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DENOUNCE DEPRESSION AND GET SUBLIMATION



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Denounce Depression And Get Sublimation

We are meeting now at the end of the New Year. Let me greet you heartily. I wish you a very happy New Year.

Let us hope and pray that the New Year may bring in its wake peace and happiness.

The year that is coming will, be watched with concern. The year that is going into history saw very many revolutionary changes.

Let the new year achieve more by evolution than by revolution.

This year the people felt pessimistic about the future of mankind. Naturally, they felt depressed and dependent.

To feel depressed is not a healthy sign. People should not accept depression as a necessary evil.

Depression is, now, a universal sickness. It may be treated as a suffering. People suffer from depression irrespective of their age, antecedents, sex, social status, knowledge and intelligence.

Depression does not exempt any class or community. But, what is depression, from which men, women, children, young and old suffer alike ? It is reduction in vigour or spirits. It is a state of the mind, which manifest restlessness, sadness, instability and anxiety. It takes its root from inner dissatisfaction, sense of insecurity and unhappiness.

So far as the causes of depression are concerned, they are partly individual, partly social and partly psychological.

Some people suffer from depression because they face employment difficulty. Those, who have lived in jail for long,

those, who have lost some dear one, those who have suffered some loss, and those who feel insecure generally suffer from depression.

Prolonged illness induces depression.

In some cases, depression is hereditary. Those, whose income is not compatible with their expenditure feel anxious.

Anxiety long nourished leads to depression.

Those children, who do not receive proper attention from their parents fall prey to depression. When there is a gulf between parents and child, the child suffers.

Those children, who are brought up in an orphanage suffer from depression even when they become young and old.

Parents, due to their acute poverty and large family, have to work hard to earn a livelihood, with the result, that, they are unable to give more time and attention to the child.

Sometimes, too much attention by the parents to their child is not in the interest of the child. The child loses the spirit of self help. Moreover, the child assumes a superiority complex and is deprived of the power of decision.

Pitching too high hopes is not in the interest of a person, when they are not realised or fulfilled, they lead to depression.

Modern age is a Competitive age. Everybody wants to at tain a high status in society. With this end in view, he wants to raise his standard of living. He wants all the facilities and the amenities of life at his disposal.

To achieve the desired goal, he tries to earn money and more money. The race for getting wealth without limit leaves no time for other pursuits.

We are all reaping the discontentment sown by the seed of gold.

Family feuds and quarrels, less mutual contact, social and economic problems, domestic problems, distinction between rich

and poor, high and the low, inequality of opportunities and problems of marriage land a person in frustration leading to depression.

A very important cause of depression in modern time is, that, a person finds himself in marked contrast and contradiction. He finds himself in isolation. He finds his home atmosphere different from the atmosphere outside home. In home and educational institutions, he is asked to abstain from evil, to be good and to do good. The golden rules of ethics and morality are taught.

But, once, he enters practical life, he finds to his utter dismay and astonishment, that those high sounding precepts and principles are thrown aside and neglected.

Depression may be abnormal or normal. Abnormal depression implies the conditions, which adversely affects an individual. Such a person needs help.

By normal depression is meant hopelessness, sorrow and unhappiness. It requires self-help.

Depression passes through three stages, namely, minor depression, moderate depression and acute depression,

Depression may be classified as :

Reactive depression, Exhaustive depression; Neurotic depression, Endogenous depression, Involutional depression Pre-menstrual depression, Pre-natal depression, and Puerperal depression.

Reactive Depression :

It betrays emotional state of sadness. It is the outcome of harassed emotional experience. Those suffering from this type of depression ascribe their depression to fate and not to internal or external causes.

Males and females both suffer from this type of depression. Males suffer from it due to financial. professional, and occupational difficulties and, also, due to failure in love affair.

Females suffer from it due to loneliness, grievances, death of relative, marital differences, and on account of unhappy love affair.

Exhaustive Depression :

Irritable changes in mood are induced by environmental experience, leading to this type of depression called Exhaustive depression. The males suffering from this type of depression are generally pedantic, ambitious, self-centred and over-conscientious. The fear of loss or illness leads to the intensification of emotional tensions.

In females, it is caused by mental conflicts, family disputes, lack of sexual satisfaction, frictions, financial worries, over-work, loneliness, and by a sense of being ignored or deserted, insecurity, hostile environment. conflicts of ethical or religious nature, and by irregular monthly course.

Neurotic Depression :

It refers to disturbed mental health, caused by repression of inner conflicts. This type of depression leads to a feeling of weakness and helplessness against hostile forces. Those suffering from this type of depression are docile weak and withdrawn. They are not aware of their depressed mood. Their unsatisfied desires solicit support, security and safety.

Endogenous Depression :

It depicts a state of sadness associated with anxiety. It leads to lack of initiative, apathy, indecision and lack of enjoyment, This type of depression can also be due to hereditary factors.

Involutional Depression :

This type of depression is an experience in itself. It is a special genetic condition. Those suffering from this type of depression are ego-centred and withdrawn persons. They make few friends, but they are good friends. They are under the influence of the feeling of resignation and mistrust. Disappointment, and latent anxiety about future security, extreme remorse, and self-accusation cause the onset of this type of depression.

Pre-menstrual Depression :

Woman undergs this type of depression before the beginning of menstruation. The depression disappears after the beginning of menstruation.

Pre-natal Depression :

Women experience this type of depression during the period of pregnancy.

Puerperal Depression :

This type of depression is due to some aspect of child birth.

Those suffering from depression look at the dark side of things. They experience sadness, uncertainty, insecurity, doubt, diffidence and defeatism.

Their thought pattern is marked by the thoughts of escapism, indecision and suicide.

They are indifferent towards the environment. Their lack of interest in their surroundings point to their deplorable mental state.

They are over-sensitive, serious and over-conscious. They suffer from a inferiority complex.

They are in the grip of pessimism. They are shy and try suppress their feelings.

They are a type of recluse. There are some among them, who are obstinate, obdurate, disgruntled, dissatisfied, irritable, easily excitable and self-centred.

They react violently against any challenge or difficulty.

There are some other persons suffering from depression, who are withdrawn, solitary, and eccentric.

They have been deprived of the spirit of self-cofidence.

Depression is marked by certain physical symptoms. The signs of irritability, peevishness, anger, self-pity, hyper-sensitivity,

heavtness in head, loss of concentration, laziness, idleness, disturbed sleep, loss of weight, loss of appetite, loss of vigour and physical stamina and strength, headache, palpitation, hypertension, feelings of oppression, gastric or intestinal disturbances, reactivity, inferiority complex are some of the manifestations of depression.

Beside the physical symptoms, there are psychological syndromes. Jealousy like the hydra is a many headed monster. Suspicion does not allow peace of mind. Malice leads to being burnt in a fire of one's own making. one ha shimself kindled. Greed leaves a person in continuous need. Hatred is the negation of humanism. Pride is self-deception. Arrogance is the false nation of prestige.

In some cases, depression calls for medical treatment. In some other cases, psychiatric treatment is required. In some other cases, self-help constitutes the best treatment .

Depression if allowed to persist for long, may result in the state of apathy, nervous break-down and early paralysis.

Prolonged depression should be combated, otheerwise there is every possibility of delirious mania, hallucination and migraine, which is a headache of varying intensity.

Tranquilizers may give temporary relief, but they do not give permanent relief.

Inner agitation to be calmed requires rest, relaxation, sound sleep, and peace. Fatigue should be avoided.

In depression, proper attention should be paid to the heart, kidneys, blood vessels, and endocrine system.

What, then, should be done to be relieved of depression. There are three courses open to a person, suffering from depression. Either he should accept medical treatment, or he should seek psychiatric assistance and advice, or he should himself be his own physician and his own psychiatrist and help himself.

Self-help restores confidence and gives the feeling of self-respect. It is a driving force, which gives vigour. Envy, malice, and hatred should be treated as enemies residing within. They should be served a notice of ejectment.

Regular physical exercise should be taken to drive out depression.

Out-door exercise and fresh air are useful for the one suffering from depression.

Judicious use of leisure has its own reward.

Contentment is a virtue which should be coveted.

Abstinence from intoxicants, whatever they be, keeps a person in good physical and mental health.

Hobbies should be cultivated.. Sports and games divert attention in a good direction.

Sedentary habit is not good for physical health.

Moderation in life averts, crisis in life.

Indigestion, not only takes one to the physician, but it also leads to pessimism, which is an indication of depression.

One should learn to adjust himself to circumstances and different situations, in which he finds himself.

Time management symbolises the art of living. Time management has been neglected with the result, that, there is a great stress and strain on the nervous system. Time management insures economy of time and energy.

Faith can still move mountains.

Belief is a light to lead and guide.

Hope is the sheet-anchor, ever encouraging and ever leading onward and forward.

Balanced life implies harmony within.

Balanced life is the gift of positive thinking.

The art of thinking suggests practical approach to the problems of life.

Discipline is the mark of self-culture. Study of scriptures and of the biographies of saints and sages serves as pick-me-up.

Self-control, self-respect and self-reverence constitute the sovereign remedy for better life, and better living. The one, suffering from depression should forget his losses and failures, and begin a new life. He should recall to mind his past success.

Optimism is the sunshine of life. Idleness and lazinessl and a person in abject misery. Society demands work which may be useful for one's self and for others. Our society is inter-dependent.

Everyone should contribute whatever he can to the welfare and happiness of others.

Personal relationships and social contacts should be improved, so as to bring people together in order to save them from rivalry and mistrust.

Religious and mystical feelings should be stimulated.

Cultural interests should be cultivated. Early morning regular walks in fresh air keeps a person in a cheerful frame of mind.

To get up in the morning before sunrise saves one not only from jdleness and laziness, but also from depression. It is still true to say :

"Early to bed and early to rise,
Makes a man healthy, wealthy and wise."

Warm baths and light massages restore lost energy. Proper circulation of blood keeps the muscles strong and vigorous.

Meditation gives concentration.

Concentration focusses attention on one point. It checks. the mind wandering in different direction, thus saving it from confusion, and giving it peace.

Peace of mind should not be sacrified for the sake of material pursuits and acqusition of wealth.

Lust, greed and avarice rob a person of the serenity of mind and the tranquility of heart,

It is a sad phenomenon that the world is with us all the time. inviting the snake of depression which comes with its

mouth open to bite us. It proceeds towards us swiftly and silently to overtake us. The snake of depression should be killed by the iron rod of determination and the will to live happy.

To be happy is one's own birth right.

To be miserable is a sad sight.

If one may believe firmly that,

"It is all for the best" and act upon it sincerely, then, one will be saved from inner conflict and tcnsion. Profit and loss, and success and failure will be for him meaninglessc onceptions.

A sense of proportion and perspective gives a balanced outlook on life.

Serenity of mind is a distinct achievement. Depression is premature death. To avoid it, is in one's own interest. It is his social duty. To keep the fabric of society intact is his responsibility. Depression results in disintegrated personality.

Depression has come to be realised as the curse of cosmetic culture. To get gold and si[ver at the cost of personal happiness can not be termed as a sane, sober and wise decision.

We are born to be sociable, good-hearted, jolly, gay and cheerful.

If, we are miserable, the fault is not in our stars but in ourselves.

——

I give below a few questions so that you may discover yourself. Try to answer them correctly and you will know how much life you have wasted in idle pursuits and how much is still left with you. Your self discovery will present you with an assessment of your profit and loss.

QUESTIONS	ANSWERS

1. What do you live for ?
   (a) Power
   (b) Influence
   (c) Wealth
   (d) Fame
   (e) Knowledge
   (f) Service of humanity
2. Did you achieve any of these things ?
   (a) If so, how ? If not why ?
3. Are you easily excited ?
4. Are you an introvert or an extrovert ?
5. Are you open minded or suffering from mental jaundice ?
6. Do you suffer at times from an inferiority complex ? Did you take any steps to get out of it ? If so with what success ?
7. Do you like solitude or the sunshine of solitude ?
8. Have you zest for life or do you treat your life as a burden ?
9. Do you believe in caste, creed and colour ?
10. In times of catastrophe or misfortune, what do you do ?
    (a) Do you run and hide yourself ?
    (b) Do you accept the challenge and face it with courage and seek help from God ?

QUESTIONS	ANSWERS

11. Do you get sound sleep ?
12. Did you ever suffer from insomnia ?
13. Do you suffer from indigestion at times ? What do you do then ?
14. Do you feel self-pity ?
15. Do you keep the past uppermost in your mind ?
16. Does the future look bright to you or does it appear bleak and dark ?
17. Have you ever suffered any grievous loss ? In what way did you try to recover from this ?
18. Have you any child ? If not, do you expect to get one ?
19. Have you ever been in love ? Was your love ever repaid or was it ignored ?
20. What profession or vocation do you pursue ? How long have you been in the profession. Have you made any noticeable progress or are you where you were ?
21. Do you belong to any mystic order ? Do you follow its tenets and teachings scrupulously or do you belong only in name ?
22. Do you read scriptures ?
23. Can you give the name of a person or persons who have by their own unaided efforts removed obstacles from their path ?
24. Have you ever read the success story of a self-made man ? What was the secret of his success ?

QUESTIONS ANSWERS

25. Do you read biographies or autobiographies ?
26. Do you at times feel nervous ?
27. What type of company do you like ?
28. What kind of books do you like to read ?
29. Do you work like a team in your family or do you have a mere sense of belonging ?
30. Do you take interest in your surroundings or do you remain indifferent ?
31. Did you ever suffer some prolonged illness ? How long did the treatment last ?
32. Do you labour under a disability in any way ?
33. Do you consult astrologers ? Do you believe them ?
34. Do you accept criticism with a smile or do you feel hurt ? Do you regard criticism as a means of self-improvement ?
35. Do you take part in any games ? What do you feel when you win and what is your reaction when you lose ?
36. Have you any definite ideal before you ? Do you pursue it with tenacity or leave it as it is ?
37. Do you often think of the past ? Do you regret it or forget it ?
38. What do you want to become ?
(a) Doctor (b) Advocate
(c) Business executive ? (d) Politician
(e) Leader (f) Academic teacher
(g) Nobleman (h) Gentleman.
What steps have you taken to achieve your goal ?

QUESTIONS	ANSWERS

39. Do you suffer from emotional conflicts ? What do you do then ?
40. Is there any fear lurking in your mind ? Can you decide whether it is real or imaginary ?
41. Do you practice meditation regularly ? If so, Is it subjective or objective ?
42. How many times in a day do you smile ? On what occasions ?
41. What feelings do you undergo when you meet someone on the road or at some public place ? Do you have :—
(a) Pity (b) Sympathy (c) Contempt,
44. Do you feel satisfied with the life which contentment, peace of mind and financial stability give ?
45. Do you sometimes build castles in the air ?
46. Is your imagination constructive, positive, morbid or negative ?
47. Do you pray ?
48. Do you find yourself greedy, jealous or envious ? Do you make any effort to get rid of these feelings ?
49. Do you trust people or are you suspicious ?
50. Do you seek reward and thanks for any favour shown to others ?
51. Do you change friends very often ?
52. Who is you favourite author ? Can you give reasons ?
53. Who is your favourite poet ? In what way has his poetry appealed to you ?
54. Do you belong to any voluntary association ? If so, to which ? What is the function of that association ?
55. Who has influenced you most in life and by what means ? Was it their character, achievements, simplicity, trials, sense of humour or positive attitude ?

Ya Sharib

With Thy test sound me;
In my doubt confound me,
By Thy signs inform me,
In Thy love destroy me,

By Thy hand take me,
In Thy arms enfold me,
To Thy breast hold me,
With Thy love surround me,

In Thy perfume immerse me,
In Thy look drown me,
With Thy lips imbibe me,
To Thy love turn me,

By Thy beauty enthrall me,
By thy grace enchant me,
In Thy substance absorb me,
With Thy slavery crown me,
and O Sharib,
By Thy love astound me,

Jamil Uddin, Southampton, England
January, 1992,