

Depression

With all the bad and horrible events happening in our world today, it is no wonder that so many people are feeling depressed. And this depression has no age barrier or limit. We are finding young children, adults and the elderly are suffering from this malaise.

However, we have more power than we think. We do indeed have the wherewithal to mind map our own good world within this hardship. Is it easy? No! But can it be done? Yes! Our sorrow and despair must have a due date so that something wonderful can be born. No one can steal our happiness or make us feel inferior if we stay on the throne of our own unique selves.

The following suggestions help tremendously while dealing with emotional depression:

Faith

Belief in a higher power that, though seems far away, is really closer than one thinks. We must believe it to feel it. We are part of a much bigger universe and divine plan. However, it is up to us to do our due diligence and be a better partner to our higher self. Feeling limited causes darkened emotions, whereas feeling limitless causes enlightened mindfulness. Finding and funding our purpose in life is essential for our faith to take form. What surrounds us is never as beautifully promising as what is above us.

Generosity

The deepest rewards come from giving. It also feeds our self-worth. We polish our lives with our good deeds. Love cannot thrive through words; it only endures through actions. Nothing, including all material wealth, can bring us happiness without caring and sharing. These are the two things that can solve most problems. We feel such solace when we are sensitive to those less fortunate. In truth, our hearts and souls are always generous, it is our personality that needs adjustment. In the end result, our giving becomes our own reward.

Gratitude

Gratitude gets us through 1,000 grievances and sorrows. Looking and infusing thoughts of the glass being half full instead of half empty, never fails us. We must never let our troubles define us, as they are just stepping stones to a better way of life. Gratitude holds the power that defeats defeat. People immersed in the energy of thankfulness always end up feeling lighter and more fulfilled. Gratitude is an advanced attitude that sustains our will and our wellness. It screams yes to determination and screams no to vacillation.

Knowledge

There is much to learn and there is much to unlearn. There is a truth, then there is the truth. There is self-knowledge, and then there is universal knowledge. Our souls come here to learn and experience. It takes openness, open-heartedness, and willingness to open all that has been stifled and closed. Knowledge fills our needs and diminishes our emptiness. It leads us to problem-solving skills and emotional intelligence. It becomes our forever friend, never to abandon us, and our unfiltered pain becomes our unanswered pleasure.

Optimism

Social media is spreading like wildfire, and this fire is filled with information that leaves us feeling sad, helpless, and frightened. The best weapon is to turn it off, tune it out, and not waste our precious moments. It is important to seek out information that mirrors our own good qualities. When joy disappears, we must seek another avenue for its return. When we never run from our self-accountability and escape our self-indulgence, we transform our pessimism into a world of possibility and positivity.

Self-empowerment

We must never give in to victimhood. In fact, everyone, everywhere has experienced some form of being victimized in this lifetime. However, we all have the power to transmute this helplessness into a power. Know that hurt and sorrow stem from a developed heart, therefore they add to our growth and development. Empowerment dwells within us, not outside of us. It imbues in us the willingness to try and fail, rather than fail to try. Such contentment comes from knowing that we gave it our best and it leaves us certain and complete.

Transforming Depression

Depression in the result of suppression and lack of expression.

Using constructive feelings is the most significant step to transforming depression. Most of the time, we are not focused or aware of how strong we are and how we can be the change we want to see. We tend to spend more time thinking about our faults rather than our gifts, our wounds rather than our wellness, what is wrong with us instead of what is right. All of us dream of life being different, by having more love and success in our lives, and the world becoming a safer place. These desires are dependent upon our ability to empower our own positive and powerful feelings. They are the vehicle within us that manifests and maintains a happier way of life.

Feeling grateful - invoking contentment.

Gratitude is all in our attitude. It is unfortunate that as humans, we think more of what we do not have rather than what we do have. If we are to know and experience contentment, we must cultivate our ability to feel grateful. The best weapon or armor against depression and despair is to daily make a list of everything we feel thankful for. This leads to the realization that we have much more than we thought we had. It is an expression of all that is great in our life, instead of all that we hate in our life. We develop an inner peace and resolve, which will eventually guide us to study the other missing pieces that are destined to be ours.

Feeling accepting - invoking calmness.

There are things that happen in our lives that are in our control, however, there are more things that happen in our lives that are not in our control. Acceptance stimulates the presence of truth and the absence of denial, because when we want to control something, we tend to create an illusion that will fit our attached picture or desired outcome. When this occurs, anxiousness and depression are right behind it. Whereas, when we face the truth and get on with life, we develop a calmness that soothes our hearts and mind. We accept what we cannot change, thereby feeding our souls and spirit, giving them room to feel more content and fulfilled.

Feeling conscious - invoking respect.

Consciousness can transform injustice to justice, hate to love and corruption to purity. When we stay conscious, we develop a powerful sense of self-respect. We find a freedom and peace that knows no boundaries. Healthy relationships can only exist based on respect. It is extremely difficult to feel love for someone whom we do not respect, and that includes ourselves. Our consciousness alarms us as to how much and how many people in this world are not being respected. Therefore, we must begin to treasure and invoke the art of respect. When respect is active and infused in our life, it leaves little room for any kind of depression. Though something may be depressing, we do not get depressed.

Feeling committed - invoking determination.

This world is simple, yet not easy. Therefore, the road to having a successful and happier life can only be paved through commitment. We birth a determination invoked with conviction and confidence. It stimulates a certainty that when we know we are right, we know we cannot go wrong. That does not mean that nothing can go wrong. Yet, when we are committed, we stay centered, focused and sure. The word determination is a mixture of not letting ourselves be deterred or undermined. This gift does not come from anything outside ourselves; it comes from our indomitable will, which dwells within. This itself leaves little room or time for depression.

Feeling empathetic - invoking compassion.

Empathy is the first movement to love and connection in action. It is a heartfelt understanding of what another feels. With all the bad news being thrown our way today, we as a race have become terribly desensitized. This leads to a cold detachment that can and does result in violence, loneliness and separation. Empathy and compassion are twin souls, whereby they are weapons against poverty, violence, hatred and war. If, as a humanity, we could develop a stronger sense of compassion and empathy, we would co-create a new caring and cooperative existence for ourselves and the world at large.

Feeling optimistic - invoking confidence.

Thinking optimistically feeds us life. Now, more than ever, with the incredible amount of madness and whirling energy, we need all the optimism we can muster. When we “opt” to view things from a place of possibilities, we are truly showing our confidence in our ability to beat the odds. Whenever events happen in our lives that are steeped in cloudy and cold energy, optimism becomes our emotional vitamin C. The biggest asset to optimism is that it feeds the mindset of victory, courage and confidence. Health studies show that people who have an optimistic outlook tend to stay healthier and live longer because we feel less depressed and more excited.

Feeling enlightened - invoking mindfulness.

Enlightenment is available to all who seek it. To become enlightened, we must develop the ability to contemplate, concentrate and center ourselves. Things are rarely what they seem, and many times illusions permeate our space, which creates confusion and doubt. It is through the intention of wanting to be enlightened that a clear direction and vision appears. We begin to develop a higher and smarter thinking process. Our minds become enlivened with luminous thought forms, and we birth a new energy of knowing. We then become awakened to a deep sense of serenity we were searching for outside of ourselves, when all along, it was dwelling within.

Feeling decisive - invoking certainty.

Decisiveness is a proclamation of our clearness and clarity. Clear thinking leads to correct action. Being “sharp as a razor’s edge” cuts to the chase, not wasting valuable time and energy. A good leader spends much time developing this invaluable gift, because it is the foundation of good decision making. Today, there are so many opinions on every subject that it is easy to fall into a state of confusion. Confusion, more often than not, is the welcome mat for defeat and depression. However, when challenges do occur, our decisiveness and certainty teach us how to smartly handle them. In truth, this is an instrument of empowerment, just within itself.

Feeling enthusiastic - invoking happiness.

Enthusiasm is the cheerleader for every situation and a fire that says, “I refuse to be extinguished.” When we feel enthusiastic about something, we are injecting a spark into it, lighting the way for ourselves and others. When we feel defeated about something, yet stay enthusiastic, we are already triumphant. We carry the matchstick for the still undeveloped potential. Most people do not realize that enthusiasm is linked to our inner strength and happiness. It is a statement of our passion, and when we feel this passion, we feel empowered.

This becomes the delivery of thrilling joyousness into our human experience.

Feeling integral - invoking protection.

When we approach everything from a place of truth and integrity, we feel a sense of safety that goes deep within our souls. Sadly, truth and integrity are not very popular these days. However, our personal protection thrives on them, because we never need to worry, we avoid shame, and fear dissolves and evaporates. When we live guiltlessly, our health seems to magically stay intact and vital. We become removed from what others think of us, which is truly a freedom. This provides a peace of mind that becomes the protection for our hearts, spirit and lives.