

VAISNAVAS

COPING WITH DEPRESSION

- I. Candidate for Devotional Service - Disgust with Material Nature.
 1. Who contemplated suicide before joining ISKCON?
- II. World Health Organization - after 15-20 years mental illness as a world Crisis.
- III. Psychosomatic diseases:
 1. Placebo effect, endorphins, adrenaline
 2. Neurotransmitter
- IV. Types of depression
 1. Unipolar Depression
 2. Bipolar Manic-depression
 3. Alcoholics influence and Heredity
 4. Dark night of the soul
- V. Neurotic Vs Psychotic - talk Therapy or Medicinal
 1. Different reasons for mental illness.
- VI. Suicide
 1. Bhakta Steve
 2. Ghost influence, serial killers
- VII. Victor Frankl - the will to live
 1. Logotherapy.
- VIII. Women more depressed than men
 1. Less in control
 2. Menopause
 3. Children leaving home also early 20's
 4. Misuse of Vedic Culture
 5. Child abuse surfaces late 30's or 40's
 6. Women normally 7 years longer than men
- IX. Sense of Failure and disappointment with oneself and Institution
 1. When cheated by God's Representative
 2. Disappointment with marriage;
 3. With children.
- X. Homework assignment - Time you felt Krishna had abandoned you to later realize Krishna was giving you special mercy.
- XI. Need for Devotee therapist
- XII. 6 Enemies of the mind
- XIII. 1. Selfishness; 2. Not able to forgive, Not mindful
- XIV. Lack of Faith
- XV. Gratitude as a way of life - say thank you Krishna and mean it
 1. Receive Joy and give joy everyday.
- XVI. Importance of attitude - Mind greatest enemy or friend.
 1. Humility Vs low self esteem
- XVII. Sridhara Swami's inheritance commentary.