

## *Antidote for Depression!*



### **Gratitude** *Antidote for Depression!*

In ancient Rome the Philosopher Cicero described Gratitude as the Mother of all Virtues. The practice of any virtue is a way of controlling the mind and keeping it in the middle path, Sattva, or humility where-in emotional pain can not arise at all.

Even though forcing the mind into a state of Gratitude is a way of killing any and all negative emotions, it works on some negative emotions better than others.

If someone is genuinely grateful for something as simple as a good cup of coffee early on some cold morning, for example, you will find from your own personal experience, it's impossible to experience any negative emotions or emotional pain at the same time.

For example, you will find by experimenting in the laboratory of your own life that it's impossible to be angry and grateful at the same time. It's impossible to be depressed and grateful at the same time, etc.

However, I have found from personal experience which validates Shamkhya Psychology that Gratitude works better on the Self-Centered emotions than those emotions

caused by selfishness.

For me gratitude does not work well on anger at all. Prayer of Loving Kindness works far better.

Gratitude is a prerequisite for the most important of all Virtues, Compassion. For example, we can be totally depressed ourselves and have no compassion for others with depression.

Compassion happens when we have killed our depression and are grateful for some area of our lives that kills our own depression. In which case, it is only natural for us to have compassion for others who have not discovered this secret for ending depression yet.

#### **Gratitude Works**

**by Robert A Emmons**

**Head of the Department of Psychology  
University of California, Davis  
A 21 Day Program For  
Creating Emotional Prosperity.**

The above is a really good book. Used copies can be found cheaply on Amazon.Com and Ebay.Com. Also there is a great 71 minute, 59 second video by Dr. Emmons called: Gratitude Works!: The Science and Practice of Saying Thanks on Youtube.Com

Anyone who is depressed and hears that gratitude will kill depression or any other emotional pain immediately says, "I have nothing to be grateful for. This is remedied by searching our lives for something for which we can be grateful.

In fact even those with depression which can be described as grave emotional and mental disorder can easily kill his or her emotional pain by searching and then finding five (5) new things in our life each day for

which we can be grateful.

I remember telling my grandmother when I was about 10 years old that I was depressed, that I had nothing for which to be grateful.

My grandmother had a very sad and hard life of poverty when she was growing up. She said she was depressed because she didn't have new shoes. Then she said, she met a girl who had no feet.

After my grandmother told me that story, I had no trouble finding things to be grateful. I forgot all about it when I grew up.

Then when I quit drinking, the depression of my Bipolar Disorder kicked in, and I suffered with it for a very long time until I found gratitude as the antidote for depression again.

#### **The Practice of Humility**

Another way of killing depression is taking pride in being humble and maintaining mindfulness as we go about our the business of living. One way to remember to be humble is to mediate on two aphorisms that we use to create the mindset of humility.

Then as we go about the day's business, we repeat them and also try to create the mindset of humility during our meditation break. These are:

Whenever someone does me wrong by attacking or belittling me, I take the defeat upon myself – giving victory to others. And

Whenever I'm in the company of others, I regard myself as the lowest all. And from the depths of my heart I cherish the others as supreme.