

RESONATING HEALTH:

Depression: A Call To Awaken

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Having dealt with depression my entire life, I know how debilitating it can be. In this issue, I'd like to talk about ways to explore depression in a wholistic way, providing my own insights into the reasons for depression and ways to befriend, understand, and nurture it.

I believe the underlying cause of depression, other than the possibility of a chemical imbalance (which I think genetically can be caused by the same phenomenon I about to explain), is **when we do not allow our feelings to express freely and openly, to ourselves and to others**. Why? Because in this world we live in, our true feelings are rarely accepted. We are expected to "behave" in a certain manner in our job place, with our friends, with our families. We are even expected to "behave" in the proper way in our private time with ourselves. Without the free flowing expression of who we are, our life-force energy becomes contracted and can become blocked.

As children, if we are fortunate, we are allowed to be who we are and express what we feel. We laugh, we cry, we feel angry, and we express curiosity, we laugh, we know joy and bliss. We experience our surroundings and we reflect it enthusiastically back to the world. Over time, being in our societal systems of school, work, government and familial structures, we lose this natural authentic zeal of energetic expression.

Depression is in actuality a **gift. It is leading us to find our authentic self**. In Susan Weed's book *Menopausal Years*, grandmother speaks of depression as a natural response to life's inevitable disappointments:

"Look here," signals Grandmother Growth, spreading out a story blanket. "See how depression is deeply woven with anger and grief. When our human need for reliable, joyous intimacy is frustrated, and expression of our frustration would endanger us, depression comes and protects. When there is no way to deal effectively with situations that enrage us, depression comes and helps us still the violent impulse.

"Depression is not an easy companion on your journey, but let her go with us for a while. She knows much about life, about your life, and about the give-away of life and death. In her bundle, she carries the anger you have carefully frozen with frigid blasts of fear and kept nourished with your pain. Dare to accept her bundle, to accept your own wholeness. Dare to forgive what hurt you and stop reliving the pain. Dare to thaw your rage. You will need it, daughter, in the days to come."

The creative energy that is stifled by depression is located at the second [chakra](#), which includes our lower abdomen, sacrum and pelvic cavity. It is directly connected to our reproductive organs. It also resides in the emotional, astral layer of the aura. It has to do with creativity, the ways we were allowed to be free to create, and the ways we allow ourselves to create. The frequency is the [color](#) ORANGE and the [musical note D](#). It is our innate impulse to create, feel pleasure, experience joy, desire, intimacy, and ecstasy.

We can begin to free this energy by creating more sensory fulfillment our lives. Find ways to engage your senses in ways that please you. For example, engage the sense of smell with fragrant flowers & [essential oils](#), the sense of touch with a massage or time with your beloved, the sense of sight with art and nature, the sense of hearing with beautiful music, and the sense of taste with delicious, nourishing food. The more we engage our senses, the more the second chakra is awakened.

The creative essence of the second chakra is dynamic and alive. One of the reasons for this energy center being blocked is that we've lost our connection with nature. Nature is richly bountiful with life, and mirrors the exhilaration, abundance, and rapture that we long to feel within ourselves. Indigenous peoples still have that connection with the elements that form the living, natural world that we have come to take for granted. We've boxed ourselves into air-conditioned, centrally heated, sterile, one-dimensional atmospheres. We cut ourselves off from the outdoor world, which is naturally teeming with vibrant life! And we have removed ourselves from one of life's greatest gifts, sunlight. Thirty minutes of direct sun on the skin each day is manna for the body and soul.

Orange colored foods will satiate our emotional body and help us to reawaken the second chakra. The underside of the wrists just above the crease is a zone about the size of a quarter that directly affects depression. Orange light, orange essential oils such as Bergamot, Tangerine and Orange, or toning the appropriate second [chakra tuning fork](#) on this zone can free the energy in the belly.

However, sometimes, the best thing to do about depression is to do nothing at all. Allow yourself to go into the wild, unknown Abyss, into the depths of Darkness. See what awaits you. It could very well be a chest filled with treasures beyond your wildest imagination! It is certainly an opportunity to explore yourself and become more aware of who you really are. And that is always a wonderful gift.

'Excerpt from "Menopausal Years The Wise Woman Way" by Susun Weed, Ash Tree Publishing, 1992.

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