

Salumet on Depression:

5<sup>th</sup> November 2012

I would this time, like just to mention about what you call 'depression' and why you feel there is so much in your world at this time. There is only one answer and that is my dear friends: because people and their lives are so busy and so rushed that they do not allow themselves time to connect Spirit with our world. Although so many more people have become aware of Spirit and we are pleased about that, sometimes materialism runs hand-in-hand. I have said before, there is nothing wrong with material things as long as you have the balance with your Spirit. Mankind is slow to understand this, but it is coming, it is coming.

I believe I have said to you in the past that depression is not a good thing, because it is a *selfish act*. And I know that will cause much debate, but when you are so depressed, all you can think of, as you have just said, is think about yourself.

So, to allow others into your life, just to listen perhaps, is that first stage of upliftment.

26/11/2012:

I would not comment on individual situations. I will say only that those who find themselves deep in depression, have in a way, lost the ability to *Love life*. There are available to people much help in your world and I am not dismissing the seriousness of depression, but again I must say that those who suffer are in fact responsible for their own conditions.

There is deep within people with depression, a feeling of being lost and it *is* in a sense a separation from their own Spirit. It is a separation, *only* because they have lost their way of *thinking* and *feeling* and *knowing* what is *right*.

6<sup>th</sup> November 2017

I wish to speak with you about so many people who are suffering from what you call depression. It is noticeable in your world where there is Winter-times, how low people can become. I say this to you my dear friends, they need to cultivate the vision of **sunshine** within their bodies; this would help to raise whatever is troubling them. I understand it is a very wide issue to discuss and many reasons for it, but again I will say to you that each and every one of you takes the responsibility of how your mind and your body, how they are working together. Many in this world would say: '*but I do not wish to be depressed*', but they are allowing it to happen to themselves.

Paul: Yes.

**You agree?**

Paul: Yes, anecdotally, Louise Hay, who passed to Spirit this year, I didn't realise, but she had a *very hard* childhood, but it didn't seem to have the effect of depressing her, it spurred her on to have a *very positive* life.

Yes, because the *mind was strong*; if you allow the *mind* as well as the *body* to feel low, then you are fighting a double-cause, if you like. You need to visualise, you need to feel *Love*, and you *need* to feel that Love for others, to allow the Spirit within your physical bodies to become stronger.

Do try it my dear friends, and you will begin to understand my words. Practice every day to Love yourselves, to Love the bodies that you are in—remember it is but a cloak that can either keep you warm and secure, or opened wide to the world, can allow you to become *chilled*.

I cannot simplify it any more for you, but we come back to what I have always told you that *the mind is the most powerful thing you will ever possess*—and really the word 'possess' is not the correct one, because it is a state of being, but for earthly language I will use: '*what you possess*'.

I hope each one of you can take in your own ways what it takes to be stronger, to give out Love and also to *receive* Love, because that is another aspect that depressed people are not very good at, in *receiving* Love; because there is so much negativity around them, or they *feel* they are surrounded by that negativity.

Sabine: Not loving *themselves* enough.

**Not loving themselves enough...**

Sabine: ...so they don't feel worthy of the Love that's being given.

**Yes, that is quite true.**

Sarah: You have also told just in the past Salumet I think, that depression can be caused by thinking too much about *yourself*.

**Yes, it is what you would call an ego—too much ego—yes, there is of course a *very* fine balance. I make it seem simple when I tell you what you must do. For those who suffer with this depression, it is very difficult to raise yourself, sometimes on your own, but there are always those who Love you, whether it be a parent, a child, a friend—someone who could encourage you, to uplift you, and what better way for upliftment than your daily 'dose' shall we say, of meditation.**

Paul: Yes, absolutely—that always steadies the ship. I think that's so important doing it every day, **(Yes)** even if you don't think you'll need it, it has to be practiced.

**It is part of your being; if only mankind would realise how important it is, I think they would be shocked to know just how much help we can give—if only they will put themselves into the Great Creator's hands.**

Paul: I've literally experienced where I've been worried about something and it's just dissolved into a big smile, **(Yes)** with meditation.

**Yes, because in meditation you are first and foremost Spirit; the body should almost disappear from your consciousness, it is just a state of being.**

**So, my dear friends, I hope I have brought a little comfort and I am sure those who are feeling low will soon find the way to help themselves.**