

Depression – a blessing in disguise

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Dear Sir,

Depression is a debilitating mental illness that negatively affects the way we think, feel and act. In this article I would like to highlight the wisdom rendered by depression. Depression could be looked at, as a process of healing in itself. When an individual goes through depression, a myriad of explorations could occur.

Depression leading to self unfoldment

Depression ushers oneself to reflect on one's being. It enables us to unleash one's true potentialities by reconnecting with self. This contemplation gradually helps us to reintegrate our deep rooted insecurities and anxieties thereby, directing us towards a wholehearted acceptance of ourselves. In this acceptance, we experience the harmony of our existence, of what we actually are.

Depression leading to compassion

Depression empowers us to become compassionate humans by enhancing an empathetic world view. Having known the hazardous impact conditional acceptance and merciless judgement can have, one moves toward accepting self, others and life in totality. It redirects our focus on the essence of each individual, on one's tendency and capacity to be good. In a nutshell, it inspires us to value the essentiality of human nature through compassion.

Depression leading to meaningful life

The phase of depression, if looked from an holistic perspective is an insightful journey. It gets us closer to our purpose , it teaches us to ponder over our life, to engage in introspection about,that one thing, which remains constant within ourselves, that pushes us to move forward, to transcend beyond all odds, that characteristic aspect of self manifests itself in everything we do, that becomes the meaning, we attach to our existence. Man yearns for a worthwhile meaning to beautify his existence.

Thus, Depression therefore is no longer a lamentable condition. On the contrary, it illuminates a rediscovery of self.

Yours sincerely

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