WHEN ALLISNOT WELL

Depression, Sadness and Healing

A Yogic Perspective

OM SWAMI

Om Swami

When All Is Not Well: Depression and Sadness - A Yogic Perspective



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I've heard so many people tell those that suffer depression to just "cheer up. Ayurvedic and yogic texts dating as back as 5000 years known as despair, vishada, a toxic state of mind. Depression is not only sadness. It is emptiness, it really is misery." You suffer from it. Antidepressants don't work for everyone just like meditation and vacations don't work for many others. Nobody just "has despair. It is pain and nothingness simultaneously. Despite having all our scientific developments, depression remains probably the most mysterious mental illnesses. When you are really depressed you lack the ability or will to cheer yourself up. " I question if they really think that it's that easy. In this profoundly insightful function, Om Swami categorizes major depression into three types to help you see how a different strategy is required to cure each kind. Beautifully woven with soul-stirring caseresearch and yogic wisdom, you will gain a new perspective on melancholy and sadness.



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A Masterpiece! Be kind to yourself by reading it! Just one more masterpiece by Om Swami. Incredible! Swami's writing style is very very clear, touching and addictive.. I intend to post this review to all of Om Swamis publication listings as Personally i think others have written excellent reviews for every book that really provide you with a sense of what the publication is approximately. This is a must read for everybody (no matter who you are, whether you had depression or not really). The author, who is an enlightened tantric monk, offers useful wisdom on how to deal with depressive disorder, without pharmaceutical interventions. I worship it. He made me feel wanted in what sensed like a wicked globe. This book transferred me to tears because I could relate to every one of those stories. A deep feeling of compassion touched me triggering a desire to spread awareness about major depression. Even though you are not experiencing depression, the book gives interesting tips on wholesome living through exercise and diet. Since that time, I have read most of his writings (blog and books) and viewed his youtube channel video clips. I'm likely to gift this reserve to everyone I know who needs help. With discipline and persistence I plan to keep walking this path and desire to become his disciple 1 day. Changed my life I've been putting off writing this review as I needed to spend enough time to really think through what I'd write, and give this book the proper review it deserves. I've put it off long plenty of, and feel it's better to compose the review and place it out there rather than wait until I discover the correct time (that could take a loooong period given I've three children aged 5 and under that keep me super active! So. I'll share some other ways his writings have steered my life lately:1) I've stopped drinking coffee2) almost completely quit alcoholic beverages (my whiskey collection is starting to gather dirt!. Om Swami's books, blog and Dark Lotus App have changed my life. It was no incident that I stumbled upon Om Swami's blog page, that's my firm belief. Babaji lately suffered a stroke and will not teach or offer private audiences any more and I was suffering from intense feelings of what I can just describe as some kind of deep house sickness, and nostalgia. I was wondering if I would ever discover anyone who embodied like and created a feeling of peace for all those which were around him like Babaji. The very next day, I "stumbled" upon Om Swami's blog page, and that was in regards to a year ago right now. This book, written from a Yogic perspective, gets the potential to change, rather save lives. This book arrived when a close relative was going right through the horror of depression, and offered the essential insight including the yogic and scientific perspective. I ran across Om Swami's blog after I had a soul searching time of my entire life thinking a lot about my teacher (Baba Hari Dass from Almora) since I was just a little kid. This reserve offers helped me through trouble..)3) Lately took a vow to not eat any concentrated sweets for 40 times to help build my will power4) exercise a lot more regularly5) eat a much better diet (his book Wellness sense was an

excellent motivator)6) have meditated nearly every day going back year7) have grown to be more relaxed in my existence (wife agrees)Om Swami has really organized for us how to live a virtuous life and knowledge for ourselves the peace and bliss that is our character. Please do yourself as well as your family members a favor by reading this book. His years of encounter dealing with depressed people clearly displays through in his words. My experience ewas among reading most of his books and writings in a short period, so for me they are all blended together into one divine body of function that can produce profound effects if it's high time in your life. Dealing in additional Depression without Drugs I read this reserve as We was going right through mild depression carrying out a major heart medical procedures. This book, however, deals with cases of serious unhappiness. The author knows how exactly to write. It is very well-written and readable. Having been a victim to this demon called Depression, We stand testimonial to Om Swami's healing contact. A lot of people think that depression is focused on sadness. I also recommend one of Daniel Amen's 1st books called Change Your Brain, Change Your Life. The author characterizes depression as emptiness, pain, misery and nothingness all at once. Drawing upon Vedic and Yogic texts, the author discusses how to approach three types of depressive disorder. Although the reserve wasn't for me personally, I appreciated reading it. It's a condition that you don't want also your enemy to experience. I feel I have found myself, my true path and I have found God. The writer describes several situations he provides helped, some required medication, others didn't. The author does a good work helping the reader find differences between the types of unhappiness. He also describes symptoms of major depression that are not usually talked about in strictly medical content articles, but which are common results on the lifestyles of people with unhappiness. Their misguided suggestions to a depressed person is definitely to cheer up. Marvelous book, written with truly yogic and scientific perspective! It's important for me to see how I feel when I'm in his existence and I'm luck enough to be going to California Meditation retreat this September. Different viewpoints on traditional medicine and Ayurvedic and natural healing procedures are depicted with real, first-hand experiences from Om Swami. Coping with the psychological and psychological aspects of despression symptoms, and solving the root cause of the issue in such compassionate way is why is this book a distinctive guide, not merely for despression symptoms but many lifestyle challenges. Throughout this publication, one gets the feel of deep wisdom and unconditional love, the eternal hallmark of Om Swami! Great! :)? A life changing book! This book is great as it explained the key reason why people get depressed and how some aren't even depressed but just sad. His words have a Divine power that I cannot explain, they will transform you I know I'm writing the same review for most of Om Swami's books.Oh, and that reference to Andy (from Shawshank Redemption) was an urgent delight. Wonderful book with original perspective and

practical solutions for anyone who is ready to do something to get themselves reconnected with life. Om Swami has a wonderful way with terms and a deep knowledge of the human heart. Five Stars Ok Very beautiful book. Within the last year, I have been trying to instill the core virtues that Om Swami advises we build into our lifestyle. Some of his insights offered me a feeling of peace as I was able to see what issues in life can make us sad and how we can raise ourselves out of mild melancholy or sadness without medication. It's just that I do not need terms to describe, not just the content but the impact they have had on my entire life. His memoir is now my Bible. His loving and empathic words worked magic on me. I browse His books and his blogs again and again and every time I discover something new.. about myself. My family and I have been through a comprehensive transformation since the time we browse His books (and the book 'Om Swami as we know Him' by Ismita Tandon and Swami Vidyananda Om). His words have got a Divine power that I cannot describe. We call out to Him and he shows up before us. If you have major despair and wonder if improving is possible When you have major unhappiness and wonder if getting better can be done, this book will give you hope. Five Stars Read it asap, if you your self or anyone around requirements support.. I couldn't put the book down until completion.



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