



Walking Out Of Depression, Out Of Pain

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Dr Rudolf Steiner predicted that in this era, foods for human consumption would be grown from fertilisers. The human nervous system would become very vulnerable and the ability to tolerate pressures would reduce.

When Dr Lai mentioned this in a workshop, I was shocked. With careful observation over the years, I noticed news reports on people committing suicide over trivial matters that seems ludicrous. Someone was so angry when he received a fine that he committed suicide.

I have also seen some friends and relatives reacting very strongly in the face of trivial matters or some jokes. All these confirmed Dr Steiner's prophecy. In retrospect, when we were young, we suffered a lot more than now. The adults, whether in flight from danger or juggling livelihoods, lived in a much more difficult time than now and, yet, they seem to be able to adjust well.

Recently, a friend told me she felt her life had no energy and her body did not feel good. Every day, she felt that living was very painful. I wondered how I could help her to get out of the abyss of suffering.

Thirty years ago, Dr Lai already talked about the holistic concept of health. One must begin with body, mind and spirit because they all influence one another.

When a person is healthy and happy, the outer layer of the body is filled with life force. Like tree leaves, when they are full of vitality, they sparkle. In the past, when Dr Lai measured the energy of food, wild plants have much more colours than organic food. And organic food has more colours than fertiliser-grown foods that has almost no colours.

In his book *Drip Meditation*, Dr Mitchell May, mentioned about the nutritional supplements that are full of colours and how he selected the formula through experiment. He uses ingredients filled with colours as the foundation and in a special "life energy from the earth, the sun and the wind, etc" process.

I cannot help but remember that Dr May's wish is for people to be far removed from pain, so he made these superfood supplements available to people in need. This is his mission. He said he would bless these foods and let the blessings and energy of the earth come into the bodies of the consumers to help them heal.

Every morning, I place a heaped spoonful (5 grams) of Bliss De Light under the tongue, then swallow slowly with warm water, and I enjoy these beautiful moments. Many people feel that I have a lot of energy. Probably this is because Bliss De Light supplements my energy every morning! (Placing Bliss De Light under the tongue gives a different feeling from mixing it with water to drink.)

I sent a big bottle of *Bliss De Light* to the friend who felt her life had no energy after remembering a few friends sharing their healing experience with me. In *Drip Meditation*, Dr May mentions that:

Many things affect our physical body through our emotional (psychological) body. It is easy for you to see: when you are upset or when you are sad, think of what happens to your physical body. Or when you are happy, what happens to your physical body. And the physical and the emotional body interact with each other all the time.

Our life force is like water flowing through a hose in the garden. And where we have hurt, there is a little bit of kink in the hose. And actually, we have hundreds

of this little, tiny hoses running through our physical body. And if too many of them have blockage, from either a physical or emotional standpoint, we are not able to have the best life force.

A disappointment or a personal hurt that goes on for four days is like a leaky barrel. It actually begins to drain our life energy. If we keep recalling the time somebody hurt our feelings, or we keep thinking about things that brought us disappointments, who is really hurting? Who is the one whose life energy is leaking? What is the point of hanging on to old wounds?

It is very important to spend some time every week to forgive, to forgive others and to forgive ourselves.

When you feel you have been wronged or hurt and you have not been able to let it go, the following exercise can help. When you feel someone has wrongly accused you, it is best to think about whether you have done something similar to somebody else. That will help you to understand why they did what they did.

Now, one of the hardest things to do in forgiving somebody is you have to let go of who was right and who was wrong. If we stay with who was right and who was wrong, you will always be in a fight with your own mind. The reason to let it go is because the one who is hurting the most is you.

The more time and energy that you are preoccupied with your hurts, the less time you have for pursuing things that you like or that are important to you. When you forgive, it does not mean you condone their behaviour. What it says is: "I am choosing to put my consciousness toward something more important than what has hurt me."

Dr May's recommendations are very good for transformation that have benefitted me greatly.

Our mental suffering depends on how we interpret what we encounter. What we think is good or bad, results in the emotions of being comfortable, uncomfortable, happy, sad or angry.

Dr May said:

Our small mind works by habits. We get very addicted to how we think about things. If someone has hurt our feelings, we seem to want to hold on to that for a long time. Have you ever noticed? Sometimes, years later, you are still thinking about something that happened in one minute's time. If you would, for just a moment, think about how many of the things that you did not like when they happened and you are still carrying them in your mind. And think of how much energy and time you have spent thinking about those things. Has it really helped you? Has it given you what you were looking for?

Sometimes, of course, emotions will still arise. This indicates that the matter has not been completely released from the heart. I use what Dr Lai taught about tapping the acupoints (Refer to the article "Say Goodbye To Fear, Hatred, and Sadness" in the May 2005 issue of Lapis magazine.) For trauma that is too deep and cannot be fully released, as Dr Lai constantly looks for different ways, she has recently learnt Tension & Trauma Releasing Exercises (TRE). With the consent of the author, LLL has published the booklet "Tension & Trauma Releasing Exercises" [Chinese version only] to introduce and publish the most important, simple and practical graphics of this technique.

Also, when the emotional body is injured, Dr Lai said that nature is a good place to go for reparation. Go hiking frequently, or brisk walk in places where there are a lot of trees. Also when the weather is good, the ground is slightly warm, do grounding, and touch the tree, asking it to give you its excess energy. Visualise this energy pouring into you from the palms which are in contact with the tree.

It is best to plan our day according to the orbit of the sun, early to bed and early to rise. Perseverance is needed for a period of time to wake up early. It will become a habit and going to bed early will come naturally.

Before sleep at night, lying in bed, visualise sending blue light from the heart to the people who hurt you, forgiving them or sending the light to those who were unintentionally hurt by you and pray for forgiveness. Every morning, when you open your eyes, recall all the people, matters and things you are thankful for and send out blessings.

After practicing for some time, you will find that even in trivial things you will naturally be grateful.

Wishing you happiness and may you jump for joy every day.

Reference:

Drip Meditation, by Dr Mitchell May. Published by Lapis Lazuli Light.

The original Chinese article is published in the May 2012 issue of Lapis magazine and is accessible online at: <http://www.lapislazuli.org/tw/index.php?p=20120506.html>