



# When All Is Not Well: Depression and Sadness - A Yogic Perspective

*Om Swami*

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## **When All Is Not Well: Depression and Sadness - A Yogic Perspective Om Swami**

*I've heard so many people tell those who suffer depression to just "cheer up." I wonder if they really believe that it's that simple. Depression isn't just sadness. It is emptiness, it is misery. It is pain and nothingness at once. When you are truly depressed you lack the ability or will to cheer yourself up. No one just "has depression." You suffer from it. Even with all our scientific advances, depression remains one of the most mysterious mental illnesses. Anti-depressants don't work for everyone just like meditation and vacations don't work for many others. Ayurvedic and yogic texts dating as back as 5000 years called depression, *vishada*, a toxic state of mind. In this profoundly insightful work, Om Swami categorizes depression into three types to help you see how a different approach is needed to cure each type. Beautifully woven with soul-stirring case-studies and yogic wisdom, you will gain a new perspective on depression and sadness.*

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