

# Aashwasan Science™

## Erases Depression through Generations

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**D**epression is extremely common. Virtually no one can ride the crest of life without experiencing periods of darkness, gloomy thoughts, low moods and the feeling that life does not spark joy anymore. A buildup of unresolved pain, tension, challenging experiences, past emotions, old wounds, present struggles, and future worries can cause depression. Many of us go through situational depression and anxiety attacks when we experience the death of a loved one, a major disagreement with your spouse, the loss of a job or a childhood trauma situation, a natural disaster or life's tragedies and struggles. Depression manifests in varying degree levels of severity ranging from mild to moderate feelings of gloom to the most debilitating and life threatening mood disorders. Depression can run in families.

The mainstream treatment for depression mostly consists of anti-depressant and anti-anxiety drugs. While it helps chase away the dark clouds, the source of the symptoms seldom disappears. It is just made less noticeable. Although an understanding of brain chemistry and of neuro-transmitters is among more popular views concerning the origin of depression, the cause and triggers for depression still remains unclear.

The reason being that in medicine today, we tend to separate organs and body systems from our emotions and our spirit in the way we think about things. The truth is that there is an inherent interconnectedness between the physical, mental and spiritual dimensions of our being; the body, mind and soul are all connected. If one thinks an anxious thought in the mind, the body reacts by producing stress hormones. If one is constantly thinking anxious, worried and fearful thoughts because one lacks clarity about an aspect in life, he/she bathes the entire body in these chemicals that affect their brain and immune system, causing sleeplessness, palpitations, high blood pressure and a host of health problems. In some cases, depression can be a result of physiological issues such as cancer, vitamin deficiency, hormonal imbalance etc. Above all, one's Being can create low feelings which cannot be shaken off. As a way to lift their spirits or to numb painful thoughts, many depressed individuals fall prey to addictions.

According to Aashwasan Science™ this generational increase in depression is due to the disconnection with one's Self. As a result of evolutionary changes that mankind has gone through over eras, human beings have lost touch with their inner self, people no longer instinctively know what they want to do with their life. "A human being is a mind-body-soul existence. Soul is the hub of memories, experiences, feelings, thoughts, aspirations, all knowledge and intelligence. Mind and body are two tools of the soul. Soul sends messages (these are understood as intuition in general), mind interprets and sends them to the body which acts on them. Body then sends messages back to mind which in turn communicates to the soul. Thus our soul affects our body and mind and vice versa. This seamless connection is the original format of every human being. But over generations now, we have lost the ability to listen to messages from our spirit. The two-way connection has become dysfunctional due to disuse. The evolutionary changes brought down the brain capacity of a human being to a mere 3%. The rest of the 97% is dormant and underactive. Our brains are stuck in limited patterns and have forgotten how to experience life in full awareness. With that we have lost the capacity to feel, perceive, or experience in wholeness making us feel like a victim of our own life. As a result, melancholy, overwhelming feeling of sadness, desperation, exhaustion, lack of caring, and desire to just stop facing each day has become common place."

When people with depression or anxiety come to Aashwasan, this two-way connection is re-established. Aashwasan's treatment of depression changes the brain patterns and brain chemistry aiding in re-patterning the brain and body mechanisms to their original design by addressing the root cause of the problem. One experiences deep awareness of one's self, understand their condition in its reality, accept and resolve the trauma and break the negative thought patterns that alter the cellular patterns, thus heal depressive feelings, anxiety and all the other physiological manifestations such as addictions, low immunity, aches and pains in the body, sleeplessness etc.

The coping strength comes in to fore, and people start finding new ways to live and adapt and uplift themselves. The focus of control becomes internal, people's attitude, outlook, approach, priorities and the way of being shifts from external to internal. Mental health and physical health comes into balance making the experience of life rewarding and joyful.

Alisha always felt sad and anxious from as long as she could remember. Her family went through a lot of financial ups and downs when she was a child of around the age of five or six. So, constant worry and anxiety about any change that might affect her or her family was a normal thing to lose sleep about. Her father never had a stable job; her mom would work in 2 or 3 odd jobs at one time to fend for them. Sometimes she would overhear her parents fight loudly about their financial constraints and struggles. Their discussion would generate much nausea and uneasiness in her. It would leave her wondering about how their lives would change for the worse without money. She could never think that things will ever be better for her.

Her teenage years were tough too. When she was 18, her parents put her in a hostel to pursue graduation. Being away from home increased her anxiety. Being with people made her nervous. She felt like no one understands her. "I would always feel I am not good enough, somehow flawed or substandard from others". She would worry about her career, even if she thought of career choice, thoughts of not being able to accomplish would engulf her.

At around that time she also became seriously involved in a relationship. She was happy for some time. However, after two and a half years of knowing the person, her anxiety increased. She would be in perpetual doubt. Was the relationship wrong for her? To top it, the fear of exams and the demanding class load was difficult to tackle. Was she homesick? She could not put a finger on why this was happening. To make matters worse, her relationship broke up because of a genetic health issue running in her family came out in to light.

The break-up sent her on a downward spiral of depression. Her self-esteem plummeted. She could not eat because of severe nausea. She lost weight and started having severe negative thoughts and even questioning as to why she was alive. Everyone advised to take up a job to keep herself engaged. She worked in an MNC for a little while but was unable to focus at work and would be in tears for the smallest reasons. She knew she was slipping into states of depression and started taking psychiatric medicines. But, when she realized that the depression just wouldn't lift, she sought help from Aashwasan. A wellness retreat was planned for her. It is during her retreat that she began to have greater insight in to the reasons which had greatly affected her personality and influenced the way she had chosen to live. She realized that her parents or anyone outside her did not determine her worth. Who she was fundamentally determined everything. She realized how she was gifted with multiple talents. She wrote eloquently and was always inclined to theater activities. Her despondency had made her withdraw from all that.

It was beginning of a new life for her. She pursued a line of job which helped her bring out her talent in writing. She took up a job as an assistant screen play writer for movies. It gave her work satisfaction at one level but her mood swings came back whenever there was disapproval from people. Slowly, her attitude and perspective changed and she had a healthy sense of herself. She realized that her depression though long standing was a valuable phase of her life journey which led to a rediscovering her true identity and worth.

**Thus depression is not something one could 'wish away' and 'move on' from. Delving deeper and connecting to oneself is the path to freedom! To be totally in the moment and accepting of what is arising for oneself as an experience will change the nature of the experience into one which is harmonious within that individual. The pain of existence naturally disappears and with that the depression. Aashwasan is here to bring back the connection with Oneself, resolve the root of the matter, preventing depression to perpetuate into the next generation.**



*“Love is where it begins...”*

*Rashmi*

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