

# Depression

## What the TS Movement can do to prevent

- Be the antidote to mental epidemics by sowing positive thought seeds
- Education at schools to connect philosophy, art, religion, science
- Stimulate sense of inclusiveness
- Encourage youngsters to follow good role models such as Harry Potter
- Educate people as active ethical thinkers = immune system against mental infection
- Help people to build up a vision of life independently
- Help people to understand who they are and what place they fulfill in nature and how many unprecedented possibilities are hidden in their own being than what is shown in daily life

## What you can do to help others

- Help the person to climb back out of the clouded perception by providing support, understanding, love and establish and maintain meaningful relationship on all levels
- Re-humanisation: Be there for the other, community building and holistic treatment
- Focus on your higher Self
  - Open mind: listening, patience, respect, none-judgemental conversation
  - Creating a buddhic field with unconditional positive regard in state of oneness: Genuine interest in your best friend
  - By reconstructing the mindset help restore harmony in the inner structure, if the light of the learning ego is strong, harmony will be restored
  - We are the Divine monad, the thinker not the thought. The change of thought is the change of destiny. Let us keep wondering and have a life long learning
  - Make a connection with your higher Self to the higher Self of the other so he will experience unity and interconnectedness, patience, friendship
  - Focus on unity to lift the personal to the universal by developing a more holistic perception
- Ask what does depression mean to you.
- Encourage depressed person to participate in meaningful activities
  - Distract people in the positive way by making a walk in nature, painting...
  - Exercise and listening/playing music
- Encourage to forgive himself and others
- Create time for introspection
- Discover your Dharma for the sake of helping others Help one recognise his responsibility
- On social side: reducing stress by promoting fairness and social justice
- If we could help a person to objectify what he thought was subjective, it would help to release their free will
- Allow realisation that we have infinite resources and a way to draw it out: are you your thoughts or do you have thoughts
- Listen and try to discover his higher ideals and stimulate his free will to realize it
- Try to inspire people to help others, not to be busy with themselves

Medication is intervention to buy time to help them regaining willpower for choosing

## Recognise symptoms:

- What is it that gets depressed?  
What is it that he wants to destroy?
- His reality is not the event but the interpretation of the event: double isolation due to skandhas and samsara

## What one self can do

- Focus on ones you love
- Focus on unity to lift the personal to the universal by developing a more holistic perception
- Self-discipline
  - learn to use free will
  - Moving from passive / apathy to an active state of consciousness
  - Realize one *has* a depression but *is* not the depression, learn to see human being behind depression
- We are the Divine monad, the thinker not the thought. The change of thought is the change of destiny. Let us keep wondering and have a life long learning
- Discover your Dharma for the sake of helping others