



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

By Om Swami



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

I've heard so many people tell those who suffer depression to just "cheer up." I wonder if they really believe that it's that simple. Depression isn't just sadness. It is emptiness, it is misery. It is pain and nothingness at once. When you are truly depressed you lack the ability or will to cheer yourself up. No one just "has depression." You suffer from it. Even with all our scientific advances, depression remains one of the most mysterious mental illnesses. Anti-depressants don't work for everyone just like meditation and vacations don't work for many others. Ayurvedic and yogic texts dating as back as 5000 years called depression, *vishada*, a toxic state of mind. In this profoundly insightful work, Om Swami categorizes depression into three types to help you see how a different approach is needed to cure each type. Beautifully woven with soul-stirring case-studies and yogic wisdom, you will gain a new perspective on depression and sadness.



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Editorial Review

About the Author

Om Swami is a mystic who lives in the Himalayan foothills. An advanced yogi, Swami did thousands of hours of intense meditation in complete seclusion in Himalayan caves and woods. Prior to renunciation, he founded and ran a multi-million dollar software company with offices in San Francisco, New York, Toronto, London, Sydney and India. An Australian national of Indian origin, Swami completely renounced business interests a few years ago to pursue a full-time spiritual life. Om Swami has a bachelor's degree in business and an MBA from Sydney, Australia. You can connect with him on his blog, omswami.com, read by millions all over the world.

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Gale Velez:

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