compliments, which I really mean and I say it without holding back, else I will not fulfill my life purpose, and I will have to come back another life again and give the remaining amount of compliments to others
 34. To help many people to stop smoking, or help making it easier to handle the process of quitting other types of addictions
 35. To find natural solutions against certain allergies, which work for a lot of people, and help spread this information so that more people know about it and use it (perhaps via crowd funding for viral videos to spread useful wisdom)
 36. To complicate life and to fully believe and keep believing that I don't deserve this or that, and if possible start every day with a bad mood even though there is nothing wrong with the day itself
 37. Music, anything connected to music, to sing, to play musical instruments
 38. Art, anything connected to art
 39. To write books which inspire and teach and help
 40. To live a miserable life, really? Does it excite you? Does it fulfill you? Perhaps just for a short time to have the contrast and appreciate the opposite of it even

more.

- 41.To give life to many children and become a great parent
- 42.To experience one or a few special owner-pet relationships with some animals
- 43.Leave behind some riddles for future generations, but please don't confuse them too much
- 44.To be an inventor, to invent something new and useful
- 45.Spend time with loved ones, do something fulfilling and help people in some way, to leave a good mark. Yet, how, is another question.
- 46.To heal in my complex multidimensional multilayered Self more stuff, in case it will have a bigger positive effect also on a future life. Why heal and continue healing if one day I will die anyway? To make the rest of my life as amazing as possible. Healing adds to soul growth, which is eternal. The more I am healed, then I can be of even better service to others. Stop creating new limitations, instead start releasing limitations.
- 47.To quit as many jobs as needed until I find or create my dream job(s), which I enjoy the most, where I can express my gifts and talents in the best possible way
- 48.So that when this human physical life is over, I can say: I lived my life in fears? Or: I lived my life in a meaningful way, because I was aware of the meanings I have chosen, and they were based on expressing love?
- 49.To live even my adult life with the wisdom of an adult, but mostly with the mindset and attitude of a small 1-2-year-old child (innocent curiosity, not fearful, but curious with no judgments and no expectations)
- 50.To stop living life in an ignorant way, to transcend as much ignorance as possible
- 51.To get on the nerves of others (some children are experts in this, but it is good if in adulthood you have another purpose just to be safe you haven't missed anything)
- 52.To master my life themes, become an expert in how I did it and how it can be done effectively and help (consult, coach, teach) others who ask for help with same life theme(s). To help and guide others who are also going through similar life challenges which I already went through.
- 53.To have the courage, freedom, guts/balls to live however you want to and not how others tell you how you should and have to live, because of course they know better what is best for you and they can see into the future and evaluate future timelines of your decisions, make a deal if in this life you end up being utterly unhappy then in next life you will just follow what others tell you how you need to live and then you can compare in your afterlife
- 54.Be myself fully and authentically, not somebody else, live my life, not other people's lives, discover what I want not what others want, draw on my blank canvas whatever I want and nobody has to like it, my goal is for me to love it
- 55.To live a minimalistic humble life in a loving community
- 56.To meditate a lot on the meaning and purpose of life and find and ask many spiritual teachers across the world these questions and share with others what

- all these people told you
57. To live out the adventure of being alive
 58. To travel a lot all over the world and feel alive and be amazed by the beauty of the planet before humanity slowly attempts to destroy it out of ignorance and before the planet cleanses itself through some more radical natural ways
 59. To navigate this lifetime doing your best to align with nature and embrace nature adventures
 60. To have a proactively positive approach to life to what is going on in everyday life and to surf opportunities like surfers surf waves
 61. To find and create balance (personal, physical, spiritual), to hug and kiss often, be kind to everyone, laugh a lot, be there for family and friends, relax, enjoy tasty food, read, meditate, be playful and play games, travel and see the world, attend various events, get involved in expressing myself through meaningful and creative projects
 62. Express myself fully, my unique point of view, my unique stream of energy, my unique path, my unique series of choices. The best way to be fully you is to let go emotional baggage and self-limiting beliefs, that you hold onto and believe in, that you picked up along the way. I am here to heal, I am here to be of service, I am here to remember and to realize myself.
 63. To live intuitively and be open to changes, always. Wherever I am, freedom and joy must be with me, always. To find my passion in life and to find out how can I inspire and help others to awake. This world was meant to be enjoyed. Find out which activities bring me much joy and do them.
 64. Put passion into my work and my pursuits. Pouring energy into my passions and nourishing myself.
 65. To simply BE, you are a BEing, there is nothing to achieve or accomplish, uncondition from layers of limitations, conditionings and get to the core of pure love and be it, fully embody this love, we are here to remember and to heal, there are many approaches for this, my journey is to explore and discover which ones work the best for me
 66. To be committed to my own healing & evolution and that of the planet. To do good things and surrounding myself with people who will further that purpose! To love, laugh, learn.
 67. Anchor Love into the Earth in order to raise the collective vibration of the planet. Spreading Light to as many people as possible. Serve the positive evolution of the collective. Transforming my consciousness and transforming the consciousness of the collective.
 68. To bring the gifts of spirit down and to illuminate the "flatland" material world
 69. To learn further lessons, to grow, to develop, to experience relationships to learn about love from all sides and progress on my spiritual path
 70. To remind others about love and joy and to teach how to bring these qualities into their life
 71. To face life with inner peace and joy
 72. To consciously think, say, and do kind and loving thoughts/words/deeds

- 73.To be love in action, to manifest loving service
- 74.To remember/reawaken that I am an immortal divine soul and make big progress on my journey toward God-consciousness
- 75.To accept and fulfil my task to live as an enlightened being on this planet and share my knowledge with other people and help more people to also realize/remember their divinity
- 76.Meaning of life: live, love, experience = live to experience love in a physical reality environment from many different perspectives; soul growth/development; going back to Union with Source through the many stages of remembering and realizations
- 77.To taste the ecstasy of living, to feel my own Being making love to itself, which is the highest form of tantra. To love and be loved. To experience being alive.
- 78.We are here together as ONE Family, to be Free in this Reality, to Play & Explore & Create
- 79.You are eternal consciousness currently in this wonderful physical temple for the Thrill and Exhilaration of specific focus + creation. Let the consciousness pour through you.
- 80.To gain a better understanding of what it's like to be a powerful creator of your own reality in the physical vs the nonphysical. Through your understanding and experience here on Earth you not only help your past, present and future self, but you help expand the consciousness of the entire Universe as we are One.
- 81.I am here for ascension, to be helpful, to love, to remember my divinity within the law of grace
- 82.To be of service to others and finding the Christ within, realization through finding the inner experience of God (internal love, bliss, joy, happiness). State of consciousness, which can be experienced also in the silence of true deep meditation, far beyond the pleasure of the physical senses. Seek, ask and desire for this. If you find it within, you will find it in everything without. It's endless, boundless, limitless, eternal fullness.
- 83.Be love.

You wouldn't know the light without the dark. To experience what light is, darkness plays an essential role.

What does life mean to you? What do you choose, if you can choose anything? Choose the ones that you feel the closest connection to, something you feel excited about, peaceful about. You can choose as many as you want. Life can be about one, little, or many things. Don't put any limits. And do it like nothing depends on it. So feel free to be an explorer and creator, and experience life from your own unique perspective. Your life is not about what other people want, but what do you want?! Find it out yourself. Embrace your journey.

See life as a journey of opening our mind and heart. In this path, we learn to be at peace, what love is, and how to live in harmony with nature and each other. Ups and downs are a part of life and helps us to grow in our awareness, compassion, and understanding. Through it all be hopeful, and continue learn to be love and follow your heart.

YOU CAME FROM LOVE, YOU ARE LOVE,
AND YOU ARE HERE TO FULLY EXPRESS THIS LOVE

REMEMBER WHO YOU ARE
(the answer is within, go within, meditate)
(the truth is beyond beliefs and concepts, it's beyond the thinking mind)

If you are eternal infinite consciousness, what does it change in your life? Can you take things less seriously, become less stressed and more relaxed, recognize more beauty on a much deeper level?

Don't think about it, find it out as an experience: internal love, bliss, joy, happiness
Do you feel a calling to explore what is left, if there are no more conditionings?

There is lightness of being, becoming a pure vessel for divine love, beyond fear-based beliefs, beyond judgments, beyond mind-created suffering. On the outside you look the same, but on the inside you are fully transformed, free, sweet, glowing.

YOUR PERSONAL UNIQUE LIFE PURPOSE

Many people are curious and eager to know why they are here on this planet in this human body, what they came here to experience or accomplish in a more specific rather than a too general way. If there are many lives, what is the purpose and focus in this life? They don't want to do just any job, but ideally the most suitable type of work for them, a job which helps to fulfill their life purpose the best. They may feel it's time for a change job-wise or simply doubt whether they are in the right profession, but at the same time they seek more clarity which other profession to explore next and why. They don't want to miss out on what they came here for in the first place, by taking some "wrong decisions" along the way which they doubt and could regret, by being afraid of not following their heart all the time and wondering about the consequences. They would like to know whether they can make certain adjustments in life, so that they can be in a better alignment with their individual life purpose in a very conscious way, and so that this unique personal life purpose can be experienced in an even more joyful instead of a painful or troublesome way. They might be facing situations, where they are about to make new decisions, but they would rather take the decision, which makes more sense from a higher point of view, and from the point of view of living their life purpose in a more suitable way. Some people have many interests and they like to do so many things, but it is too much, they would like to narrow it down to just a few main activities, and would like to know which ones and why.

You may have questions like:

- What is my individual life purpose?
- What are my individual life themes and patterns chosen/determined for my life?
- What are my vasanas/tendencies in this life?
- What are my life lessons I came to learn in this lifetime?
- What did I come here to accomplish?
- What further opportunities did I plan for myself?
- What further obstacles and losses did I plan for myself?
- Why did I choose to be born, what is my karmic purpose and main plans for this lifetime?
- What karmic debts do I have to pay for/back, work through in this lifetime?
- What further upcoming agreements did I make for this lifetime?
- Which positive and negative traits and habits did I carry over from prior lifetimes into this one?
- Which skills and talents did I carry over from other incarnations?
- By doing what can I be of best service to others and/or the planet?

- What type of job would be suitable for me and why?
- What would be highly beneficial to learn as a new skill to release/transform/heal some old unuseful patterns or progress faster in my own personal evolution?
- What are my main biggest talents and strengths, and which one of them would make sense to focus on most?
- Is there a message for me from my Higher Self or my Soul regarding how to live my life, whether to focus on something specific more?
- What truly matters in life from a higher perspective such as from the perspective of the Higher Self?

Why do you want to know it? What would change by knowing it? Here are some answers, but you may want to think about your own answers to these questions too:

- Ideally I would find something new that I would become interested in, excited and passionate about
- I would get some confirmations about what from my current lifestyle makes sense and is beneficial for my life path, and what on the other hand might be holding me back in some way, or might be postponing the opportunity for living an even better life
- I would know and understand what I am dealing with and why, and get some insights how to best go about it
- I wouldn't have the feeling anymore that I am wasting my time or even that I feel somehow lost as if my life has little or no meaning. I would prefer to consciously fully focus on doing my best to explore and resolve these main topics, which I came here to do. Instead of being unfocused with less than 50% commitment, I could fully commit myself to master those topics to the best of my ability.

Certain doors open only once we have gone through a few other first, we cannot skip or rush certain things, but we can take more meaningful action, instead of waiting or repeating the same life lessons over and over again. There are certain timings and time-frames in life.

After somebody incarnates again, forgetting is an important aspect for the process of further evolution and experiencing certain life circumstances from new different points of view. The experiential and exploration aspects of not knowing have different depth and qualities to them.

Not just forgetting, but also remembering is part of the journey. Remembering not only expands our understanding, but often it is also very healing. Remembering is becoming easier as the global consciousness of the planet is rising.

Remember who you are, songs, you can find on YouTube:

- Remember by Omkara
- I Am Light by India.Arie

It is good to not accept everything immediately as 100% truth and maintain a healthy level of skepticism. Feel into it how it feels to you. Ultimately, if something feels really good to you, then I personally believe it is worthwhile following that path and be open to wherever it leads you, whatever doors it opens for you. We cannot know in advance how things and events are and will be interconnected.

Before accepting information from others such as psychics, see if you can get some clear validation about something from your current life which is 100% true, it is not something general, and the other person has no chance how else to know that. A psychic can help you learn to access your inner wisdom. With enough meditation, you become your own psychic and transcend the need for external guidance. In the beginning, however, the validation from a psychic or medium functioning with a minimal amount of distortion can be very helpful.

Who can you ask about your individual life purpose and related questions? You have several options. I will introduce to you a few of these options and places, where to find people, who can use some of their gifted or developed skills to give you some answer. Discover what approach works for you.

- Ask yourself, all answers are within, meditate more, learn to get in touch with your intuition more, be more conscious of signs you receive in different forms during the day as guidance/answers to your questions, ask and you shall receive. Some people find it even easier to meditate in nature, in high energy vortex places such as at Earth's chakra points and various sacred sites and places where many people go and meditate.
- Morphic fields readers
- Akashic records readers (for example: [fiverr akashic records](#))
- Spiritual intuitives and mediums (for example: [fiverr psychic reading](#))
- Astrology experts can also answer certain types of questions
- Channeling experts known from YouTube and asking channeled beings (such as your Higher Self, or ascended masters, or some other beings), you can get to know the personality and style of the channeler first through the free content they offer on YouTube, which can make you become more comfortable and confident before choosing someone and asking for a private session
- Channeling lists of people: https://www.globalchannelingsummit.com/GCS-2019-Home?r_done=1#_8c8zcer0q ,
<https://www.thechannelpanel.com/channelers>
- Specialized hypnosis and regression therapy, deep hypnosis done with someone who understands the architecture of the afterlife (for example by those trained by the Newton Institute) may result in great insight into why one chose their lifetime, why they chose to be on the planet, who they are here to teach or learn from. A bit more info about regression therapy can be found at the end of this list.
- Self-exploration via plant medicine like ayahuasca in a safe environment with

- professional experienced supervision
- Self-exploration by mastering out of body experiences and lucid dreaming and accessing information for example in the so called “template level reality”
- Self-exploration via deep meditation in a Vipassana or dark room retreat environment
- Deeper insights via self-realization and enlightenment and samadhi states by following a path of Kundalini also via Shaktipats (for example also meditate in the presence of people like David Spero or attend the free weekly online group meditations, meditate and spend more time in the presence of other similar people who emanate divine love and light)

It's a journey, it's your journey. Explore, discover, know yourself.

It's a step by step process, honor the process of learning and discovering.

A few additional notes about regression therapy:

Often events in the distant past (prior lives) are still influencing current relationships. Becoming aware of the root causes in prior lives can heal the relationship in the present. Awareness and understanding are powerful healing forces.

Many who have recalled distant memories have experienced a dramatic diminishing or even the disappearance of their chronic symptoms.

You will be also able to approach the obstacles and frustrations in your life with more patience and calm.

Recommended related short video from gaia:

Remembering Past Lives | Gaia

<https://www.youtube.com/watch?v=X4LuRJWzPEA> – length 6 minutes

When talking about the spiritual nature of existence, and different reasons for feeling depressed, and not always knowing why, and sometimes starting at a very early age, it is worth mentioning the topic of Starseeds. On my journey I met people, who were seriously considering suicide, but then they found out about Starseeds, and it had a big positive impact on them. I recommend the following well-presented video by gaia:

Are You A Starseed? | Gaia

<https://www.youtube.com/watch?v=3aLJDxeXlJ8> – length 7 minutes

If this information can save lives, then I had to include it, even if it may be just for one person who will read this at some point in their life.

If you wish to find and connect with other Starseeds, make new like-minded friends, I recommend visiting the following web site: <https://www.starseedhub.com/>

How a psychic answers the "life purpose" question

Gigi Young is a well-known psychic, not only with a high intuition, but also a very

close and clear connection to the multi-dimensional aspects of life and consciousness. More about her: <https://gigiyoung.com/about/>

Here is her answer to the question: "How to find and experience your life purpose" Answered in the following video on YouTube, where she answers several questions: <https://www.youtube.com/watch?v=FTJHQKn4gY> Time: 00:57 - 04:44

This is a question that I think everybody is wondering, or at least, if they think they found it, how can they deepen that knowing.

If you want to find your life purpose, expect for it to be an unraveling, and a journey, and for it to be revealed to you piece by piece as you go. Release any expectation that it's going to be – you're going to hit it and you're going to know, and there's going to be a feeling of finality like I finally have this. You have to have a level of peace with change, and that your life purpose is actually an unraveling, who you truly are on this Earth plane. And the reason why, is, because your life purpose is a mixture of your specific purpose here, and its response to the world.

So for example say you are a writer, and that's what you like, love to do. You love to read, you love to write, you love word. So what's going to happen is, you're going to tune into that ability and explore it. And as you do that, you're going to naturally be in your heart, tune into the collective, and you're going to produce relevant pieces of material, that can support you, that feels good for you, and that is timely. So for example your life purpose is going to be very different in this century than it would be in another century. And your purpose is flexible to the times. So your purpose is your filter, it's your filter in which you express your reality. So try to look at your purpose like that, as opposed to some final "I've got it". That's not really going to be the experience of it.

So your purpose by definition is actually who you are, it's your soul. And you're going to feel that in doing what you love to do. In doing the things that make you feel on fire. The things that you are passionate about. That is where your purpose is.

And what I found is that usually people have a few different purposes. They can have one that they really identify with overall, but ultimately they've got at least two or three things that are really technically a purpose for them. Things that they can pursue. And usually these several different things will tie into each other. So maybe you are a fashion blogger and you love fashion, but you also love you know writing, or you also love other kinds of aesthetics. You have to honor all of the different things that are your purpose and not just try to stick to one thing, because I guarantee you, that all of the different things you love, are actually part of a deeper vein of your purpose.

You have to let yourself run wild in what you love to do. You have to be fearless in that. And you'll sense your purpose. It's a feeling that you get. And start broad, start doing what you love in a broad sense, with no expectations, and then you'll find that, if you follow your fire, it will narrow in itself and it'll get more specific in itself.

LIFE – TIME

What's everyone's most precious commodity? TIME.

Be aware of what you choose to do with it.

There are things you have to do, and things you don't necessarily have to, where you can choose among many other things to do instead – be much more aware of the choices that are available to you and which ones you choose how often and why.

It is very common, that certain things we start taking for granted and we stop paying much attention to them, we don't enjoy them as much as we used to or as we actually easily could.

The things most of us have to do are: eating, sleeping, working. But, so the question is: Do you make the most out of it?

Small changes, doable changes, can increase the enjoyment factor in your life from tasks that you do or have to do daily anyway.

Wouldn't it make sense to improve something in the tasks that you do so often and take up so much time of your whole life?

How often do you eat your favorite meals? Did you do anything lately to experiment with discovering more dishes, which could also become your favorite meals? If you have more of such, then you can eat every day a favorite meal and eat the same only once every 1-3 weeks or so, so it doesn't get boring or monotonous, because you have a broad variety of favorite meals to choose from. There is a possibility to create a list of your favorite meals, and make sure you eat each of them at least once per month.

As I said, small changes, but having something you look forward to – you know you will eat a favorite meal again, doing it regularly not occasionally.

Did you do anything lately to improve the quality of your sleep, how you feel during and after it? Do you remember some times in your life where you had a really good sleep? Haven't you thought about having that experience more often? Why not start making changes and see what in your case would greatly improve your sleep experience on a more permanent basis? Why continue having a "below 80%, 60% or less" quality of sleep, if there are ways to make it better? Create a list of let's say 10-20 items to try out, and go through them one by one and see how it effects the quality of your sleep.

Do you enjoy your work and genuinely like doing it? Is there anything you would like to do slightly differently, or anything else you would rather do? What's holding you back of doing it? Don't just wonder how something would be like, find out.

Focus on which type of work is most meaningful and/or most fun to you (you love doing it, sometimes it is about finding ways how to make certain hobbies to be your "work"). The more stress you feel at work, the more you know that this may not be a

type of work to keep, and prolonging it by any number of years is simply unnecessary suffering. The body cannot thrive and maintain high health and balance if exposed to a stressful environment over longer periods of time.

I am motivating you to make the effort (even if it takes a year or longer to figure it out) to make more towards increasing the level of enjoyment of the daily activities which form or fill your life.

The above things you do daily and they take up most (usually more than 50%) of your life, that's a lot. Do you truly make the most out of it? Why not make a little bit more out of it? Why? For your own personal well-being. You will not get back this time. You either do some adjustments, which enable you to enjoy your daily activities more, or you don't do any adjustments. Just be aware, whether you want to, whether you can. To embrace living more, not just existing, but being fully present that you are making the most out of that moment. By all means be spontaneous, free, live from the heart, don't overthink everything, the point is, if there are activities that you do so often over and over again and they take up so much of your time and life, have you thought about whether there is anything you can actually do to change or improve something, to make it even more enjoyable? Sometimes little changes can make a huge difference. If it results in an improved well-being then it was worth it, because then you get it on a daily basis for many more years to come.

The things you can choose to do in your free time: it's for you to decide what you are drawn to, what you value, what you want to experience next:

- Do you want to do sports, play games, read or watch something, or do any of your hobbies and interests, or use your senses in an enjoyable way?
- Do you want to relax?
- Do you want to have fun, alone or with somebody else?
- Do you want to learn something?
- Do you want to travel or go to some events?
- Do you want to explore and experience something new?
- Do you want to observe others, nature, animals, other human beings?
- Do you want to engage in something creative, expressing your creativity in some way?
- Do you want to spend time inside or outside?
- Do you want to help in some direct or indirect way somebody else, and do you enjoy the inner satisfaction that comes from it?
- Do you want to progress in your spiritual growth, awakening, exploration of consciousness?
- Do you want to contemplate about life, about the past and future?
- Wasting time? Whatever that means to you, in a way there is nothing else to do, but live, and you give meaning to everything in your life and the meaning you give is the meaning you get out of it. You judge yourself. Karma, one of the Universal Laws, simply talks about consequences of all actions. Luckily at

some point there is also the possibility of grace.

Is there something you always wanted to do, but you didn't do yet? Wouldn't you like to do it? Better sooner so that in case it's even better than you thought it is, you can do it again?

There are plenty of hobbies/activities, which are free and are enjoyable, and could easily fill several lifetimes worth of time, so there shouldn't be a problem to fill just one lifetime with free activities. If you don't have free time because of work, then and actually always make sure that your attitude towards any daily activity is one of more kindness, love, joy, to still be living with those meaningful attributes, values, emotions.

You have been given some time, to do something, to live it out, to choose your own meanings.

Be satisfied with the way you live. Become aware of what it means to you to be satisfied with the way you live starting from now on.

There are things that money can't buy and some of them are also more valuable than let's say some luxurious material objects, you cannot measure them with an amount of money. Do more of the things which money can't buy, such as: love & laugh, help others or be more proactively kind, enjoy moving your body, meditate. Don't do it for a reward, do it for the sake of doing it, the act of doing it.

There is only one question, a simple question, which can help you, ask yourself every day (if it does help you):

- What's the next best thing I can do now/next? And do it with a positive attitude with all of your awareness and senses. That's a simple formula for living.

And when making certain decisions, you could explore your answers to the following questions, which may give you more additional insight to what action to take or not:

- What would I do if I had only one life?
- What would I do if I had no fear?
- What would I do if I would love myself?
- Does it contribute my spiritual growth?
- Will the consequences of my actions be most likely positive?
- Do I think and intend that it will/could have a long-term positive effect on me and my life?

So, what do you choose to do with your TIME and thus your LIFE?

Be in peace with your choices and decisions. Know what you want out of this life.

What do you ultimately strive for? It doesn't have to be anything complicated, just have a clear vision, which can of course change later in life, but be at peace with your current vision and goals, this can give you additional peace for your mind. Don't just keep doing something that you actually don't like, but you don't know what you want instead, and you don't do anything to change it. Take your time to make it clear to

yourself whether there is anything you truly wish to change in your life, not just maybe but truly, and become also fully aware why. Is there anything you would like to do much more often in your life? Don't stay busy with doing what you actually don't like and don't enjoy. Commit to the effort to do something to change it to do less of that which you don't benefit from, compared to something else which is in some way much more beneficial for your body, mind or spirit.

Don't compare yourself with anybody, what does YOUR HEART desire? Are there any experiences you would like to experience? Whatever it is, don't wait, if it's calling you, answer that call, make that experience happen. If you don't walk through the first door of your excitement, you will not get to the other doors which would come after that. If you want to make your life more exciting, you have to start doing the things that you think or say or know they excite/fulfil/motivate/satisfy you, choose to do them more, don't keep waiting for something else to happen first.

Even though eating, sleeping and working do take up a big amount of our life, there is something that takes up basically more or less our whole waking life: thoughts! You cannot be happy, satisfied, etc. with thinking negative thoughts at the exact same time.

Do your thoughts suck? If yes, why do you keep thinking them, identifying with them, focusing on those thoughts which are so unpleasant? Who forces you to keep thinking those thoughts?

Nobody can forbid you to think positive thoughts, you don't need any approval from anybody, and positive thoughts are also free.

Life would be much nicer, if you would be your biggest fan, if you would choose and keep choosing to focus on self-empowering thoughts and simply get used to a positive self-talk, why not? Be super kind to yourself using thoughts. It's the most straightforward way towards a more positive approach towards everything. And again, the more positive words you say to others such as in the form of compliments, this trains you to focus on recognizing and thinking positive thoughts also for yourself. Give that which you wish for yourself. It's a complete process: you focus/perceive positivity, think about a positive way to describe it, say it out loud, and feel the positive effects in your heart of the positive reactions of others. The feeling it, the being in such states of being is what of course feels already good in itself, but it also attracts even more same and similar matching energies towards you.

Decide what you want in your life and focus your attention and energy on what you truly feel good about, regardless of what the current outside world appears to be. Be greater than the current circumstances and hold onto your positive dreams. Positive thoughts matter, they help to create a much more positive future and help to make the journey more pleasant.

Everything in life is just a matter of perception, we see the world through a prism of programming, life experiences and gathered information.

If you want to experience what is beyond all of this, master meditation.

LIFE ATTITUDES

It's about what you focus on. You could focus on all of that bad stuff, but it makes more sense to focus on as much as you can on the positives.

Yes, life can come with a lot of challenges and pain. But the good moments are in there too. And that's what I suggest you to focus on the most, because they are the things that make you the happiest.

The mind loves to comment on your life as: worthless, boring, failure, purposeless. Instead of this mindset and focus, shift yourself out of it, stop staying there.

If you are watching TV and the channel becomes so boring, do you stay there keep watching it for days, weeks, months, years, rest of your life? No! You go look for the next most exciting channel to watch, you just simply do it. We have developed a habit of keeping ourselves stuck at watching the channel, which is by far not the most positive available out there. We let any thoughts just come and stay, instead of choosing proactively the thoughts we prefer instead. It's time to learn a skill by correct practice/repetition to stop being a slave of our own mind and becoming the master of our mind and what thoughts we allow to stay – those that are love, kindness, goodness based. So in the same way that it is obvious to us that we want to switch from a boring channel to a much more fun channel and we do it, we have to become aware that we can shift our focus/mindset/attitude somewhere else and do that something with a different attitude. It's a moment by moment thing. The more aware you live, the faster you can recognize and choose to keep focusing on the better channels. Life is too short to watch the most boring channel all the time and over and over again, because you know that other channels exist. It doesn't make sense to keep watching it. We have to move on and let it go, and use the time we have still left in our life by focusing on the next best better feeling alternatives. We have to keep moving and changing until we find one that is much better. That's the task for living and keep living a life that you like. Take full responsibility for the channel you choose to watch and see life and interact with life in that bandwidth of frequency. Be ready to shift to a different channel when the show is finished. The beauty of life is the continuous discovery of what is the next best thing/activity/experience/inspiration to come into your awareness next and be amazed by the new things.

The boring channels can still exist, we just stop paying attention to them, we know where they are, which just makes them easier to skip, we don't have any interest in them and we don't even have time for them anymore (we already watched them when they were relevant), because life is short and the channels which are fun take up our current day to day life. So, we stop paying attention to the boring and finished out of order channels, our attention is somewhere else now. It's about realizing that you have this choice and only you can make it. You are not alone in those new channels. There are others, who can help, assist and share their excitement with yours.

Decide that you are done watching the same boring channel which is finished, and is by far not in any way as good as some of the other amazing channels coexisting at a different place on the same planet.

In the new channel you think differently, you say different words, you do different activities. It's positivity, love, kindness, goodness, joy based thoughts, words, actions, that give you more meaning and inner peace and aliveness and satisfaction. As a result of these thoughts, words, actions, attitude, you smile and laugh more in these channels. The channel is just a reflection of your being, of who you already are. It supports you and gives you more opportunities and gifts that reflect those states of being. First comes the inner change and then the outer change follows.

Keep looking for and choosing the next best channel in your life. You are in charge of your remote control. Don't let others select the channels for you.

Learn to move on and enjoy what new channels there are to explore and experience next. So follow and do that which feels good/best to you in that given moment and always be ready to move on to something different, which suddenly becomes also or even more fun and exciting.

We are looking at living a boring/sad/unfulfilling/self-destructive life vs. living a life where we always do our best to focus on and choose the next best thing that feels good to us. Which one makes more sense to you? Don't spend even more or too much time with that which you don't prefer, if you know you prefer something else. Go and change your direction and focus on the next best step to take. Become good at letting go and moving on.

If you identify any old channels that are still part of your daily life, make the decision to start changing it. Ask yourself what you truly want in your life and start moving in that direction. The vehicle for moving is your daily thoughts + words + actions + attitude. If you want to experience much more positive emotions, do the conscious change of your thoughts, words, actions, attitude, to be guided by what would a kind and loving and joyful person do next, and this will carry you to far better places, far better channels will start appearing.

The quality of your life, of your mental well-being, state of happiness, depends greatly on the quality of your thoughts. Commit to choosing your thoughts consciously. Ask yourself different types of positive questions often during the day so that your focus and mind have to come up with positive constructive answers.

Practice choosing better thoughts by asking yourself better questions:

- What is the next best thing to do now?
- What can I be grateful for?
- What do I love to do, enjoy doing?
- What kind things can I do for myself or somebody else today?
- Who can I give an honest compliment?

- What adventures do I want to experience soon?

Find what motivates you, and use it, remind yourself of it as motivation every single day – if it motivates you then simply keep using it, make use of it.

Meditate regularly. Learn mindfulness practices.

Meditation can help greatly to:

- become more mindful of your thoughts
- more easily stop following, repeating and believing in unwanted thoughts that suddenly pop up in the mind
- more easily choose to focus on positive thoughts (because you love yourself, you deserve love, and the mind is just a tool you can start using to affirm this love in you)

By training yourself to become the master of your mind and not the slave. You are training yourself to start using the mind as a tool, which serves only for your benefit and doesn't randomly go in any unwanted direction. You learn to break out easily from automatic unhelpful cycles of negativity-based thinking. No negative thinking, no identification with negative thinking leads to a peaceful mind and to a peaceful inner state.

BODY:

The physical body can cause suffering and influence the mind. So eating healthy, avoiding toxins, doing some detox, making sure there are no vitamin and mineral deficiencies, and doing some physical activity/exercise is part of being able to truly shift faster and enjoy the new channels.

EMOTIONS:

Also to feel even lighter during the rest of our lives, before and after we are born we do accumulate (by suppressing, not properly expressing) certain emotional patterns and some stuck energies (the body remembers), which can also hold us back in our lightness to move forwards. There is a high chance that you could benefit from different types of emotional release bodywork therapies. Same way as doing detox during the year, it is useful to extend it to do some form of emotional detox too every year.

MIND:

Look into the "MIND" Chapter in this book and explore for yourself whether learning new ways of looking at and coping with things and life situations, changing beliefs with some of the methods can also accelerate your ability to define things and see things in a more positive way, with a much more positive attitude. Having the goal of fully mastering your mind. Meditation and mindfulness are highly recommended.

What truly counts is your attitude.

No matter what the outcome, your attitude is what counts most.

If you have the right attitude, everything else will follow, and the thing is that even if

it doesn't, it's still your attitude that made everything worthwhile for you.

Here are my favorite life attitudes.

Remind yourself regularly to apply and consciously practice several of them, until they become very natural and automatic, those that make sense to you, those that make you feel better and help you enjoy life more.

Living from the heart as much as possible.

Every day is a gift and everything is possible. I am doing my best to make the rest of my life pretty amazing and worth living, meaningful, and full with more new beautiful memories.

I rather actively explore and enjoy even little things more often than wait and frown/be serious.

Play with intonation when you speak at least from time to time, such as sometimes when you are alone to lift your mood and this carries over to the rest of your day. Do spontaneous humming from time to time. Smile more just for the act of smiling, it is one of the simplest and most straightforward ways to lift your mood through fast changes on the biochemical level, you simply choose to change your facial expression and do it, you don't need any jokes or funny life situations for that. What's funny is how simple it actually is. **I am playful.**

I don't need to prove anything to anyone, I don't need to look good in front of anyone, I don't need others to approve of the way I choose to live. It's just me and life and my free will to decide and choose what I want to do next and be with that moment with my whole attention/focus/senses. **I am free from judgments.**

The highest is to love, to love without expectations. There is nothing more you can do. Think loving thoughts. Say loving words. Do loving acts. That's how you live by example. Make it part of your life, incorporate it into your current life. It's free and precious/divine. So at the end of your life you can say: I loved a lot.

If you want to be abundant, be abundant in love, it's simply a choice. Love is always infinitely abundant. It's your free will how much you recognize it and make use of it. With the right understanding and attitude, it's easy. It's not about "others don't love me, I don't have a life partner". Both of this can change pretty fast as soon as you simply give more love to yourself and others with simple acts of kindness without expecting anything in return. You don't need to direct love towards only humans or only one or very few humans and you are not dependent on whether and how much they show or give love too. The understanding is: the more you love the more love is in your life. Romantic love is just one of many types of love. Don't limit yourself. A person who is naturally kind to others and wishes them good is a person giving love, acting from a place of love. The more you do it the easier it gets and the more automatic it becomes. **I am kind. What would love do now?**

Love also means that you want the best possible outcome for everybody. Aim at the highest good that you can imagine and that would be a good that includes everyone. Align your attention with truth and love.

Contribute to the ongoing betterment of life on this planet.

I don't choose based on easy or difficult, but based on: it's worth my time and focus, because it's meaningful to me, because it potentially contributes to the betterment of life also for others not just short-term but long-term. I am interested in the long-term positive effects of my actions for others not just myself.

I am curious attitude with a tiny bit of smile on your face.

It replaces, provides a positive alternative to being: fearful, hesitant, doubtful.

Approaching it with a much more positive energy. Being ready to learn and experience something new and make the best out of it. Remember life is full of feedback and feedback in the form of "failure" can be used in a very positive way, it enables you to progress, to learn and adjust and experience more success as a result of that.

What's the next best thing to do now?

You stop placing your attention into the past and too far away into the future. Instead you make the best of now by choosing what is the next best thing I can actually do. The more you live like that, the more you start to enjoy life in general and even more new opportunities will present themselves to you as a result of such a way of living. It will be a natural flow of positive like vibrating synchronicities finding and attracting each other.

Always look forward and ask yourself what is it that you want to do next, what is it that you want from your life.

Life attitudes suggestions to choose from:

- I live from the heart as much as possible
- I let go of judging myself and others
- I am playful
- I am kind
- I am curious
- What would love do now?
- What's the next best thing to do now?

REMEMBER YOUR DIVINITY

*"We are not human beings having a spiritual experience,
but we are spiritual beings having a human experience."*

Take the time to remember your divinity, your spiritual nature. Remember why you are here. Meditation is one way of triggering your memory.

We must love one another, because love is the way home.
The soul has no race, no religion. It knows only love and compassion.

All of the great religions place a common emphasis on the importance of leading a spiritual life, on understanding the divine presence in and beyond all beings and things, on good deeds and service, on love and compassion and charity and hope and faith. All describe a life after death and the immortality of the soul. All stress kindness, forgiveness, and peace.

When you remember and fully embody your divinity again, then you are detached from, you rise above/beyond mind created suffering, you are no longer identified with it, you easily see through it. You can experience love, joy, bliss in a much deeper way. It is natural to you to express love and kindness without battles going on in your mind (comparisons, conditions, expectations). Much more people can be positively affected by your state of energy. Life and living is recognized as truly divine.

When you no longer need to reincarnate, when you have learned all your lessons and cleared all debts, then you are given a choice. You can return voluntarily in order to help humankind in loving service. Or you can stay on the other side, helping from that state. In both cases, you continue to progress along the heavenly dimensions.

DEPRESSION VS DARK NIGHT OF THE SOUL VS KUNDALINI SYMPTOMS

First for those who never heard about the terms Kundalini and Shakti. Here is a short explanation:

Shakti is energy.

Shakti is the primordial cosmic energy and represents the dynamic forces that are thought to move through the entire universe.

Shakti is the concept or personification of divine feminine creative power, sometimes referred to as "The Great Divine Mother".

Shakti is both responsible for creation and the agent of all change. Shakti is cosmic existence as well as liberation, its most significant form being the Kundalini Shakti.

Kundalini is the ancient, accepted term for the biological and spiritual potential of the human body.

Kundalini ("coiled one"), in Hinduism is a form of divine energy (or shakti) supposedly located at the base of the spine (muladhara). A force or power associated with the divine feminine, which when cultivated and awakened is going to lead to spiritual liberation.

When awakened, Kundalini is described as rising up from the muladhara chakra area, through the central nadi (called sushumna) inside or alongside the spine reaching the top of the head. The progress of Kundalini through the different chakras is believed to achieve different levels of awakening and a mystical experience, until Kundalini finally reaches the top of the head, Sahasrara or crown chakra, producing an extremely profound transformation of consciousness. When this happens, you will see the world in a different way.

The entire manifest universe is due to the play of the Kundalini-Shakti.

Most common kundalini awakening related symptoms are:

- insomnia
- becoming open to psychic phenomena – can be too much and scary for some
- shivers along the spine
- thoughts that your brain is being wired
- pain in the head or in the body around old injuries
- shaking and jerking in the body, usually totally out of the control of the person
- spontaneously arising kriyas (yoga practices), mudras (hand gestures), bandas (body locks), asana or pranayama. Usually, the person has never studied or learned any of these spontaneously arising practices.
- feeling heat in various places in the body such as in the spine or in specific

chakras

- increased sensitivity to external things (food, media, people and places)
- more sensitive to light and noise
- flashes of bright white light
- hearing unusual sounds
- new food sensitivities
- waves of intense pleasure or bliss and emotional shifts or mood swings, well beyond the normal

Don't make the assumption too soon that it has to be due to kundalini, but it is good to know that it may be due to kundalini, and that in that case the approach for dealing with such symptoms differs from traditional modern medicine approaches.

Not every kundalini awakening is accompanied by all of these. And don't make the assumption that due to such symptoms, that it is something bad, unwanted, not at all. But you cannot stop it, you shouldn't try to stop it, instead the best way is to support the process the best you can, not resist and suppress it.

When talking about kundalini related symptoms, we are actually referring to the physical, energetic and mental blockages that are not allowing the awakened kundalini energy to flow freely. If it can flow freely, if you have prepared well by proper nutrition, doing practices which cleanse the energy channels, etc., then you would experience much less symptoms and/or much milder, and start to experience mostly the benefits.

Kundalini symptoms start to become more common nowadays, probably also due to the rise of consciousness on the planet. There can be many triggers that can activate the awakening of Kundalini, such as: meditation, shaktipat, intense energy work, it can happen also due to some drugs overuse, or some traumatic experiences, or in some cases during some sexual experiences (for example it may happen in some cases when using some sacred tantric practices), or even suddenly seemingly out of nowhere a sudden shift in consciousness can occur, (Collision With the Infinite: A Life Beyond the Personal Self by Suzanne Segal; also listen to the life story of Eckhart Tolle about his sudden shift in consciousness out of a very deep state of depression). Many doctors and therapists still don't know much about it. An increasing number of people start to have spontaneous kundalini awakenings without focusing on it, without being aware that something like that even exists. Some people may be doing yoga and other related practices such as eating healthy, regular deep tissue massages, occasional energy healing sessions, dancing, breathwork sessions as a type of therapy, etc., simply for the health related benefits or working through some deep emotional traumas, not because of some deeper spiritual intentions. These people may also be totally unaware of the existence of kundalini, but they are making themselves more prone to have a spontaneous or unintentional kundalini awakening experience.

In case you are experiencing some form of depression, it may be beneficial for you to

consider whether it might be related to your kundalini or not. Because if yes, then there are certain approaches how to go about this, which will be much more beneficial for you.

If you know it is related to kundalini, then you can avoid taking medications that do nothing to address the root cause of the blockages.

What is needed and helpful is to support the nervous system to be able to handle more energy and help open up the channels of energy, but also avoid over-stimulation in case a kundalini awakening has already started.

When the kundalini is awakening, a very deep and accelerated cleansing and healing is taking place, but this may (must not) come with phases of intense suffering (some people often call a part of this phase as “dark night of the soul”), especially if you don't know what is going on and don't know how to support this process. It can be easily mistaken for "just" depression, but in case of Kundalini symptoms, certain different approaches are much more suitable. It is advised to change/adjust your diet, stop doing certain activities, which are counterproductive, receive further guidance in answering your concerns.

First, understand that from a higher perspective, a kundalini awakening is one of the biggest blessings one can get/have/experience. Many spiritual people consider the highest purpose in life the realization of divine love/bliss within, the realization of God and Oneness/Unity, going through various types/levels/stages of samadhi, a state of consciousness. It gives you certain understandings and you perceive life in a different way.

But, if you have a lot of psychological or emotional blocks, the Kundalini will very likely not move smoothly through the chakras.

Raising the Kundalini is not encouraged without proper energetic, physical and psychological preparations under the supervision of an experienced teacher!

A spontaneous awakening can be a frightening thing, but kundalini awakening is the evolutionary destiny of us all.

It is the natural evolution of the human being, awakening to higher levels of consciousness.

A full kundalini awakening is a specific energetic experience, that means all of the knots and issues of the psyche have been resolved. Most kundalini awakenings are partial, and throughout several years it could become a full kundalini awakening.

Kundalini is divine and sacred.

Goal is liberation.

It's a spiritual process.

"Fast & Forced" is the wrong attitude.

A truth misunderstood can be very harmful.

Misunderstanding certain spiritual teachings can lead to causing some form of unhappiness, apathy, depression, and disinterest in living.

Nowadays it becomes easier to come by half-truths, false-truths, untruthful harming claims, out-of-context claims, easy to misunderstand statements.

I don't want to focus too much on how to awaken the kundalini, I don't want to go deeper into details of the techniques, but rather give some recommendations in case you already had or are having some kundalini related experiences. So that you know where you can get help and more information, because not everybody is able to find it easily themselves.

There is a supportive Facebook group, where you can become a member, it is free. It has already many questions answered, and you can ask your own questions there too. <https://www.facebook.com/groups/awakening.kundalini/> - has over 65k members
The group is led by: <https://advaitashram.org/>

Obviously, the best people to give advice are those who already went through their own kundalini awakening process and have learned a lot about it and have a much better understanding of it, and have talked to many others who also had similar experiences. Talk to such people before you decide to awaken your kundalini. For example, there is a woman who specializes on helping people who are going through their kundalini awakening and integration process. Her name is: Tara Springett. She wrote the book: "Enlightenment Through the Path of Kundalini: A Guide to a Positive Spiritual Awakening and Overcoming Kundalini Syndrome". If you want to contact her, go to her website: <https://www.taraspringett.com/>
Here are further suggestions, but note, that they are not the only ones, you may also find other teachers. I am just giving a few more options to consider:

- Debra Casagrande: <https://debra-casagrande.com/>
- Kara-Leah Grant: <https://karaleah.com/work-with-kara-leah/#1473820091137-4d61e27a-1723>
- Leila Eden: <https://www.whenkundaliniawakens.com/support-services-1>
- Tao Semko: <https://taosemko.com/> - he knows many more
- Further resources for help can be found here:
<https://kundaliniawakeningprocess.com/blog/further-resources/>

Not every energy worker, and energy healing modality is suitable, for example to avoid over-stimulation is important, that's why it is best to consult with somebody who had a kundalini awakening experience themselves and has experience with consulting others with the focus on what is good and not good when dealing with kundalini symptoms. You could even have a first consultation session with several experts and then decide which one you wish to continue consulting with.

For those who didn't have any kundalini awakening, or any symptoms closely connected to a kundalini awakening yet, but are highly interested in this topic, my first advice, before you do everything on your own, is to consider receiving

Shaktipat. This is said to be the safest path. Kundalini awakening is not just about receiving shaktipat once and going into samadhi for the rest of your life. No, you may receive it many more times afterwards to boost and accelerate your process even more, or get through some stages, where you feel stuck for a longer time. Its main benefit is giving an extra layer of safeness or protection, a guidance for the energy to not go out of control or not go too fast. Awakening kundalini is more about reaching your highest potential and being of even bigger beneficial help to others, in whatever way you feel inspired by, from a higher state of being, infused with the energy of divine love. Or simply, when you reach a higher state of consciousness, you are able to live your life naturally in a kind and loving way, which automatically has a positive effect on your environment and the people you meet. We could say, you will carry more love and light with you wherever you go.

Some offer Shaktipat also in absentia, where you don't have to meet in person.

But know, that the process of going through a kundalini awakening, without doing certain supportive practices and without an experienced teacher, can be very hard and challenging for many. The changes, which come with kundalini often lead also to the end of relationships, work situations and old ways of being and letting go of attachments.

Kundalini awakening and integration doesn't end with receiving Shaktipat. There is a spiritual practice that a person usually adopts such as daily meditation, some type of exercise like yoga, qigong, dietary adjustments, and some other lifestyle changes depending on your current lifestyle. Kundalini awakening can be highly challenging.

From my perspective, if you are a person who is already interested in yoga, in meditation, in exploring consciousness, perhaps already tried some plant medicine too and you got some insights, you are already on a healthy diet, and you are truly interested in exploring and reaching your highest potential, and you have an internal desire to live a life full with love and kindness, and be of service to others, then in this case I highly recommend to go and explore kundalini and integrate certain additional practices into your lifestyle. Go check out the resources and the people I am about to mention and see what and who you resonate with to find more about and meet. And do your own research. Through the resources I share, or through your own research, you may find something that is meant to be the best for your path. It's a process. It takes time to dive deeper into it.

But know, that once kundalini is awakened, there is no more going back, you can't suddenly change your mind, you will have to do your best to not resist it, to integrate it, and make lasting changes in your lifestyle.

When the kundalini awakens, purification takes place. Your body begins to break the habit of old adaptation and rises to meet a higher vibration, a higher vibrational quality that it has not yet integrated into. The body-mind has to catch-up to this heightened awareness. Integrating/accommodating to the raw shakti, divine love and non-dual aspects of consciousness. You have to love yourself entirely. You have to surrender all your fears, stop resisting anything. Surrender that it's going to continue

to guide your life. It is a process of spiritual evolution. You have to surrender that you don't know how long this process will take. You can't put a conventional time frame, or promise, or guarantee a certain time frame, for awakening to occur. It just occurs. It occurs when all of you is ready to receive it.

It's important to note that the structure of the personality remains intact.

The Kundalini is an invitation to live in the world, awakened.

There can be beauty in living on this planet as unawakened and also as awakened.

It can be challenging living on this planet as unawakened and also as awakened (among unawakened) depending on which level of awakening you are at.

Becoming awakened is ultimately the evolutionary path we are all on.

There are many ways to go about it.

It may not appeal to you yet, it may not be considered as relevant by your current mind yet, but perhaps in a few years it may change, you never know.

Awakened kundalini often results in (kundalini awakening is not for everyone):

- enhanced human experiences and also going beyond human experiences, increased perception of the outer and inner realities, increased number of mystical experiences
- heightened intuition
- expanded charisma
- increased creativity
- increased vital energy and healing abilities
- more compassion and empathy
- access to absolute awareness (the fully enlightened mind, primordial consciousness)
- thanks to more/additional wisdom and recognizing cause and effects – ability to do things more skillfully and more effectively

Why awaken Kundalini?

- if you are driven to experience Union while being in a physical body
- if you desire to experience divine love, which in its essence is not based on anything external, but can be also recognized everywhere around you, not just based on some few mind created associations
- if you are interested in having your own stronger experiential understanding of higher wisdom
- if you are interested in healing of yourself and help others in their healing in a more enhanced/heightened/powerful way

During the process of spiritual awakening one can come by the term siddhis.

Siddhis – material, paranormal, supernatural or actually supernormal powers, abilities, and attainments that are often the products of yogic advancement through sadhanas such as meditation and yoga. Siddhis are not the goal of spiritual practices/advancement/growth. They are not representative of how much you

progressed on your spiritual path – a person without any siddhis can be much further than a person who has some siddhi. They are not necessary at all to attain self-realization, enlightenment, liberation, Union with Source. And they are regarded as distractions from the real goal. Especially if misused or putting too much focus on them, it can hold you back in your progress towards other aspects of consciousness. They can lead to pride, arrogance, greed, lust for power, manipulation.

My personal opinion is: siddhis are just considered supernatural, because it is yet uncommon for the majority of people to have those abilities. If it is ok to use our standard five senses, or use our IQ or intelligence for something beneficial, useful, inspirational, etc., it can be ok to use certain siddhis-abilities also in positive ways so that it doesn't harm you/others and it is used for something considered as positive.

Just a different way of interacting with energies and using consciousness with no negative intentions in mind and not forcing anything on anyone. Letting go of fear based definitions, beliefs, and acting from the natural state of being which is peace, love, goodness. We are in search of establishing this natural state of being and clearing out certain concepts, beliefs, behavior, etc. which are our current conditionings, which are limiting and out of alignment with our true core Self.

Siddhis are not bad, but they can be misused and can distract you from your path. It is not advised to have it as your main goal or see it as something to measure the level of your progress towards reaching, realizing, living from higher levels and aspects of consciousness.

If it excites you, feel free to explore it as part of your unique journey and expression of your energy. Stay aware of consequences of your actions in general.

Actions based on love, kindness, compassion, goodness, joy, peace, are regarded as meaningful, fulfilling, and promote happiness and other positive feelings, and create positive consequences for yourself and others.

Find a spiritual practice that connects you with your own Life-Energy, your own Consciousness, and practice that. That's the best way to approach enlightenment, because you'll never get to enlightenment by reading about it. It's not in a book. It's not in a series of books. It's something that comes about through these interrupted periods in your life when there is an influx of spontaneous grace. It's when you're thrown off track, when you start to meet the unpredictable, that you get this glimpse of That which is beyond time.

If you are interested to find out more about kundalini, here are some resources:

- [kundalinisummit](#)
- for more resources visit my Facebook page/group, educate yourself

If you want to meet some people who are living from a higher state of consciousness (note that not everybody is giving Shaktipat, but spending time close their energy has usually some positive effects on your energy field, consciousness), here are a few names (in no particular order, some offer online group meditations too):

- USA: David Spero <https://www.davidspero.org/>

- Canada: Clare Blanchflower pura ma <https://clareblanchflower.com/> , <https://www.youtube.com/channel/UCqH-X0LHTQMgEnPEI3PK-2w>
- India: Shri Anandi Ma <https://dyc.org/>
- India: Amma (Sri Mata Amritanandamayi) <https://www.amritapuri.org/> , <https://www.amma-europe.org/>
- Germany: Vivek (Jürgen Eibl) <http://vivek.life/>
- Denmark: Jan Esmann <https://shaktipat.one/>
 - "It's all about love, devotion and surrender"

When you sit with an individual who is radiating Consciousness, there is a great energy about their Being that can be sensed and absorbed.

The Transmission of the teacher functions as Grace to bestow the liberation that you are seeking.

Once you've found a really potent communicator of the Supreme Reality, if you're having ongoing experiences with that Being, stay around longer and make the best from this relationship.

Some practices/options as preparation for awakening kundalini:

- KAP: Dr. Glenn J. Morris's Improved Kundalini Awakening Process: <https://kundaliniawakeningprocess.com/>
- Also called KAP, but something very different, Venant Wong's KAP: <https://www.venantwong.com/> he trained several facilitators worldwide
- Tibetan Tummo
- Reiki Tummo: <https://www.padmacahaya.org/> , <http://www.reikitungmo.org.uk/>
- Kundalini yoga (a more forceful approach, forcing is not recommended), longer (min. 1h) breathwork sessions several times per week, Maha Bandha (combining the three bandhas – energy locks / intentional contractions of specific muscles or parts of the body in order to redirect energy flow within)
- Be kind and loving to everyone, meditate, ask for grace

These are just some of the practices. Usually most of the spiritual masters/teachers who can transmit shaktipat have their own recommendations for suitable practices.

An additional preparation for a kundalini awakening can be also the following online course created by Dr. Joe Dispenza:

<https://drjoedispenza.com/collections/videos-online/products/special-online-intensive-online-progressive-pay-per-view>

Side note: Carl Gustav Jung, a famous well-known Swiss psychiatrist and psychoanalyst who founded analytical psychology. He talked about Kundalini in a seminar on Kundalini yoga, presented to the Psychological Club in Zurich in 1932, which has been widely regarded as a milestone in the psychological understanding of Eastern thought and of the symbolic transformations of inner experience.

<https://www.amazon.com/Psychology-Kundalini-Yoga-C-Jung/dp/0691006768>

MOTIVATING POSITIVE LIFE REMINDERS

The world needs more people who have a better understanding of happiness, kindness, and love. The world needs more people who are happy, kind and loving.

About happiness:

- You cannot be happy and serious at the same time. Why are eternal spiritual beings so serious? Isn't there a better way of feeling then serious? Playful?

Happiness is a way of travel not a destination.

A happy person is not a person who's always in a good situation, but rather a person who always has a good attitude in every situation.

What makes you happy? Generally speaking, any of the following can do it and any of it can make you also unhappy if you let it/allow it:

- EXPERIENCEing something (giving, receiving, perceiving the internal and external environment and interpreting via beliefs)
 - mostly through THINKing and interpreting something
 - and/or through DOing, using your senses: SEEing, HEARing, SMELLing, SAYing, TOUCHing something

You can be happy for many reasons:

- When you receive something you like.
- When you win something that you value.
- When you eat something very tasty.
- When you experience success moments.
- When you meet or see a certain person.
- When you have a good time, for some it is while dancing.
- When you are laughing a lot.
- When you are doing some of your hobbies.
- When you are having a wellness retreat.
- ...

But from a higher perspective: Happiness is also the spiritual experience of living every minute with love, grace & gratitude.

If you want to find happiness, find gratitude.

If you want to find happiness, find love.

Our days are happier when we give people a bit of our heart rather than a piece of our mind.

Happiness grows when you share it.

Do more of what makes you happy. Create such moments consciously more often, and appreciate such moments more.

Happiness is a choice, not a result. Nothing will make you happy until you choose to be happy.

Happiness comes from the way you think.

Train your mind to see the good in everything. Positivity is a choice. The happiness of your life depends on the quality of your thoughts. Happiness is thinking happy thoughts.

If you want to attract happy, positive things – become a happy, positive person! Work from the inside out!

Happiness is an attitude, it's seeing the good, the fun, the love..., and it's creating it regardless of the circumstances.

Happiness is an attitude of gratitude, kindness, love. Wish yourself and others kind things on a regular basis and anticipate good things happening.

Someone else is happy with less than what you have.

The happiest people don't have the best of everything, they just make the best of everything.

If we don't feel grateful with what we already have, what makes us think we will be happy with more?

The way to true happiness is to show kindness, live in the moment, and always move forward.

Happiness doesn't require complexity, deserving, money, waiting.

If you can't say "I am happy", see if you can say "I choose to have a good mood and make the best out of every situation".

Stop waiting for Friday, for summer, for someone to fall in love with you, for life.

Happiness is achieved, when you stop waiting for it and make the most of the moment you are in now.

Happiness isn't about getting what you want all the time. It's about loving what you have and being grateful for it.

You can be suddenly much happier, if you focus on the things you do have and not on the things, which you don't have.

Date: Today. To do: Be happy!

I am in charge of how I feel and today I am choosing happiness. Decide every morning that you are in a good mood. Imagine yourself happy.

If you want to be happy, you have to be happy on purpose. When you wake up, you can't just wait to see what kind of day you'll have. You have to decide what kind of day you'll have.

Happiness is something you can create and experience by using your thoughts and actions. Create it. Don't wait for "random" events especially with a bad mood. Change what you focus on. Put on the positive perception glasses today.

Happiness is homemade. Happiness is always and inside job. Think happy be happy. Look for ways to be happy every day.

Waiting for someone else to make you happy is the best way to be sad.

Don't put the key to your happiness in someone else's pocket.

If you wait for the outside, circumstances or others to make you happy, you will spend most of your life waiting.

Judge nothing, you will be happy. Forgive everything, you will be happier. Love everything, you will be happiest. Love, forgive (because you love yourself), do not judge (mental commenting/labeling, just be the awareness, the observer).

Optimism is a happiness magnet. If you stay positive, good things and good people will be drawn to you.

Saying yes to happiness means learning to say no to things and people that stress you out.

Happiness is contagious:

- if you are happy, you give others invitations to become happy too
- if you are with people who are happy, you get to experience their positive vibes if you allow it

Become the happiest person you know.

How to be happy, how to love your life more: Find three hobbies you love: one to make you money, one to keep you in shape, and one to be creative.

Doing what you like is freedom. Liking what you do is happiness.

Strive to have a positive mind, be grateful, be kind, be loving, strive to do what you love to do, and you will even forget about happiness, because your life will be

wonderful.

Make a list of things that make you happy. Make a list of things you do every day. Compare the lists. Adjust accordingly.

On the emotional scale of feelings, there are higher feelings than happiness. If you ask yourself how to be happy, what makes me happy, don't forget to also ask yourself how to be excited, joyful, how can I feel/give/receive more love, gratitude, kindness, goodness, etc.

Don't think only in terms of happiness. Be open for much more goodies.

About kindness:

- Let's be better humans.
- Be nice first.
- Never get tired of doing little things for others. Sometimes those little things occupy the biggest part of their hearts.
- Helping one person might not change the whole world, but it could change the world for one person.
- A little spark of kindness can put a colossal burst of sunshine into someone's day.
- When you see something beautiful in someone, tell them. It may take a second to say, but for them it could last a life time.
- Kindness is a wonderful way to let another struggling soul know that there is still love in this world.
- Be the reason someone believes in the goodness of people.
- Be kind to unkind people, they need it most.
- Be kind. For everyone you meet is fighting a battle you know nothing about.
- Kindness makes you the most beautiful person in the world, no matter what you look like.
- Always be a little kinder than necessary.
- In a world full of people who couldn't care less, be someone who couldn't care more.
- In a world where you can be anything, be kind.
- Be kind like your day depends on it, how kind you are so kind will the day be back to you.
- Know that your kindness has a ripple effect in the Universe.
- Be kind, always.
- How to be kind:
 - a pleasant smile
 - a kind word, a spontaneous compliment
 - a sweet gesture
 - a shared joy
 - a helping hand

Strangers must approach other strangers with these benevolent actions. Kindness and caring cannot be reserved only for our families and friends. Otherwise, society will not change at all. We need to reach out to all the others, not merely those like us. People would feel nourished by the kind gestures of others and little by little a transformation of our society could begin and continue. Practice kindness that comes from your respect to everything in existence. Kindness has a potential to bring the biggest change in the world.

About love:

- What is your Religion? My only religion is LOVE.
- Who loves is happy.
- Love starts with self-love. Love yourself first. You carry so much love in your heart, give some, to yourself. Self-love includes saying highly positive things to yourself. When you let go of your negative thoughts, you will discover more of self-love. A person who loves himself doesn't think negatively of himself.
- Self-love is asking yourself what you need – everyday – and then making sure you receive it.
- Love yourself as much as you want your soulmate to love you. Treat yourself like you would treat the person you love the most.
- Love yourself:
 - enough to take the actions required for your happiness
 - enough to cut yourself loose from the drama-filled past
 - enough to set a high standard for relationships
 - enough to feed your mind and body in a healthy manner
- See life/reality through the eyes of love.
- Do small things with great love.
- Do what you love and you will never work a day in your life.
- By doing what you love, you inspire and awaken the hearts of others.
- Love like you've never been hurt. Don't hold back of love. Why love just let's say 20%-30% if you can love 100%?
- Eat like you love yourself. Move like you love yourself. Speak like you love yourself. Act like you love yourself.
- Don't change so people will like you. Be yourself & the right people will love the real you.
- It is not how much we give – but how much love we put into the giving.
- The purest form of love is unconditional love, expressing your love and expecting nothing in return. By giving love away freely you become a spiritual millionaire. Give the purest form of love whenever you can.
- Love exists always in every present moment. It is always available as a choice to become aware of it and feel it (for example when you remember or imagine something happened where you felt a lot of love, you can feel love again in this moment in this now).
- Everybody is important. Everybody deserves love.

- Love is free. Love matters. Believe everything is possible with love.
- Keep love as a guideline, let love be your guide, while taking one day at a time.
- Live to love, love to serve.

About peace:

- Inner peace begins the moment you choose not to allow another person or event control your emotions.
- Peace. It does not mean to be in a place where there is no noise, trouble or hard work. It means to be in the midst of those things and still be calm in your heart.

About life:

- Become and be best friends with your mind (this is a no-brainer, no negotiations). Let your mind melt into goodness towards yourself.
- Carpe Diem. If you ask me why I am always so happy and why I smile all the time, I am going to ask you to do the same, because we all die in the end. Our experience on the planet has a time limit, choose to spend life in harmony, with laughter and love rather than creating drama.
- How people treat you is their karma; how you react is yours. Don't react as bad as they are, but as good as you are. Do not absorb any negativity. Do not give back any negativity. Nothing positive comes from being negative. Create and give positivity for yourself and for others. Thinking negative thoughts doesn't create a positive life. Similarly, doing things that you dislike or hate or make you too tired and too stressed will not give you feeling positive emotions either.
- I never heard someone complaining: I regret following my dreams and doing what I liked, I regret doing sport, I regret eating healthy.
- People are habitual, if you don't change some of your daily habits, if you don't start any new habits, you will likely remain where you are now, because you will keep doing what brought you to where you are now.
- In an ideal way of living, we should/would enjoy every single step we make.
- There exists a life in your imagination, which you would really like and enjoy, go and make it happen, go live it, go!
- Let us not look back in anger or forward in fear, but around in awareness.
- The world was made for those who can begin again.
One day or day one. You decide!

If you are always seeking for perfection, you will never be satisfied in life.

Everybody is perfectly imperfect.

Be a person who loves, not a person who "is perfect".

When you love, you love perfectly.

The only lasting beauty is the beauty of the heart.

GET IN TOUCH & FEEDBACK

Feel free to get in touch, to give me feedback, suggestions, to keep improving this book so that the information can help even more people.

English is a foreign language for me, so sorry for some formulations and mistakes, I hope you could still enjoy the core messages in the book. I am happy to accept constructive suggestions.

Feel free to like and share via social media. This version of the e-book remains free.

Link to homepage: <https://helphealdepression.com>

Link to fb group: <https://www.facebook.com/groups/helphealdepression>

I invite you to visit and take a look.

If you want to receive some updates, news, from time to time from me, such as when a new updated version of this book comes out, announcements about some events, some new articles, or a monthly summary about what is new, then feel free to do it: visit the following page to subscribe to a newsletter:

<https://helphealdepression.com/contact/>

If you want to talk to me (skype/zoom or in person), if you have several questions you would like to ask me, feel free to reach out to me, ideally without any expectations and with an attitude of being friends (unity and equality and kindness; we are all beautiful souls). You can find more contact information on the homepage:

<https://helphealdepression.com/services/>

<https://helphealdepression.com/contact/>

I like to travel, I am looking forward to travel more, maybe I can visit you while traveling and you can give me good tips about what to visit, and what to do in your area? Social connections and talking, spending time together is welcome. If we don't know what to gift others, we can gift them experiences and our presence.

Do you have experience with some forms of internet marketing? Can you/would you like to help me to promote the e-book to reach more people?

Do you have experience with managing some social media accounts?

Feel free to contact me by using the following contact form:

<https://helphealdepression.com/contact/>

I highly appreciate your support.

If there are helpful and working solutions already available, let's share and make them more well-known and accessible to more people.

KINDLY NOTE:

The creation of this book/e-book required a lot of time and resources.

It took several months of many hours of daily focused effort.

The digital version of the book is free, because I would like to reach more people, also those who cannot afford to buy a book, because I value lives more than money, so money should not be the deciding factor in education and whether to read something that interests you or not. This book is not yet available in libraries, but one day it may be.

Instead of buying it before reading, I decided to make it voluntary to decide only after reading it. Giving you access to information and the freedom of choice.

It's your choice based on how much you liked the book (if at all) and how much is the right amount for you. You may make comparisons like: is/was it worth the price of a dinner, or the price of going to the cinema, or the price of a regular book?

You may buy it at any time after reading it.

If you wish to buy it, you will be able to find a way on the homepage:

<https://helphealdepression.com> or use the contact page if you have any questions.

There is also a possibility, if you visit the homepage, to donate starting from just \$1, whatever amount feels right to you, that gives you the freedom to choose the amount that you feel good about. (*Note: the currency is first displayed in EUR, which is the currency used in several countries in Europe in the European Union, which is where I live. Today (June 2020): 10 EUR is \$11,22:*

<https://www.google.com/search?&q=10eur+in+usd>)

If you simply cannot afford not even \$1, or for example, you do not have a bank account/credit card, I still highly appreciate, if it truly helped you, if:

- you can write me some feedback (you can use the [contact page](#) or the [facebook group](#)),
- and/or share this book with somebody else, who you think may be interested in reading it too.

THANK YOU!!!

Another reason to donate is: if you wish to contribute to having this book published and made available for even more people. If you have any book publishing related help, feel free to use the [contact page](#).

I hope the book was not just an average book, but made you think and engage more deeply, hopefully in a positive and motivating way. Even if the majority of the chapters were for some reason not your cup of tea, if just one chapter, something in it was truly highly positively transformative for you, then I am happy for you.

FINAL WORDS

It needs taking action and usually not just once, but creating new habits and incorporating certain actions into your lifestyle. You cannot continue living in the exact same way and expect that everything will change on its own after reading a book. If you are wired to think and react in certain ways, this same way of living will continue giving you same results. There is plenty of actions recommended in this book. You can start by doing some of the exercises introduced in this book more often. Keep reminding yourself of some positive truths so that they stick with you. Let it be part of your daily dose of inspiration and self-motivation. You are you, unique, with your unique essence, upbringing, environment, perception of life. Take responsibility. Listen to your heart and intuition (the first few seconds before the mind takes over) to take clues where to start and how to continue, and make it happen. Don't fear, you were born to do this.

We as eternal beings became good at fearing so many things in life and taking too many things super seriously instead of loving and enjoying life playfully, and following our hearts and excitements with full confidence that it is the right thing to do. To see/get results, you have to take action. The most common reason why people don't take action is because of FEAR.

What is fear? It has several acronyms such as: False Evidence Appearing Real or Failure Expected And Received. But, essentially fear is: Anticipation of pain – imagined future by the mind, an imagined what if drama & disaster and you buy into it, the stories you make up hold you back. Fear is created by the mind. The function of the mind is protection – you stay where you are, you don't take action in order to avoid experiencing pain. Practice taking action in spite of fear, doubt, and inconvenience, if you want to move forward, if you want to learn something new, if you want to explore life. Instead of the word “fear”, use “curious for feedback”, I give my dreams the chance to come true by doing things I haven't done before and learning so much along this wonderful path of following my heart's guidance.

How to let go of certain types of fear?

- Stop anticipating bad things, master your mind and thoughts for example by regular daily meditation and start anticipating positive things and outcomes, anticipate good stuff: “good things are going to happen soon” – consciously change what you are choosing to focus on. Body language such as a gentle smile and an attitude of playfulness helps to enter such a state of being much more easily, because your body language influences your mind.
- Do things that you love every day.
- Express love towards others for example by words and acts of kindness. For example wishing others good stuff such as “I wish you a beautiful day”, “I wish you a lot of love” said a few times during the day to a few people silently in your mind keeps your energy aligned with positivity.

- Learning and applying daily for a few minutes some energy self-healing intentions & visualizations for yourself is also a way of self-care where you focus on loving yourself and that has a positive effect on your overall vibration you emanate and live life from.
- Take some short time every day for inspiration – do something that inspires you in some way: read a quote, watch a short video, look at a photo of a person who inspires you, remind yourself of a vision of future that inspires you, and act out of this positive inspiration.

By doing these various positive things, you are cultivating and expressing more positive energy, and that's an improved way of living life.

How you use your time now will determine your future.

The emotional state of being you keep sending out will determine what type of energies you will receive/attract next.

Old ways won't open new doors.

Start doing some new useful/positive/meaningful things regularly/daily you were not doing before.

Take action and find out what you like and what you don't. You have to take action first to figure it out.

Stay committed to a better life. Commitment means **STAYING LOYAL**, to what you said you were going to do, long **AFTER** the **MOOD** you said it in has **LEFT** you.

One of the most powerful ways to positively influence/change your experience of physical life is by caring what thoughts you think and directing your attention towards thoughts that are positive and love-based, **REGARDLESS** of your current circumstances and experiences. Circumstances don't matter, only state of being matters. Choose the state of being you prefer and then redefine the circumstances from that state of being.

Be aware that: If you keep thinking **THAT**, if you keep saying **THAT**, if you keep feeling **THAT**, **THAT** will be the reality you will experience. If you will keep thinking and saying and feeling negative/limiting thoughts/words/beliefs/feelings – that is what you put out and the reality you create will have no other choice, but to reflect it back to you and attract reinforcing experiences. So be more aware what you are thinking and saying and feeling! Care what you think, care what you say, care what you feel. That is one of the fastest ways to change your reality, to change your life: consciously make and focus on positive choices.

What is life? Life is what you make it!

Energy flows where attention goes. To get what you really want in life, you need a clear goal that has purpose and meaning behind it. Once this is in place, you can focus your energy on the goal and keep taking massive determined action, and this time: follow through!

If you put in time and effort, you will see results.

Life is what you do today. Whatever you do today and every day – that is your life. Your future is greatly shaped by the activities you do today (every day) and the thoughts you will think today. How do you truly want to spend your time, your life? What matters to you the most, what makes sense to you the most?

The path of following your dreams is never the wrong path.

It is never too late to follow your dreams.

What is the meaning of your life if you are not: following your dreams?

What is the meaning of your life if you are not: doing what excites you the most?

What is the meaning of your life if you are not: doing everything you can to reach your goals?

Don't wait, don't just think about it, don't just talk about it, be it, feel it, do it!

Even if you "fail=learn new lessons about what to change/adjust/improve" a 1000 times, eventually you will succeed and it will be sooo woorth it.

Stop being afraid of what could go wrong and start being positive about what could go right. Stop being creative about all the things that could go wrong, start being creative about all the ways you can make it happen.

Not pursuing your job calling or life calling or heart calling makes you unhappier. Say yes to your dreams. Stop holding back from realizing and using your potential. What's holding you back?

The ONLY thing holding you back is your MIND.

There is absolutely nothing bad or difficult, only thinking makes it so.

Would you do it if you knew you could not fail? Do your heart a favor and do it.

Failure is just the guiding principle of learning doing adjustments and learning about even better things along the way to success.

Why keep learning life lessons on a journey, which has nothing to do with following your dreams, if you can instead learn life lessons by/while following your dreams?

Do it for yourself. Trust your journey. Let your heart guide you.

Enjoy the process. Follow your dreams and do it in a way, which is enjoyable, learn to enjoy the whole process. There is absolutely no reason to keep the joy component out from the path of making your dreams come true. Remember, your state of being is everything, it is your energy, which attracts like energy, you have no other choice, but enjoy the process if you want to enjoy your life and attract joy into your life. Do what you love, love what you do.

Every moment is a fresh beginning.

All we have to decide is what to do with the time that is given us.

Make a difference in the world. Discover what you are capable of.

May many beings benefit even more from your living and loving.

DO SOMETHING TODAY,
THAT YOUR FUTURE SELF WILL THANK YOU FOR.

Love is the way, the heart is your guide. Love the journey, the spontaneously unfolding multifaceted adventures. Be open minded and curious. Remove the narrow filters of expectations. Stay free from attachments of any kind. You are already whole and complete. Remember your divinity, and the joy of being will be with you regardless of any outer circumstances. Be free of unuseful judgments of a limited mind. Explore and express your authentic self freely, without holding back anything, so don't judge and don't expect anything, follow and express your heart's guidance. Be free to learn, to interact with people, animals and nature, to play, to smile, to do physical activities, to read, to explore whatever you are curious about, with integrity, kindness and the intention of not harming anything or anyone. It's not so much about what you do, but also and much more about how you do it, the attitude how you approach and look at things. Do it with love, joy, kindness. If you can't, you either have to heal and let go something or do other activities, where it is easy and natural to do them with love, joy, kindness.

When you also keep following the journey of remembering your divinity, know that you are supported, and it is a journey worthwhile following. Living life from a state of being, where you are fully in touch with your own inner power, is like feeling fullness of happiness, fullness of satisfaction, and nothing in the outside can change it and take it away, you can always return to this feeling and state of being at will. Let's be better humans. Let's discover our true potentials. It's a journey within. It's reaching, embodying higher states of consciousness free of certain limitations, free of identifications with limiting thoughts. Love, not conditional, not mind created. Divine unconditional love. Perceiving and feeling it. Be deeply committed to a yogic spiritual path. Understand what it is and enjoy the path. Use the outer world for remembering your divinity, not for distracting yourself from it, it can do both, you have to make up your mind and decide what you truly want and what makes sense to you. Do you want unconditional love, inner peace and freedom, or do you want conditional love and identifications with thoughts and limiting belief systems? Learn, grow, have fun while being on your unique path.

"We still need to learn what LOVE means"

We are extensions of love. We are here to learn how to embody and express this love towards all life (planet, plants and animals, humans).

We need to recover our true nature, which is our spiritual nature. It's time to consider and understand the spiritual nature of our reality, how it creates physical reality, and start to embody it.

Work with energy by generating specific frequencies within your body. Generate a feeling of peace, generate a feeling of love in your heart and hold it. The longer and more often you do this, then you can go to a higher state of consciousness.

Your perspective, the way you see the world will change.

How we see the world is a direct mirror of how we feel about ourselves and the dominant emotions and thoughts that we feel and think.

When we change our state of being, we get access to different energies.

The spectrum of energy here on this planet is huge, it's infinite. It's our perspective that grabs the energy and makes it visible to us, that makes it an experience for us.

Every day we wake up, the day can be anything, and we determine it based on what we think and feel, we grab from that infinite spectrum what we are.

We are spiritual beings that work through resonance, we grab energy based on the frequency that we are. If you understand that, and especially if you use that, embody it, generate specific positive emotions inside of your physical body, then your experiences change. This world works via resonance. Only knowing it as a logical spiritual thought is not embodiment. If the information stays only at an intellectual level, then you are bypassing embodiment, and not using it in ways you could. Go for embodiment, embodiment of the soul. So that you can start to see much more light all around you. We create our perception based on what emotions we feel, how much warmth (love, peace, joy) we hold in our hearts. We are much more powerful when we embody love, peace, joy. It takes courage to develop this, to go inward and generate these emotions inside of you.

Let's remember who we are and what we are capable of.

APPENDIX – ADDITIONAL INFORMATION

EXAMPLE FOR IMPROVING YOUR EMOTIONAL WELL-BEING BASED ON USING INFORMATION FROM THIS BOOK

Remember: you cannot change how you experience yourself and your life, if you do not change anything, such as and mainly, whether all of the following is supportive:

- the thoughts you keep thinking
- the activities you do daily
- the environment (including the people you meet, and any other outside stimulus) you interact with, the energy of it
- your body (bio-chemistry) and energy field, your state of being and attitude

Here are some possible actions you could take to introduce several changes in your life. Just one will be not enough. Ideally at least two different for the body, two for the mind, two for the spirit. Find out which ones work for you particularly well, means you see and experience positive results in your well-being. Once you find the therapy that gives you best results, make good use of it. In a way you create a new lifestyle, a new way of living life. Some things you may do just once or a few times, some you may do regularly, but you may enjoy doing them.

1. BODY: Eat more fruits and vegetables than before
2. BODY: Do some thorough detox, a few safe fasting cleanses
3. BODY: Use a few natural supplements for a few months
4. BODY: Experience Craniosacral therapy a few times
5. BODY: Get a visceral massage (if suitable for you, if not, choose another type of bodywork, try out a few different until you find something you like and which makes you feel better) and a longer full body massage once per month
6. BODY-MIND: Move the body more and regularly: some suitable guided yoga, doing some sport you enjoy doing ideally outside in nature, get a better flow of life force energy through your body
7. BODY-MIND: Go to a few breathwork sessions those which are around 3hrs long (holotropic, rebirthing)
8. MIND: Get a clear vision of what it means to have a more purposeful life for you and reorganize your daily activities to build your life more towards it (not just clearly know what it is, but know what activities to do regularly and make sure you can do them)
9. MIND: Set an achievable goal in your near future (next few months, less than a year) which you do not doubt that it is possible – that you are looking forward to – could be visiting a certain place/country/destination, or learning some new skill, having some new experience by then. Keep doing it, set another achievable goal once you reached the previous one. You can have goals, which

may take a few years, but also have at least one goal, which you know it is reachable within a few months, so that you constantly experience success from goals being reached when putting in time and effort, when following a clear set of actions.

- 10.MIND: Explore a few beliefs-changing techniques
- 11.MIND: Make adjustments to your environment you live in: the people you are surrounded with, the places you visit, the type of media/news you are exposed to, spend more time with people/animals/nature that make you feel good
- 12.MIND: Choose one skill you think you would greatly benefit from when you would have it, when you would be much better at it, find out in what ways you can start learning it and practicing it
- 13.MIND-SPIRIT: Practice meditation daily, not just maybe if there is time, but make it as important as eating, sleeping, drinking water, breathing. Mastering the ability to not being touched by any thoughts, stopping repeating unuseful thoughts at will and refocusing on any thoughts you wish at will, easily.
- 14.MIND-SPIRIT: When you are outside where you see other people, practice wishing them all sorts of good stuff in your mind
- 15.MIND-SPIRIT: Find and explore ways for self-expression to express your energy in some ways without expectations: music, dance, sport, drawing, writing, teaching, any other way you are inspired to do/explore/experience
- 16.MIND-SPIRIT: Spend more time with/near enlightened beings, if you feel you may benefit from it, if you are curious to find out then find out how it is
- 17.BODY-MIND-SPIRIT: Get a few energy healing sessions: for example some aura and chakra cleanse/balancing from an experienced healer from fiverr such as [reikimastersami on fiverr](https://www.fiverr.com/reikimastersami), [masterkenji on fiverr](https://www.fiverr.com/masterkenji), perhaps one month daily distance energy healing by Sri Avinash (see the "What Others Say" Playlist in his official YouTube channel:
<https://www.youtube.com/watch?v=LP0EUGZeNmE&list=PLfm-SfcUKKtZUpKszjQCaoc6ZS0RCPI03>)
- 18.BODY-MIND-SPIRIT: Learn a few energetic self-healing techniques and use them daily as part of your morning and evening routine, heal yourself, don't just rely on others, do something daily and consistently
- 19.BODY-MIND-SPIRIT: Choose which three alternative healing therapies you wish to experience, research and choose which, when, where
- 20.BODY-MIND-SPIRIT: Choose some alternative healing therapies which are also able to / or focus on dealing with seeds/patterns of energy coming from / passed over from / rooted in previous generations and other lives (from the point of view of karmic seeds, reincarnation, a certain traumatic experience or event happened not in this life, but there is an energetic connection or cross-connection to it and it effects this life), clearing and releasing these types of energies which influence us, which draw in circumstances and experiences which are not pleasant, for example: past life regression therapy
- 21.Read the book again. Join the fb group. Anything in it, which is not mentioned in this list, could potentially be the missing piece for you. The piece, which

may lead you to the missing piece, a new profound realization, meeting a person who will have a positive influence on your life. Just one thing, whatever it is for you, could completely change your life in a profoundly positive way. Be open-minded. Drop any expectations. Be the explorer who will be suddenly out of nowhere positively surprised one day. Have an attitude of things are going to keep improving from now on, because you decide so, think so, say so, do so. Your prayers will be heard, your energy will be heard and answered. You are doing your best to take further steps and continue doing what works well.

Start, and never stop focusing on making your life an enjoyable one. Your path is unique, you will be guided, you just have to start and never give up. Don't wait passively, do-experience-learn-adjust-repeat. Do what appears to be the next best thing, the next best step to do.

Is there something in your life that you miss doing? That you would like to be doing much more? Are you doing the things that you wish to be doing?

If you can't do it, recall the memory of how it is doing it. The more time you spend in bringing that energy into the here and now, the more you make it available to become your reality. Activate it in the now. Any memory if being felt in the now, becomes part of your current energy, becomes the energy which is contributing in creating – calling in – forming your upcoming future, which makes circumstances and events change and appear.

Be/hold the energy that you wish to have more of, that you wish to create from, perceive life from, make more of that which matches it become visible to you more often, by emanating such energy (thoughts, emotions, state of being).

Make sure to make some meaningful tests – some mentioned in the chapter “TESTS”.

Evaluate whether anything from the chapter “DEVICES” you feel positive about to experience. Find and talk to people who have experienced it.

Evaluate the information in the chapter “EDGAR CAYCE & DEPRESSION” in greater detail, perhaps talk to practitioners who are familiar with those methods.

SELECTION OF POSSIBLE DAILY REMINDERS

When you have been taking notes while reading the book, you may have your own personal motivational reminders by now. This here is just one example of what may be on it. Feel free to get inspired further by these and use some of these:

Daily intention setting (anticipation of something good). I like to start every day with a conscious positive intention: Good morning beautiful day with unlimited potential. Something very positive is going to happen today. I anticipate pleasure for my body, mind and soul.

Focus on the intention to make the rest of your life amazing.

I create a better future by choosing to stay in a positive state, regardless/independent of the current circumstances, compared to living life from a negative state, because I prefer to live a life, which generates different types of positive feelings and positive experiences, and they are created by being in a positive state of mind. Only at the beginning it may feel unfamiliar, but it becomes very natural very soon.

I cannot live a happy life if I keep doing things that I don't like, surrounded by an environment which I don't like either. Something needs to change, I need to change it. If you do what you have always done, you will be the same and live the same life.

I have the power to make changes in my life: leave behind what is not contributing to my well-being, keep doing what I like, discovering different forms of love and focusing more on how to love life.

I proactively do activities every day, which help me become fully aware of the deeper inner divine aspect of truth, of the core of my being. Meditation is always included.

I feed my body with the nutrition it needs to thrive, I feed my mind with the thoughts, which greatly contribute to feeling good/great/amazing, and I choose to do activities, which support me in feeling good/great/amazing.

Focus more on your strengths. Make use of them more, develop them even further.

What is meaningful, what matters, what makes sense? To express love as loving thoughts, words, deeds. I give love, I am in full control of it, and by giving I am focusing on it and feeling it more easily, and feeling love makes my day.

I am unique and so is my soul's path in this life.

I let go of what other people think, I use my energy to think positive thoughts instead, that's valuable time much better spent.

Do something today that you love.

Life is short, if you want to enjoy it longer, take good care of the only body you have, give it the nutrition it thrives on, and avoid chemicals, which are very counterproductive. From time to time consider some forms of healthy detox and some forms of fasting too.

The world is not here not make you happy or unhappy. It is here to awaken you, to make you conscious. It does that by challenging you.

No matter what age you are, every single day is always a fresh start.

One thing that can bring great solace is to craft your life around a sense of purpose.

Training the mind in meditation is an important step in self-care.
If you sleep every day, meditate every day.

Life is rather short. Don't wait. Don't postpone. Know what you want in your life and go after it.

Do something daily to move towards your envisioned future life. If you take unnecessary day offs, you are choosing your old life.

The work is to identify what you don't want, what you want instead, and how to get there. Don't remain stuck and busy living a life you don't like/want/prefer. Life will not change the way you want by waiting and doing the same old stuff.

Often times during the day, I wish various good things others silently in my mind.

How to visualize something positive:

Imagine + FEEL IT + Present Tense + Every Day + without worrying about the How
And to manifest it: feel it as often as possible, be it by feeling it, to attract and experience it

What you focus on expands! -> what you resist, persists (you focus with your thoughts and feelings on what you don't want and thus it expands) -> you get what you concentrate upon (if you focus on lack of something, then you will be affirmed and confirmed in lack)

You need to become consciously aware of WHAT it is, that you want to focus on during the day. You have to practice feeling how it feels to have that. And remain in that state of being as often and long as possible day after day.

Your thoughts+feelings+attitude+mood are your vibration, which is constantly attracting other energies in the form of people, situations, opportunities into your life. Be the energy, which can attract more of that same kind of energy. Be a positivity emanating magnet not a negativity emanating magnet.

Be understanding, tolerant, forgiving. People are always doing their best even if it creates some negativity. You can make them aware of that, but ultimately don't let it unnecessarily effect your state of being too much for too long in a negative way.

Instead of focusing on something negative that happened in the past, turn your attention towards, what you really want in this life.

Failing is just a message, it's a choice what you do with the message. See failing as something positive, because it helps you grow and helps you become an expert, by constantly learning something new.

Failure is a lesson learned. Success is a lesson applied. If you are not willing to fail, you are not ready to succeed.

Don't fear failure! Do you want to be in the exact same place next year as you are today?

F.A.I.L. means: "First Attempt In Learning"

N.O. means: "Next Opportunity"

Choosing a positive attitude towards everything is a choice, and there is nothing more positive than that, so if you always choose to simply stay on the positive side, there is nothing more/better you can do as a conscious attitude, and ultimately this will create a much more positive life with much more positive experiences. Remember: a negative mind will not create a positive life.

Success is liking yourself, liking what you do, and liking how you do it.

Make a contribution to the elevation of humanity.

A good life is when you are doing what you love most of the time.

The secret of your success is found in your daily routine and in your daily attitude. Success doesn't come from what you do occasionally. It comes from what you do consistently.

A dream written down with a DATE becomes a goal. A goal broken down into STEPS becomes a plan. A plan backed by ACTIONS makes your dreams come true. Don't call it a dream, call it a plan.

Giving meaning to life can be seen as something, which greatly motivates you, and drives you forward to be interested in life and living, creating a feeling of being driven by a sense of accomplishment.

You wouldn't know the light without the dark. To experience what light is, darkness plays an essential role. Appreciate and focus on the light much more.

See life as a journey of opening our mind and heart. In this path, we learn to be at peace, what love is, and how to live in harmony with nature and each other. Ups and downs are a part of life and helps us to grow in our awareness, compassion, and understanding. Through it all be hopeful, and continue learn to be love and follow your heart.

Is there something you always wanted to do, but you didn't do yet? Wouldn't you like to do it? Better sooner so that in case it's even better than you thought it is, you can do it again?

Feel free to use the following question regularly: What's the next best thing I can do now/next? And do it with a positive attitude with all of your awareness and senses. That's a simple formula for living.

You cannot be happy, satisfied, etc. while thinking negative thoughts at the exact same time. The quality of your life (series of experiences and states of being) strongly depends on the quality of your thoughts.

Positive thoughts matter, they help to create a much more positive future and help to make the journey more pleasant.

Love is the way home.

Take the time to remember your divinity, your spiritual nature. Remember why you are here. Meditation (quieting the mind, becoming an observer) is one way of triggering your memory.

Many spiritual people consider the highest purpose in life the realization of divine love/bliss within, the realization of God and Oneness/Unity, going through various types/levels/stages of samadhi, a state of consciousness.

It is the natural evolution of the human being, awakening to higher levels of consciousness.

The Kundalini is an invitation to live in the world, awakened.

Find a spiritual practice that connects you with your own Life-Energy, your own Consciousness, and practice that.

How to be happy (many ways):

- don't be serious
- avoid stressful situations
- have a good attitude in every situation and make the best of everything
- laugh
- find gratitude
- find love
- think happy thoughts
- do things that make you happy (eating a favorite meal, do your favorite hobbies, ...)
- anticipate upcoming positive events

How to be happy, how to love your life more: Find three hobbies you love: one to make you money, one to keep you in shape, and one to be creative.

Kindness is a wonderful way to let another struggling soul know that there is still love in this world. Be the reason someone believes in the goodness of people.

Kindness and caring cannot be reserved only for our families and friends. Otherwise, society will not change at all. We need to reach out to all the others, not merely those like us.

Practice kindness that comes from your respect to everything in existence. Kindness has a potential to bring the biggest change in the world.

You carry so much love in your heart, give some to yourself. Self-love includes saying highly positive things to yourself. When you let go of your negative thoughts, you will discover more of self-love. A person who loves himself doesn't think negatively of himself.

Love yourself as much as you want your soulmate to love you. Treat yourself like you would treat the person you love the most.

Do small things with great love.

Do what you love and you will never work a day in your life.

Live to love, love to serve.

How people treat you is their karma; how you react is yours. Don't react as bad as they are, but as good as you are. Do not absorb any negativity. Do not give back any negativity. Nothing positive comes from being negative.

How you use your time now will determine your future. The emotional state of being you keep sending out will determine what type of energies you will receive/attract

next.

What is the meaning of your life if you are not: following your dreams?

What is the meaning of your life if you are not: doing what excites you the most?

What is the meaning of your life if you are not: doing everything you can to reach your goals?

Make a difference in the world. Discover what you are capable of. May many beings benefit even more from your living and loving.

Do something today, that your future self will thank you for.

LINKS FROM AUTHORITIES

Links of health organizations and governments regarding depression:

- NHS UK: The National Health Service is the umbrella term for the publicly-funded healthcare systems of the United Kingdom. Since 1948 it has been funded out of general taxation.
 - <https://www.nhs.uk/conditions/stress-anxiety-depression/>
 - <https://www.nhs.uk/conditions/clinical-depression/>
 - <https://www.nhs.uk/conditions/post-natal-depression/> (women after child birth)

SUMMARY OF PARTNER WEBSITES

Please note: for full transparency, there are many links across this document to various other websites. A small portion of the links are so called affiliate-partner links, which means, that if you visit them and you decide to buy some product(s) or service(s) there, then I may get some commissions. Whether you use these links or not – the prices of those products/services on those web sites remain the same. The only difference is whether the merchant/owner receives/keeps that certain percentage of the price or a certain percentage of it goes to another person who referred the customer to the merchant.

Please note: if you found this book helpful and if you can afford additional services such as on fiverr, please consider donating also at the homepage for this book project and support other future “Help Heal Depression” projects with your donation: <https://helphealdepression.com/>. Thank you!

Here you can find a full list of the partner links recommendations:

Online Therapy	Online-Therapy website
Self-Hypnosis Audio	Hypnosis Depression Self Help section
DNA based Test	DNA Test
PEMF Healing Devices	PEMF Healing Products
Rife Frequency Healing Devices	Rife Products
Scalar Energy Devices	Scalar Energy Products
Kundalini additional information	Kundalini information
Energy healer on fiverr	Reikimastersami on fiverr
Energy healer on fiverr	Masterkenji on fiverr
Energy healing on fiverr	Cut Cords of Attachments on fiverr
Energy healing on fiverr	Reiki Healing on fiverr
Energy healing on fiverr	Emotion Code Healing on fiverr
Energy healing on fiverr	Theta Healing on fiverr
Psychic insight on fiverr	Akashic Records Readings on fiverr
Psychic insight on fiverr	Psychic Readings on fiverr

WHICH VERSION ARE YOU READING?

Last Updated on: 23rd June 2020

You can find and download the latest version via the homepage.
I am updating it at irregular intervals based on feedback and further research.

Visit:

<https://helphealdepression.com>

HELP HEAL DEPRESSION

I Li(o)ve to (be) love

Thank you for reading!

Dávid Gyurász