

CHAPTER EIGHT

My Teachers Showing Me The Way Out



I have been reading many books from different genres trying to understand and finally overcome my depression. From books written by psychiatrists to books written by new age self-help gurus, from scientific based facts to more esoteric theories. Doctors postulate that depression is either caused by genetics, or circumstances or a combination of both. The new agers hypothesize that it is caused by not knowing the soul's purpose, and/or being disconnected from God / Source / Spirit.

There are no absolutes, or rather there seem to be less and less of them as time goes by. I'm still trying to wrap my head around the idea that the chair I am sitting on is not solid, neither is the desk I have this computer on, and neither is this computer. That when we drill down to the quantum level and look at the atom, we find it is made up mainly of empty space, with just a fraction taken up with bits of energy zipping about. Really? Then why do I feel like this is terribly solid, why do I know that if I hit the corner of the desk with my knee it's going to hurt and that I'll cry out in pain? Yet it is not solid?? Intellectually I can kinda understand, but physically my body is screaming it is solid! By the same extension, my body is not solid either...but also empty space. This discovery in quantum physics occurred in the past

decade or so, which changes the understanding of an absolute that has been held for centuries.

I was lucky to have grown up with my maternal great-grandmother, who was born in 1881, and who lived to be 97 years old. Her absolutes were even more concrete: there were no such things as talking pictures; you couldn't talk to someone in another city, or even next door without being in the same room as them; modes of transport were either horse drawn carriages or trains; man could not fly, and to the moon? What nonsense!! These were the absolutes of her world when she was born, but in her lifetime she experienced the greatest advances in human technological evolution imaginable.

A few years ago I watched the movie *The Secret*, and was fascinated by the Law of Attraction. It made sense to me, that what you intend you attract. Over the course of my life, I have had amazing synchronicities happen to me, so I was very open to this thinking. So I tried to think the way of the Law of Attraction, but wasn't entirely successful. As they say in the movie "You've got to get into the feeling place of it", and I hadn't been able to do it much. Feelings other than those of self-abnegation were very few and far between.

A few months later I came across the movie *What the Bleep Do We Know?!* A movie in the same genre as *The Secret*. I was very intrigued by one scene in the movie which described Japanese scientist Dr Masaru Emoto's experiments with water. He taped different words to the sides of the small water containers. Several hours later he took drops from the different beakers and froze them, then through a dark-field microscope he photographed the resultant frozen crystals. The water to which positive messages had been taped such as *Chi of Love*, *Thank you*, or *Gratitude* all displayed beautiful symmetrical 6 sided crystalline structures. The water which had been subjected to messages of negativity such as *"I hate you, you*

disgust me” all had broken misshapen shapes, in fact no crystalline structures were formed. Water responds to our words and thoughts!!! One line from the movie has stayed with me: *“Since we are 70% water, imagine what our thoughts are doing to us”*. This scene resonated with me. I kept thinking I need to think positively about myself. However I needed to assure myself that this was not just a movie invention so I googled Dr. Emoto and found that these water experiments were actual research being done by the Japanese scientist. He really was proving that water reacts to its environment.

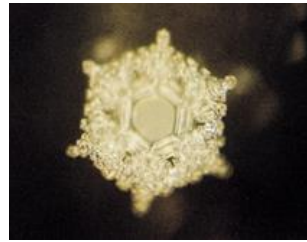
All self-help books have one theme in common. Think positive thoughts. Think positive thoughts. Think positive thoughts. Now I understood why it was important to do so.

A short time later I came across an absolutely fascinating documentary on YouTube: Water, The Great Mystery. It detailed more of Dr Emoto’s work as well as Nobel Prize winning scientists’ research into water. Dr Emoto subjected water to more experiments: the classical music of Brahms, Bach and Mozart formed beautiful crystals, whereas acid rock and heavy metal had deformed and mangled crystals. Even names of people showed an incredible difference in structures; Mother Teresa’s evinced a beautiful 6 sided crystal, while Hitler’s was deformed with no symmetry.

The power of words and thoughts is indescribable and only now as a society are we beginning to understand and study this phenomenon.



HOPE



LOVE AND GRATITUDE



I CAN DO IT



I CAN'T DO IT



THANK YOU



YOU DISGUST ME

Photographs by Office Masaru Emoto, LLC

More and more research is being done on this subject, and more and more self-help gurus are beginning to speak of positive thoughts and words in their teachings, though Louise Hay had been teaching this for many, many years in her books and lectures.

I purchased the books The Miracle of Water, Messages from Water and the Universe by Dr Emoto and enthusiastically shared the beautiful water crystal photos with my friends and family, some of whom thought it was interesting, though some

thought it was a hoax. Only a couple of them appreciated what this really means to us as humans as I began to understand this. I understood this to mean that everything I think, and say and also hear somehow has an effect on me which can be either positive or negative. I had certainly tried to do positive affirmations, but hadn't appreciated the science behind this until now. Seeing the photographs of crystals in glorious formation or in mangled disarray made me comprehend emotionally what this meant.

My body is made up of around 70% water. Therefore all the cells of my body are 70% water. So everything I think, everything I see, everything I hear affects 70% of me. I am assuming that I have a buffer of 30% which is neutral. So positive loving thoughts that I direct to myself and to others have a positive effect on the water molecules in my body. That is a powerful thought.

My new found knowledge and enthusiasm dovetailed well with the research experiments that Gregg Braden had written about in his book The Divine Matrix, where he recounts the experiments done on DNA by researchers at the HeartMath Institute. The researchers took human DNA from placenta and placed it in an isolated container. Then they directed volunteers to direct strong emotion at the DNA and to their astonishment they found that the directed emotions actually had an effect on the DNA. The DNA changed shape! They could see the DNA sequence reacting to the human emotion directed at it. When the negative emotions of anger, rage, jealousy, hatred, or stress were directed at it, the DNA became compressed, and became wound tightly around itself. But when the positive emotions of compassion, love, gratitude, empathy, or appreciation were expressed, then the DNA unwound, lengthened and straightened out.

This is astounding research, but it also makes total logical sense, and I know that I have experienced it myself as has

everyone else. People use the term “all wound up” to describe someone who is very stressed, and I know that when I am angry or stressed, or if someone is angry at me, then I get all tight and wound up, closed in upon myself. Whereas when I feel happy and loving I feel expansive. My heart opens up to the rest of the world. And now there is scientific evidence of why this happens. My body is reacting on a cellular level to either my emotions or to someone else’s emotion.

We are so out of touch with our bodies because we were never brought up to equate our bodily sensations with feelings or emotions. We know when we feel bad or we feel good, but we never correlate it with our body. We don’t differentiate the feeling as between either our emotions or our body. We never say my body is feeling bad or my body is feeling good, we always say I am feeling bad. We feel the emotion but we don’t pay attention to the sensations of what our body is actually feeling. Now when I am feeling a negative emotion such as anger I actually try to feel the sensations of what that anger feels like in my body, for when I do, that sensation starts to dissipate after a while.

My anger felt like a large open spiral running upwards through my torso and up into my chest area. It is moving in a clockwise direction upwards. My arms and legs also feel the spirals running from my fingers and toes up into my body. My throat constricts as this spiral keeps moving upwards. My head feels tight.

These are subtle feelings and I had never been aware of any of them (except the throat constriction) prior to my stopping in my angry tracks and trying to feel the actual physical sensations coursing through my body with the emotions of hurt and anger.

As I followed the physical sensations of the emotions, the sensations started to dissipate and within a few minutes both the sensations and the emotions were gone. I had been alone at

home and had been upset by a BBM message, so was able to take the time to feel. I'm not sure if I would have been able to dissipate it as quickly if this had been an angry confrontation with another person as I would not have had a chance to sit quietly and feel the feeling. Now however, this is something I will try to do when faced with an angry situation againthough in all honesty know that when in an argument the last thing one thinks about is sitting down and feeling! Though maybe this would be the quickest way to resolve the tension...

I watched a TEDx Talk by Dr. Alan Watkins where he was demonstrating how people can be “Brilliant every single day”. He explained that when people undergo extreme stress, they suffer frontal lobe inhibition, which is easily seen in stage fright when actors freeze and cannot remember their lines, or when a student goes blank at an exam even though he knows his material well. Under pressure our brain shuts down all extraneous functioning except those needed for immediate survival. Our brains become binary: either fight or flight. No sophisticated thinking is required, so in effect one is ‘lobotomizing oneself’. The heart rate goes up, breathing becomes quicker and more shallow and the hormones of cortisol and adrenalin are released. The researchers at HeartMath Institute have demonstrated that if a person starts to do coherent breathing at this time then the brain begins to work better. It becomes insightful, clear thinking and problem solving. They have developed the Quick Coherence® Technique which can quickly reduce the binary functioning of one's brain.

“Create a coherent state in about a minute with the simple, but powerful steps of the Quick Coherence® Technique. Using the power of your heart to balance thoughts and emotions, you can achieve energy, mental clarity and feel better fast anywhere. Use Quick Coherence especially when you begin feeling a draining emotion such as frustration, irritation, anxiety or anger. Find a feeling of ease and inner

harmony that's reflected in more balanced heart rhythms, facilitating brain function and more access to higher intelligence.

Steps for Quick Coherence Technique:

Step 1: Focus your attention in the area of the heart. Imagine your breath is flowing in and out of your heart or chest area, breathing a little slower and deeper than usual. Inhale 5 seconds, exhale 5 seconds (or whatever rhythm is comfortable)

Step 2: Make a sincere attempt to experience a regenerative feeling such as appreciation or care for someone or something in your life. Try to re-experience the feeling you have for someone you love, a pet, a special place, an accomplishment, etc. or focus on a feeling of calm or ease."

<http://www.heartmath.com/quick-coherence-technique/>

Oh how I wish I had come across this years earlier! Not only did this explain why I was having all my cognitive issues as in effect I had "self-lobotomized" myself for all those years when I was living in the hell of the depression and PTSD in chronic fight or flight mode, but it also gave me an almost instant (slight) relief from the coursing anxiety. The secret to this method was slow rhythmic breathing through the heart. This was the key: to breathe through the heart center, with a fixed ratio of breathing in and out, slowly. I would certainly try to do this in the future!



In the past few years I have read a number of Dr Joseph Murphy's books, the seminal one being The Power of Your Subconscious Mind, in which he discussed the importance of visualizing the outcomes in your life that you want to achieve. All his books have the same theme, and I had read them voraciously trying to heal myself and my life. Some of his titles are very reflective of the 1960's with sensationalist words "The Cosmic Energizer, The Cosmic Power Within You" but the

contents should not be discounted as frivolous. His many works are the precursors to the Law of Attraction movement that has currently hit main stream consciousness.

In one of his books he writes out a prayer for one of his clients which I adapted to myself. I combined the ideas of Doctors Joseph Murphy and Masaru Emoto and Louise Hay into a morning ritual: (I had heard an interview with Louise Hay where she revealed that she labels every faucet in her home with words of love and gratitude did it occur to me to do the same with my water). Every morning upon waking, I would pour myself a full glass of water from my blue bottle to which I had taped the words "Love", and "Thank you", then adding a few drops of Holy Water to the glass, I would slowly drink the entire glass mentally reciting the following prayer all the while visualizing this healing liquid transforming and healing me.

"The Healing Presence is now going to work transforming and healing, restoring and controlling all processes of my body according to its wisdom and divine nature. My entire system is cleansed, purified and quickened by the vitalizing energy of God. Divine circulation, assimilation and elimination operate in my mind and body. The joy of the Lord is my abiding strength. I am made every whit whole and I give thanks. Thank you for my healing, thank you for my healing, thank you for my healing."

This was and still is, part of my morning ritual. As I feel the healing water flowing down my throat and throughout my body, I envision my healing taking place. I visualize the Healing Presence lifting my depression and removing my pain from me. On many mornings I would feel a peace descend upon me. It felt nice to be pouring love into my body. A placebo? Possibly. All I know is that slowly the darkness was lifting from me.

In his many books, Dr. Wayne Dyer teaches that we as individuals have the power of I AM (God) within us and that each time we say anything with "I am" we are calling that into

ourselves. In his book Wishes Fulfilled – Mastering the Art of Manifesting he describes a chance meeting he had on a beach with a girl who had just developed a severe form of facial paralysis – Bells Palsy, and how by being able to introduce her to her own innate power of healing was she able to heal herself from the Palsy within several weeks. Nicolette would visualize how she was paralysis free, and kept repeating the words:

“I am paralysis-free, I am paralysis-free, I am paralysis-free”. She told her mother “You don’t get it! Didn’t you hear what Wayne said? I am healed and paralysis-free. Didn’t you hear me say that too? What part of that don’t you understand? I am healed – it’s just that you and everybody else in this world can’t see it yet!” Four weeks later she was paralysis free. P16

So I started repeating whenever I would remember *“I am depression free. I am depression free. I am depression free. I am healed. I am healed. I am healed.”*

You must understand that I was desperate to get healed for I couldn’t live in this pain much longer and I knew that if I didn’t get better soon I would not survive. Since mainstream medicine offered antidepressants as the primary treatment and having already taken them for many years with side effects that I didn’t want to live with any longer, I had to find alternative methods to heal myself. I would try anything unconventional in hopes that it would work.

We don’t know enough about metaphysics to discount what some people claim as ‘Truth’. As more and more discoveries in physics and biology are being made and revealed, there may very well be veracity to their claims. So if watching what I said, and labeling my water with words of love and gratitude, and visualizing a healthy brain and mind, and doing any other woo-woo thing that I tried was going to cure me, well

heck I was going to try it! The alternatives were unacceptable to me.

I had watched *The Metaphysical Secret*, a sequel to *The Secret* where the Law of Vibration was discussed and which states that everything is in constant motion: that all the molecules and atoms are moving all the time as nothing is static. All of the presenters in the movie spoke on this theme, and most of words of the different presenters were intriguing, but Bob Proctor's words stayed with me and which I began to follow as he directed.

"Now I do understand that disease cannot stay in a healthy vibration. It just cannot. I also understand that you cannot turn disease into health, but, you can release disease and recreate health. You see your body is changing at the rate of millions of cells every second, and it's the thought patterns that you hold in your mind that control the vibratory rate of the body. Your brain is an electronic switching station. There's all kinds of material written on thought, on attitude and on health, and I do know this: if you are suffering from a physical disease, quit talking about it, quit thinking about it, go to a very competent medical doctor and follow that person's advice because he or she will tell you what to do physically. But, at the same time instantly begin visualizing every molecule of your being in harmony with the law of vibration.

Now I would have an affirmation that I would repeat:

"I am so happy and grateful now that every molecule of my being is vibrating in perfect harmony with God's laws. My body is getting healthier and stronger and more vibrant every minute of every day."

And repeat that. Treat it like a mantra."

This made sense to me and I started using this affirmation every day. At the time it was difficult for me to think up words

and affirmations on my own, so whenever I came across something that resonated with me I would adopt it for myself.

Thank you Louise Hay

Thank you Deepak, Oprah, Joseph, Marianne, Joe, Pam, Wayne, Bob, Bruce, Gregg, and, and.... ALL the others.... for helping me heal from my depression and return into the sunlight!

by Natasha Bronfman

Purchase at Amazon.com

https://www.amazon.com/THANK-YOU-LOUISE-HAY-depression/dp/1700322397/ref=tmm_pap_swatch_o?_encoding=UTF8&qid=&sr=

