

Getting Relieved from Depression

Introduction:

Depression, one of the fastest growing mental disorders, has taken the form of an epidemic in the world today. According to the latest information, today one out of



every four people in the world is affected by depression. Especially it is highly spread among the youth, which is a matter of concern. As per the estimated survey in 2020, 21 million adults were affected by symptoms of depressive disorder. The incidence of suicide due to depression is also increasing day by day in the world. It has now been proven by medical science that due to negative thoughts, feelings and emotions, arising due to depression, the amount of secretion of hormones of the endocrine glands of the body is disturbed significantly. Therefore, if a sure shot solution is not taken now then a very critical situation will arise, experts believe.

Psychiatrists and psychologists are putting their sincere efforts to fight this disorder through medications. Many, who are taking an antidepressant, may still have unresolved symptoms. In fact, in a large US study of adults with depression, approximately 50% still had depressive symptoms with their first antidepressant.

Managing depression is complicated and requires a multipronged treatment. Along with medical treatment, if complementary and supplemental therapies like psychotherapy therapy, acupuncture, meditation or yoga therapy are used; we will surely get much better result to treat depression. The RAJYOGA meditation, taught by BRAHMAKUMARIS, which is a part of the great heritage of Indian culture, is also one of the most effective supplementary therapies which has dramatic impact to get relieved from depression. People are afraid of getting treatment for this disease due to the fear of it being revealed that they have a mental illness. If we all fight this disease together and spread awareness about it, we will be able to overcome the disease.

Symptoms of depression:

Lack of concentration; insomnia or excessive sleep; irritability; aggression; reckless behaviour, feeling of helplessness; feeling tired; feeling that oneself is useless or not important; suicidal ideation; staying away from family and friends; Feeling burdened with guilt; feeling like 'life is not worth living'; loss of appetite or overeating; headache, backache, or body ache etc. If some of these symptoms are seen, then there is possibility of depression. It would be appropriate to treat it immediately.

Managing depression by Practicing easy Rajyoga meditation:

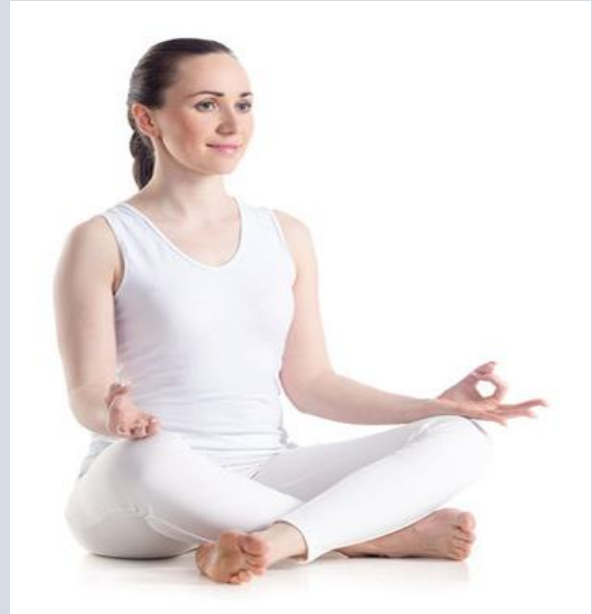
Now psychiatrists have also started believing that mental disorder like depression can be treated with meditation. Many methods of meditation and yoga

practice are prevalent in India, such as Patanjali Ashtanga Yoga, Vipassana, Transcendental Meditation, Sudarshan Kriya, Kundalini Yoga, etc. In all these meditation methods, the depletion of energy of consciousness stops, and the stability and concentration of the mind increases, due to which one definitely gets relief from depression. The practice of easy Rajyoga meditation taught by Brahma Kumaris World Spiritual University is greatly benefiting the people suffering from depression. It has no side effects or any kind of risk. The basic reason for this is that the person, practicing Rajyoga meditation, gets detached from body consciousness; stabilizes in soul conscious state and lovingly unites in a deep relationship with supreme power. We all know that God, the supreme soul, is an unlimited source of powers, values, virtues and knowledge. When human being gets connected with such a great power, then he or she gets enriched with knowledge, powers, and values, due to which the inner energy increases and thoughts and outlook become positive. His confidence and morale become stronger, and the person gradually becomes free from depression. If the following practice of easy Rajyoga meditation is done regularly at least twice a day along with traditional medical treatments, then you will definitely get relief from depression quickly and long lasting. Following meditation script may be useful for the purpose.

Meditation Practice:

Sit in comfortable posture. Start breathing deeply. Inhale and exhale slowly. When you inhale let your belly gradually come outward and when you exhale let your belly go inward. Focus your attention on

your breathing and try to sense the inward and outward flows of the air on the inner



walls of your nostrils during inspiration and expiration respectively. Hope your sensing this. Enhance your concentration on your breath and now try to experience the coldness of the air which you are breathing in and the warmness of the air which you are breathing out. Hope you are experiencing this. Now your mind is fully concentrated, stable and peaceful. Now withdraw your attention from your breath and focus it as at the centre of your brain just behind the centre of the forehead. At this place visualize your own self in a form of a self-luminous point of light along with visualization of your own physical body.

Now affirm along with this visualization

“I am not this physical body... But I am a soul, a luminous point of light, just like twinkling star... I am an eternal entity... Basically and originally, I, the soul, am peaceful, powerful, and blissful Peace is my innate original nature... I am pure and powerful being... I am the son of almighty supreme father *SHIVA*, who is ocean of peace and power.... The peace world, *PARAMDHAM*; comprising of sixth element called *BRAHM*, is my original abode.... Being the resident of peace

world, how can I be peace less? ... Here in the peace world, there prevails eternal



golden red light.... Here there is complete stillness, and immense peace all around I am experiencing immense eternal peace here...

Here my most beloved spiritual father God *SHIVA*, the ocean of peace and power, is just in front of me.... The powerful vibrations of peace and power are spreading all around from the divine star supreme father *SHIVA* Some of the vibrations are touching me also... I am experiencing profound peace and power in me.... I am fully absorbed in deep tranquillity.... Now I am feeling fully charged with all powers.... The powerful vibrations of peace and power are radiating from me and spreading through out my body....

Seated at the centre of the brain, I am in the vicinity of most vital organs of my body, the hypothalamus and pituitary gland..... Hence these organs, along with the whole brain, are highly influenced by the peaceful and powerful positive vibration radiating from me.... My whole brain is now fully charged and empowered.... Every cell of my brain is getting healthier..... Functioning of my brain is quite normal.... The whole network of my central nervous system is also functioning very well under the influence of

vibrations of peace, purity and power... The levels of feel-good brain chemicals like serotonin, melatonin, dopamine and norepinephrine increases... synthesis, metabolism and transmission of these neurotransmitters in central nervous system becomes normal.... effect of neurotransmitters on pre and post synaptic receptor is optimal... In every neuron, serotonin receptors are regulating serotonin functions very accurately... Enough neurotransmitters are available in the synaptic cleft... Noradrenergic and serotonergic system are getting charged with pure and powerful vibrations...it is working completely normal now... there is no disturbance in the function of norepinephrine, serotonin, and dopamine neurons... All these neurotransmitters function efficiently in entire central nervous system, and it heals and cures my depressive symptoms....

My mood is getting better... my concentration is improving...I am now free from any negative or wasteful thoughts... my emotions become positive and pure...I am feeling very light and elevated in the canopy of almighty God Shiva... My sleep has become regular, now I can get proper amount of sleep... My appetite has returned to normal... Now I am enjoying a balanced diet... my physical and mental energy is increasing... I feel fresh and more energetic... In my daily routine I can concentrate better on tasks... My attitude is now completely positive... lot more hopes have arisen in me... My hopes have reached new heights and now I am fully optimist... The rays of happiness and bliss are radiating on me

from supreme soul and now I feel very happy and blissful...

Along with this realization continue to affirm:

“The course of spiritual science and RAJYOGA meditation, which I undertook in BRAHMAKUMARIS, has developed a very sound spiritual wisdom in me..... I have gained a new positive sight and a new vision to look at my own self and the outside world..... I have now sought natural tendency to see positive qualities even in a most negative person and to move forward even in most negative or adverse situation.....Now I have enough wisdom, courage and enthusiasm to make the best out of every situation.... I am able to see positive in all circumstances..... My attitudes are now positive... I have learnt to evaluate every situation positively.... I am powerful, emotionally strong and stable... I have enough power to tolerate, adjust and accommodate.... Now I am easily able to handle or overcome every situation... I am now confident enough to face any adverse situation, event, or circumstance, whatsoever it may be My perception about the very purpose of my life is now very clear.... I have fully regained my will power.... I am worthy full being... I am unique in the world... I am now full of all divine values, virtues, and powers.... My life has become meaningful, valuable, and free from all hurdles and obstacles...

I have realised that I, the soul, am the son of my spiritual father, almighty God, SHIVA..... My concept regarding God is so clear now that I feel that almighty God is always with me to guide and support.....He

is my strength and companion..... Now I am also free from fear of any kind.... No situation, no circumstance, no event, no person can now make me unhappy without my consent.....

I am completely relieved from depression as I am now enlightened and empowered by my most beloved supreme father SHIVA... Wow! Now I, the soul, am free from the dark cloud of despair.... I am extremely thankful to you BABA.....”

Feel fine being with yourself & with Almighty spiritual father SHIVA, where you are safe and secure.

-----Om Shanti-----

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