

## INNER HEALING AND DEPRESSION

Last week we shared though the word that Depression is a strong and overpowering emotion that consumes the soul which affects the mind and brain. We discussed causes / symptoms and that it could affect man and woman, rich and poor, young and old. It is something that comes without announcement and grips your life. For some just a temp affliction and in some for years.

With the Inner Healing experience, I have had for 6 years or more-I can vouch that Phychiatrists.phychycholgists and councilors have the power and ability to change and direct your attitudes, character and behaviors patters. But the soul belongs to God. If you need any soul transformation, soul treatment or removal of soul wounds (depression we will learn is either a a current or generational soul wound) then only God can repair your soul and make it beautiful and new.

Ezekiel 18:4

### English Standard Version

Behold, all souls are mine; the soul of the father as well as the soul of the son is mine: the soul who sins shall die.

“For every living soul belongs to me” (Ezek. 18:4).

“You are not your own” (1 Cor. 6:19).

“A man’s life is not his own” (Jer. 10:23).

Today I want tom also address anxiety which comes as handshake with depression.

## **What causes anxiety and depression?**

Depression and anxiety disorders are different, but they often occur together. Underlying triggers can include nutritional, psychological, physical, emotional, environmental, social, and spiritual factors, as well as genetic tendencies or brain disease. But with inner healing it is clearly understood the brain becomes diseased through the nervous system affected by the soul getting damaged. The soul wounds that I keep talking about.

The nervous system controls and coordinates every organ, cell and tissue in our body.

## **What are symptoms of anxiety and depression?**

Sleep disorders/ Muscle tension/ chronic indigestion or irritable bowel syndrome/ stage fright/self-doubt/self-consciousness/excessive worry/compulsive disorders/panic/marriage and relationship issues/irrational fears/low energy/loss of interest in life etc

People suffering from anxiety or depression can have a broad range of experiences- some may have only mild symptoms of anxiety and depression, while others may experience debilitating anxiety attacks or severe depression. Symptoms may also fluctuate, from difficult episodes to periods of relief.

## **What about treatments for anxiety and depression?**

**Just as there are many different experiences of anxiety and depression, there are a variety of options for treatments and coping techniques to help manage symptoms. The recommendations in this section take an integrative mental health approach, which incorporates health-promoting lifestyle changes; evidence-based holistic**

**therapies and healing practices; and mainstream interventions, including psychosocial therapies and the judicious use of prescription medication.**

### **How you can start to deal with anxiety and depression**

Here are some ways to start to take care of your brain (and the rest of your body) and perhaps alleviate your anxiety and depression. Breathe.....slow exhalation helps relax the body

1. Move your body
2. Spend time in nature
3. Get regular, replenishing sleep
4. Spend time with supportive friends/family
5. Accept imperfection
6. Eat real/functional foods and drink lots of water
7. Meditate (sitting or moving) or take regular time for self-awareness practice
8. Practice forgiveness
9. Practice gratitude daily

Of course, there is the medical point of view of treatment/ medical / psychologists/psychiatrists and they all have a part to play.

I want you to understand today that depression lingers on to the soul as a soul wound. What is a soul wound- a soul wound is either a generational or current wound that pierces and tears

the soul with pain, suffering, grief, rejection and stress that is caused by others on to us?

So, lets go back to the Spirit/Soul and mind diagram and see how depression consumes the soul and encrusts it with multiple soul wounds. \_see diagram

Inner healing- Removal of soul wounds/ Repent/ wash through the blood/Glory light healing. Holy Spirit and Dunamis Power.

Throne Room of prayer. -Deliverance