

Depression

By Sha'ul bayn Yahukhenun ha'Yahudah

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The Way of the Most High

“Exalting belief in our Father, the Most High **יְהוָה** (YaHUAH), through His Turah, the 5 scrolls of M'shiah (Moses).”

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I received a private message a long time ago about depression and had posted about it on Facebook and received quite a few responses to it, so I thought I would update it a bit and share it through the Way of the Most High website health section. Surely there are a lot of people out there who may find this of interest. We all suffer from it from time to time I believe. The first thing is recognizing that the Creator is indeed real. I marvel at His creative works, the Exodus and the wisdom of the Torah (Scripture). I know He is real and hears our prayers. That is step one. The second thing is to focus yourself on the Scriptures, exercise, enjoying time in nature or doing natural things like oils, fruits, vegetables and so forth. Next is music. Music energizes the brain, the heart, and an appreciation for a variety of instrumental and praise music may help you a lot. Learn some simple songs that can carry you through the day.

I should say that I'm sure if people almost had their children taken away from them as almost happened to me, then people would appreciate things a little more. They would know a lot more about anger and depression. I was also homeless for a period of time and dwelt among the poor for several months until I had a decent footing on my own. These matters have brought a real appreciation in life for the simple things like enjoying a moment at the park, having healthy foods, wine, and someone to hold or love. I enjoy my times with my family now and have perfect peace with the Creator as He has restored and made better a lot of things in my life. But we all have to fight every day to be joyful, sing, praise, and keep focused on the things that matter.

If you are feeling depressed, and you are in a right relationship with the Creator and Scripture spiritually, then look at your physical diet again and see how you might revise it to become more natural. If your diet is high in meat, you may want to try what I have done, and focus only on red meat and/or fish sparingly, and change the bulk of your diet to a gluten free vegan diet of fruits, vegetables, oils, nuts and so forth. Supplements like theanine can improve your mood, or essential oil tinctures like myrrh, frankincense and more. Every city has places that treat depression, places that have free DVDs and books and resources. Use your resources. Keep your chin up. YaH be with you all.
Sha'ul