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Fix Your Depression & Anxiety



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LET THE HEALING BEGIN

You have a higher purpose. You've always felt it and yet somehow you have chosen to ignore it and settle for a life that is routed in a much lower state and vibration. In order to maintain this lower state, you have sought out stimulation in the form of a daily fix of subscription to social media, movies, television, music, fast food, sex, drugs and alcohol. You imagine yourself as an icon, predefined by the rest of the world - others like you, who seem to be addicted to the same things. It's a vicious, cruel and brazen world where no prisoners are taken, and those that cannot conform wither into an unrecognised, unreported and weaker sub world that nobody cares to acknowledge, all because nobody wants to admit that they are secretly members too.

But this world and its citizenship grows by the day, filling with new arrivals who have fallen from the supposed glossy surface with its manufactured personas that only illustrate flawless complexions, rose-tinted eyes, perfectly tanned lean bodies, vivacious personalities, flowing champagne, fast cars, unlimited cash and consequence free sex. This world has no time for old fashioned values, traditions, emotions, loyalty, love or meaning. It is disposable, a fleeting impression worth only the three-second 'view' or 'like'. Maintaining this elaborate production is exhausting, draining of your precious Self, identity and individuality, like featuring in a 24-7 Big Brother style reality TV show of you own life. And that's when things begin to flounder. All is not well. Maintaining this contrived persona becomes too much for a delicate constitution that was never

designed for this. Like an overworked machine - no longer able to prop up a perpetual, everlasting charade - it fails. Running on empty - energy, mood and life force goes into low ebb. Low emotions prompt feelings of dread, despair and worthlessness and a tendency to cry at any moment, feeling like you are living under a grey cloud. Low vibration and energy leaves you unable to face the frenetic world during the day, but as the world quietens into slumber, you feel unusually revitalised, seeking to recharge by opting for stimulants such as drugs, alcohol, fast food and sugar, providing the fix you need to once again join the nation of stimulation. But while the rest of the world, who can by some limited measure keep their subscription to mesmerisation under control, sleep, you toil in the Twittersphere, blatantly denying your condition and only serving to further

exacerbate it. Again, when this fire burns itself out and the fuel is exhausted, you crash and burn, useless to everything and everyone around you, especially yourself.

While I give you some empathy, for I myself have been there, YOU are the one who got yourself to this place. And only YOU can get yourself out. Modern medicine calls this affliction Depression and Anxiety, but we should call it what it really is – an addiction to stimulation. You are a Stimulation Mutation, and the only way to fix yourself is to cut off the drug at the supply. In this short book, I will provide you with 3 simple ways to fix this condition. It is simple, free, drug-free, and can be practised by anybody, anywhere. All you need is your own commitment, and you can return to health, well-being and happiness. You *can* choose you own destiny and

in turn you can overcome anything if you just present enough will to do. Think about it. The amount of will each of us dedicates to being famous, popular, successful and wealthy, can easily be diverted toward creating change in our lives, even if it is just a little bit. Now that change will involve discipline and dedication. All I can say is – its up to you. If you are reading this then you probably sought out change in the first place, and knowledge finds those who truly seek it.

Now I know what you are going to say – that this is fault of the world. The media, social and otherwise, technology, convenience (beauty, food, drugs and alcohol), and so on, but as the parade went passed, you chose to cheer and then you didn't stop there – you wanted to be a part of that parade, wanting to experience the jubilation every day and then

every minute. Now you can't do without it and you've invented a 'persona', an unhealthy illusion of your true self that cannot be perpetually maintained and now you find yourself in a very deep, dark hole, hoping that somebody will just throw you a lifeline. And many have probably tried - family, friends, medical professionals. But the hardest part is that you feel like nobody understands or identifies with your predicament, because they can't see how hard it is to be in this deep, dark hole, and you are fed-up of being down there at the bottom - cold and alone. Well in this book, I am going to jump in there with you, and your response might be; "Are you crazy? Now we are both stuck down here in this hole."

But the difference is, is that I know how to get out, and I am going to show you how too.

The reality is that each and everyone has suffered from depression at some point in their lives. They are just capable of hiding it very well. Many have chosen not to speak of it for fear of ridicule or lack of empathy. Many still do suffer from it and will continue to bounce in and out of it depending on the particular circumstances in their lives. In the past, the affliction was misunderstood and misdiagnosed, with medical professionals baffled by it and unsure how to treat it. Indeed, much of this misunderstanding still exists, and the quick-fix seems to favour prescription of antidepressants. But often, recipients of this treatment, claim to not be themselves or are unable to live a normal life whilst on these drugs. Some also experience side-effects and for some the drugs simply do not work at all, leaving them worse off. If it is your intention not to resort to

drugs and you would like to opt for a more holistic, spiritual approach that can heal you and further enhance your life, then read on and practise these simple techniques.

BALANCING THE EGO

In my book, *BE YOUR HIGHER SELF*, I go in to great discussion about the Ego, but for the purposes of this novella, I will briefly introduce it as it is vital in understanding it so that you may be able to counter its influence. Firstly, what is the ego? I am sure you have heard of it time and time again, banded about by psychiatrists and psychologists. Quite simply, the ego is the conscious mind, which provides us with our sense of identity and an inflated feeling of pride in feeling superior to others. And it is this mechanism in our central programming that makes us see ourselves as individuals striving for prolonged self-determination. In other words, as long as I am better off than others, I am better off by myself.

There are principally only two major emotions – Love and Fear.

All positive emotions come from love, all negative emotions from fear. From love flows happiness, contentment, peace and joy. From fear comes anger, hate, anxiety and guilt. The ego resides in the part of the body related to lower vibration and energy, and propagates the emotions of fear, that fuel depression and anxiety. Often the low vibration of the ego ends up overstimulated, and fears such as failure, survival, rejection, inadequacy, intimacy, unpredictability, uncertainty and death create symptoms of anxiety, loneliness, anger, hatred, isolation, stress and physical symptoms such as illness and disease.

The world now celebrates this permanent state of repression as normal, defining this current state as our reality; however, it is down to each of us to balance our egos, re-establish the connection to our higher selves, and by doing so change our existence.

To better understand how the effects on the ego, we must also explore the masculine and feminine energies that co-exist within us.

We are all born male or female, but we are not born masculine or feminine. We all have both masculine and feminine energies within us, yet we may not be fully aware of what these look like, or that they even exist. Furthermore, most of us are content to believe that these energies simply define our behaviour in the form of gender alone.

Masculine energy is independent and analytical, representing our left brain and body. When it is used properly, it is assertive, practical and visionary. When masculine energy is unbalanced and dominates our existence, it draws on the ego, perpetuating anger, resentment and inner conflict that disconnect our higher selves from our bodies, inhibiting the flow of energy between the body's energy points or chakras. The masculine is a necessary trait, for it supports the growth of a balanced ego, financial stability, family, shelter and organisation.

Feminine energy is an intelligent and loving energy that contains the quality of our intuition, compassion, emotion, empathy and truth. When you are strong in your feminine, you have a strong connection to your body, intuition, receptivity,

dreams and emotions. It is a necessary counterbalance to the masculine, and you can make decisions based on what you feel in your heart. Feminine energy is a creative, right-brain and body energy. Yet, if we are too much in our feminine, we can come across as weak and lose our personal sense of power.

Both energies are vital for effective existence; however, if these energies are unbalanced, they promote discord, unhappiness and illness. A practice that we will explore later is Alternate nostril breathing. This is an uplifting and calming breathing practice that works directly with the right and left sides of the body and brain to cultivate harmony and mental clarity, promoting energy flows that help clear blocked energy streams in the body and establish a reconnection with the higher self.

You need to understand that having an energetic balance brings wholeness, softness and strength which will rebalance the ego with the higher self, and fix the symptoms of depression and anxiety, as well as other mental and physical illnesses.

STEP 1 - MEDITATION

Now you may think that meditation is for ‘flakes’ or is a bunch of ‘hocus pocus’, but as I mentioned earlier, perhaps it is time to alter your perception and belief systems of what you think is your true reality. The journey of a thousand steps begins with a single one, so its up to you whether you wish to take it or not. Remember, you are the one at the bottom of a hole, and this is the way out.

ALTERNATE NOSTRIL BREATHING:

Alternate nostril breathing is a simple yet powerful and effective technique that settles the mind, body and emotions. You can use it to quieten your mind before beginning a meditation practice; and it is particularly helpful to ease racing thoughts if you

are experiencing depression, anxiety, stress or having trouble sleeping.

With just a few minutes of alternate nostril breathing, you can energetically realign the mind and body, and restore necessary balance.

In addition to calming the mind and reversing stress, alternate nostril breathing also improves our ability to focus the mind, supports lung and respiratory functions which boost the immune system, rejuvenates the nervous system and removes toxins. However, the vital benefit is to restore balance in the masculine and feminine energies and balance the ego that gives rise to the anxiety and stress in the first place.