

Title: Conversations

Subtitle: Help writting anti-depression article

Second Subtitle: Re: Help writting anti-depression article

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URL: https://www.wizanda.com/modules/newbb/viewtopic.php?topic_id=31

Know my heart is with this soul as it is with all who struggle with depression or other form of suffering. It can often be difficult to discern what came first, the thoughts, the symptoms, the biochemical reactions, or the solutions we are able to understand not why the other refuses to see it plain as the light of day.

Often we mean well in our attempts to offer guidance to others, when reality is within and find where it all began for them. Action is then required of them and validate back what we are hearing.

A willingness to surrender ourselves to God and then the action to allow God to live our lives. This is actually very empowering.

The true master/student knows it is ok to not know...

Every day I practice at the end of the day emptying "my" glass for it gets full again if I do not empty it repeatedly and humbly. I have learned and accepted to not understand all things. To just not know is acceptable.

I am also an advocate of professional medical and psychological care in addition to this. I also find healing and prayer to be useful tools. I accept perhaps to be a fool to not suggest every resource available. Turning over every leaf.

Different strokes for differnt folks!

What works for one may not work for another!

To let go and flow with what feels right in the moment...

Who really knows?

Perhaps the best one can offer is prayer.

Meditation and pondering for another.

Getting out and finding new joyful experiences in life for the next.

The list is endless actually and depends on the individual.

When we admit to ourselves first we do not know, we allow ourselves to grow and is then expanded.

The change sought happens naturally.

There is a bottom to every story. In this story we do not know the depths really need too. Here is why? To the soul it is important to discover how out their own soul. To look within first.

Does it matter to us? Would we know more? We could pretend too...Probably would reflect upon the story its beginning and through our own filters and with a different perspective to share. Who really holds the answer for this God does.

I for one will not put myself out there to be a poser or pretender, as some and the self will find you out again and again. Better to just not know.

Often I suspect with depression and yes, personal experience, so perhaps depression can be both a chemical dysfunction and a lack of faith in a H manifesting as dis-ease.

The soul needs to be validated, truly recognized, forgiven by self, unhappy new joys and happiness sought out. Most important is the desire and will that a change is even possible by the soul itself. If the chemical aspect addressed properly, rather masked with other substances and distraction might be hard to take.

Yet, who am I to merely make such observations, I do not know this soul really don't after all. I accept this.

I offer prayer for the highest good for this soul if prayer is desired and what I know to offer. In my heart, I believe above all things this is a great comfortable place to start. It is always best to ask if prayers are wished, rather to assume.

Amazingly enough, some souls benefit from long suffering in ways we do often limited and biased. Sometimes what one perceives as tragic is actually transformation or change for the soul into a new phase of existence. How

Even reflecting back upon my own long sufferings in life, I would not choose to ponder on this...

blessings,
suzyq