

HEALING DEPRESSION



Melencolia I (1514) by Albrecht Dürer (1471 – 1528)

http://en.wikipedia.org/wiki/Melencolia_I

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Depression can be described as feeling sad and miserable for a significant amount of time. It sometimes covers deeper problems that we don't want to face, such as anger, anxiety, and fear. It often makes us feel listless and lethargic both physically and mentally. Depression seems to suck the joy and vitality out of our life.

There are a variety of causes for depression. Sometimes it's a "clinical depression", which can be caused by chemical changes in the brain, genetics, or emotional stress. Some situations play a role in depression such as drug and alcohol abuse, illness, some medications for various illnesses, or for psychological problems such as a death in the family, divorce, loss of a job, disappointment, isolation, or being the victim of abuse. For most people, depression is temporary and disappears when the problem is solved, but for others it is chronic.

DEPRESSION SCRIPT

Would you like to journey to a place inside your own imagination, where you can find sanctuary, a place of healing and self nurturing? It already exists deep within your unconscious mind, but let's see if we can make it easier for you to access the sacred place whenever you need it . . .

Let's start by counting slowly from one to ten. With each number, you grow more and more relaxed . . .

One . . . your eyes are relaxing, you can close them if you want . . .
Two . . . your body is loosening, becoming unstrung from the soles of your feet . . .
Three . . . up your legs and torso, resting and letting go of stress . . .
Four . . . your chest, back, shoulders, arms, hands, fingers relaxing
Five . . . your neck, back of your head, your ears, face, mouth, nose, eyes releasing
Six . . . The crown of your head eases and loosens the muscles
Seven . . . Your whole body slackens and . . .
Eight . . . You feel a comfortable, light, floating sensation
Nine . . . You are in a trance state . . . weightless
Ten . . . You feel light and comfortable and safe

Become aware of the feelings and physical sensations in your body....

Notice how your body feels in your chair . . . how your feet feel within their shoes, or on the surface of the floor... where your arms and hands are resting . . . how your head, shoulders and neck feel . . .

You may notice the various sounds in the environment ... or catch a scent of something in the air.

Notice all the sensations you are experiencing, seeing, hearing, smelling, feeling...(Pause)

And realize how these feelings and sensations may change or alter from second to second, minute to minute, hour to hour, and yet *you* remain.

And now, contemplate the emotions, if any, which you are experiencing right now...and notice their quality....(Pause)

And realize how these emotions may alter from minute to minute, hour to hour, day to day, and yet *you* remain.

And now contemplate any thoughts and ideas that are occurring in your mind... random thoughts as they ebb and flow ...Not mooring onto any of them, just being aware...(Pause)

And realize how this continuous flow of thoughts may alter from hour to hour, day to day, month to month, and yet *you* remain.

Your feelings, sensations, emotions, and thoughts are only a part of you. Your core is distinct from all of these, separate and yet still a part of you. You are like the vast blue sea, and your feelings, sensations, emotions and thoughts are the swift fish who swim through that sea. The sea includes them, they are part of the sea, and yet the sea is distinct from them. The sea itself remains.

[HCH: The script is Ericksonian in style and transpersonal in meaning.]

I invite you to step into an environment that makes you feel safe and peaceful. It can be a woodlands, garden, meadow, beach, mountainside, someplace you remember, or a place you have made up. Experience the sights, sounds, smells, feeling, even the taste if appropriate, until this scene seems real to you.

You will come upon a path, meandering through your scene, and if you like, you can follow that path. It takes you deeper into trance with every step you take. The sights and sounds, more vivid, the smells more pleasant, the feeling more comfortable. This is your dreamscape.

Lift your finger when you have established this scenario and you are ready to move deeper into the experience.

You step into a sacred place - a clearing, a glade, a circle of trees, a stone circle, a temple, library, whatever feels sacred to you. It may feel familiar, or it may be a new discovery. It feels sacred, powerful, special, a place just for you. You have reached your own inner sanctuary.

Explore, enjoy, using all your senses, note what you see, hear, smell, feel, and even taste. When you are ready for the next experience, lift your finger.

I invite you to notice a benign figure in your sacred place. It can take any form you like. It may be your own Higher Self, your vision of Deity, a totem animal, guardian angel, a relative or friend, a spirit guide. It may feel familiar or new, and it feels loving, helpful, and safe. Spend some time with this being, and pay attention to how you feel, what is said, what is exchanged between you. Does this being have a message for you? Do you have a message for the being?

You have come here for a special purpose, for healing or strength, for whatever you need to help you deal with your depression. This is your inner temple, your internal power source, your workshop. This is your core. It is a place of pure spirit, pure energy. It is malleable and ageless. It is your connection with the Divine, the Eternal. It is from this place that you create your own tools or patterns to experience your life, set your own course, shape your very being. You have everything you need to be joyful and successful.

Knowing that you can return to this sacred place within your own mind any time you wish, you may find that you are able to explore the terrain outside your sanctuary. You may ask your Higher Self for its presence, protection and guidance on this journey.

Perhaps there is a path leading to a different place, a place where your depression is experienced. Follow the path leading to this other place. You may experience it as a dark place, a cave, a deep wood, mausoleum, a dark house, under water, or even on another planet.

Let your experience with depression describe this terrain for you. Notice how it looks . . . any sounds . . . any smells . . . any feelings . . . even tastes in your mouth (such as bitterness). Fully experience the sensations depression is eliciting for you, and describe them in your own words. Does this place of a name?

Do you feel it in any particular place in your body? Does it feel as though it comes from within or outside your consciousness? How powerful is the feeling? How does it affect your life energy or sense of well being?

You may find that there is a particular being, entity, or guide present that embodies your depression. Something or someone you can communicate with. Know that your own Divine connection or Higher Self is present, and no harm can come to you in any way. This is all about your healing. This being is a part of yourself. Is it a shadow? Is it wounded? Is it sad? Is it powerful or weak? Is it energetic or listless? How does this being make you feel? How do you feel about this being? Does it have a name?

The being may wish speak with you, to describe how it is feeling, perhaps to give you a tour of it's domain. You may want to know how your depression sometimes serves you, like a dark comforting blanket that covers other feelings that you may not be ready to

deal with. Explore your relationship to this environment, and to this being, and let me know when you are ready to move on.

When you are ready, ask this being what it wants and needs from you. Ask it to be specific.

Realize that you are far more powerful than this part of yourself; this being, or shadow, in this terrain of depression. You may hear what it wants and needs, but you will only act for your own health, happiness and well being. You can offer this part of yourself light, love and healing.

You may see a transformation in the shadow being, and depressing environment, as you gain control over it, to something lighter, healthier, more pleasing. What may have been in shadows or somber colors, may turn bright and colorful. What may have been dark and drab may turn vibrant with new life and energy. Experience what it feels like to change what was uncomfortable and depressing, into something positive, joyful and healing.

Note your power to change your inner landscape according to your true will. It becomes easier, more vivid, and goes more quickly each time you perform this inner miracle.

Know that you can transform any environment that exists within your mind.

Now would be a good time to create program or pattern – by creating an affirmation for yourself.

Say your affirmation to your higher self, which may be a spiritual version of yourself, or may be helper being sent by Divinity to assist you. Hear the Divine repeat your affirmation back to you. Know that this affirmation is a program you have created to heal yourself, and the universe responds by helping you to maintain this process.

You may, if you like, create an “anchor” somewhere on your body. Anchoring is simply touching a special place on your own body with your hand, embedding this experience physically in your body, to help you recall it easily and quickly when you require. You can simply touch your ear, or the knuckle of your finger, or any place you choose. You can choose, instead, a word, sound or symbol as your anchor. This “anchor” will last for as long as you need it, and then can be dismissed. You can create and uncreate anchors whenever you like. They simply help you to re-experience something you choose. You can change or adjust anything about this experience by putting yourself back into a trance state and changing anything you want. This is your journey to your own inner realm. Your gift to yourself.

When you are ready, lift a finger to let me help you come back to a state of full awareness in the world.

It is now time to return to full awareness in your outer environment. Know that what is held within is always there. Begin by thanking your Higher Self, which may be a helper from the divine. Know that this sense of a helping being is always there when you need it. You may also wish to thank your shadow self for being present and willing to heal.

Now you may retreat from this realm, back down the path, leading back to your outer world.

As I count from ten back to one, you will feel more and more in your body, more aware of your physical world.

Ten . . . Feeling relaxed and good . . .

Nine . . . Sensation and feeling returning to your physical body . . .

Eight . . . Feeling stronger and healthier . . .

Seven . . . You can begin to stretch your muscles . . .

Six . . . Feeling the vitality of your body through every fiber of your being . . .

Five . . . Feeling a sense of well being and contentment . . .

Four . . . You are feeling more alert . . .

Three . . . Movement is easy and languid

Two . . . Feeling mentally alert and refreshed

One . . . Your eyes are open and you feel well and rested . .

