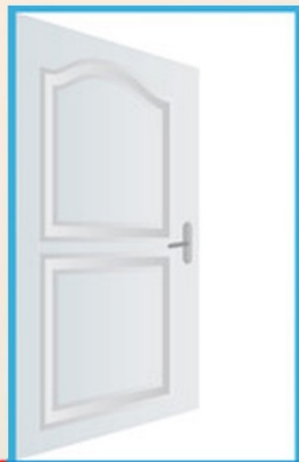




The 7 Steps To Freedom



DEPRESSION
NEED
NOT
BE
A
LIFE
SENTENCE

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www.soundsfromsource.com

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The 7 Steps To Freedom from Depression is the 2nd in a series of The 7 Steps to Freedom books, following on from The 7 Steps to Freedom / Anxiety book at
www.the7stepstofreedom.com



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DISCLAIMER

Sheila Kennedy and Susan Ormsby are not medical doctors and do not practice medicine. They do not diagnose, heal, treat disease or otherwise prescribe medication. They assist people in correcting emotional and vibrational imbalances on both cellular and energetic levels that assist the body to release its innate healing ability.

When the emotional and vibrational energy of the body is balanced and moving correctly, the body's natural energy heals itself.

This work is complementary, not an alternative to regular allopathic medicine.

Their spiritual energy work is not a substitute for conventional medical diagnosis or treatment for any medical or psychological condition.

For such issues, you should seek the proper licensed physician or healthcare professional.

Their work is based on information channeled from a body of consciousness known to them as the source of The Healing Sounds or Sounds From Source.

They do not make any promises, warranties or guarantees about results of their work.

The Sounds from Source help many people, however healing is a personal choice, and therefore like any modality it won't work for everyone.

www.soundsfromsource.com



DEPRESSION ITS CAUSES AND EFFECTS

It is my belief that although there are many opinions as to why depression occurs and differing forms of treatments offered no one really knows what depression is' and how it actually affects people differently . We are told as a generalisation that 'While we don't know exactly what causes depression, a number of things are often linked to its development. Depression usually results from a combination of recent events and other longer-term or personal factors, rather than one immediate issue or event'.

As with 'Anxiety' we have been fed truisms over the years and just accepted them; and basically not questioned why have the solutions offered not worked and why are the 'Depression statistics' on the increase.

It has been a long term goal of mine to assist those suffering the debilitating effects of depression in its many forms.

Sheila Kennedy

The quote below from Jarod Kintz expresses my beliefs very well.

Wisdom equals knowledge plus courage. You have to not only know what to do and when to do it, but you have to also be brave enough to follow through."

Jarod Kintz



FOR THOSE WHO WANT TO GET TO THE GOOD STUFF FIRST!

In creating The 7 Steps to Freedom from Depression program we believe that we have put together the best tools at our disposal to assist you to help yourself.

You can follow the process of the 7 steps, OR you can have a modicum of trust that I know what will help you best and play the vibrational sound programs first. I suggest in this order

YOUR RELEASING DEPRESSION SOUND

Your own downloadable MP3 Sound program. Please take note of how you feel a few minutes after this sound has played. In most instances this sound will only be required to be played once however you can play the sound daily if you wish or in situations that may have created an anxiousness or panic type reaction in the past. This program created to easily and effortlessly assist you to release the causes of depression from your body / system .

THE DAILY DEPRESSIVE MEMORIES SOUND

The Depressive Memories sound is a daily support system to assist with releasing the memories of having been 'depressed'. Play once or more a day

IMPROVE YOUR MOOD

The Stress Free Bells and Frequencies sound. A much longer sound program as in being some 31 minutes long, this program can be played as desired to improve mood and mindset and can also be played on very low in the background or silently to suit. This specific program can also be stopped and restarted if required at a later time for convenience.

RELIEVING TENSION

The Tension sounds were created as a part of a set of short yet powerful sounds to address different areas of the body and the issues which may affect those specific areas.



Tension is generally held within our muscles, especially those muscles of the neck shoulders and the jaw. How often when tense do we clench out teeth for example, or grind out teeth of a night.

These gentle sounds release tensions in the whole body, but especially in the neck shoulder and jaw areas.

STRESS MEDITATION

The Stress Free Meditation process provides practical 'tools' to assist you to alleviate stresses in your life and by providing it as a recorded meditation and with a PDF of the instructions contained within the meditation you can utilise it to suit your own specific circumstances.

ONGOING SUPPORT

An invitation to join a private / closed community group on Facebook, for ongoing support and information – Depression Need Not be a Life Sentence...

Knowing that you are not alone and that someone cares is often one of the most important things in our lives. The Depression Need Not be a Life Sentence...Facebook group has been created to allow people to connect with other in a safe and nurturing environment.

<https://www.facebook.com/groups/depressionneednotbealifesentence/>



THE 7 STEPS

THE 7 STEPS TO FREEDOM EBOOK IS STEP 1

The 7 Steps to Freedom, A downloadable Depression Need Not Be A Life Sentence ebook – explaining how your body works from a Holistic or non medical perspective and discussing the different types of depression from the many holistically identified 'areas'. Once you have read this book please go to step 2 to see how to get the most benefit from this program.

HOW DOES THIS WORK? IS STEP 2

Some information on the ancient healing modalities of sound, and the energy processes Sheila Kennedy has successfully employed for many years. This explanation will provide you with an understanding of how the vibrational sounds work with your body to release the causes of depression and associated and linked anxieties.

THE RELEASING DEPRESSION SOUND IS STEP 3

The Releasing Depression sound is an updated version on the original releasing depression sound from The Sounds from Source programs no 13 called Memory of Depressive States. I am going to share the information on this sound with you here as I believe that it may be of benefit in understanding how and why the original program was created

The Sounds from Source website and Directory of Sounds says

13. Memory of Depressive States, Sound Number 13

Description of sound

The Memory of Depressive States sound allows that one of the components of depression is originally caused by incorrect chemicals in and around the brain due to cranial plate misalignment, and that this also may have a negative and depressing effect on the brain.

Once the body has been corrected to allow it to function correctly these incorrect chemicals will be removed by the body, usually over a period of hours.



However the individual cells which make up the body will retain a memory of having been depressed or in a depressive state, and the client may go back into memory of being depressed rather than depression.

Underlying that memory of a depressive state there is again a memory of a memory. These sounds instruct the body to release all and any of those depressive memories, on all and any levels from conception onwards and also include releasing memories and or patterns of depression or depressive states from the Genetic ancestral line.

Sound length 6.01 minutes

How this sound came about

The Memory of Depressive States sound was developed by Sheila to deal with the issues of retained depressive memory which is so often evident in people who have suffered such trauma in their lives.

In Sheila's instance it was having lived with a partner who had suffered from periods of severe depression and its debilitating consequences. Although through alternative therapies the issue of her then partners depression had been dealt with, there remained a tendency to 'retreat' back into the memory of having been depressed if a stressful occasion arose.

Comment from Susan – *This sound was a bit of a breakthrough in that, Sheila realised that not only must the memory of a state be addressed, but also that the memory of the memory be addressed as well. This realisation added a whole new dimension to the sounds even at this early stage. Each time we have had a breakthrough of this nature, the quality, depth, boldness and complexity of the channelled protocols has become greater and greater leading to even more encompassing and more potentially powerful sounds. At this early stage, we or people we knew, went through some very intense emotional upheavals, all aimed, I believe at leading us to create or ask for more sounds to assist with whatever was going on at the time.*

Not For Sale. A very powerful set of sounds and recommended for practitioner use only. Available only from a SFS session by an endorsed practitioner or by doing a suitable SFS Course.

*****The Releasing Depression** sound comes about some 12 years later and contains more knowledge and a different way of working on releasing depression by combining the information contained within the vibrational sounds with a music overlay from Charles Valv which assists in creating a balances effect in the brain.



* In most instances this sound will only be required to be played once or twice, however it can be used more frequently to suit the individual.

THE CLIENT DEPRESSIVE MEMORIES SOUND IS STEP 4

79. Client – Memory of Depressive States, Sound Number 79

Description of sound

Many clients who have presented with issues of depression show marked improvement within a very short while of a practitioner treatment.

However I believe that when confronted with an issue which would normally have exacerbated their previous depression that although they do not “become depressed” they go back into remembering a memory of being depressed.

These extremely powerful sounds were developed as an “at home” CD program for clients who have been treated by a Sounds From Source Practitioner for issues related to depression, to assist the client to deal with the layers of memories of depression which may surface in a time of stress or tension.

Sound Length 6.00 minutes

How this sound came about

The Client Depressive memory sounds were developed during a period of time I reconciled with an ‘ex partner’ who had suffered very badly from depression many years earlier. Not just the ‘I’m feeling depressed’ type depression this was life changing, career destroying, as well as hospitalisation and massive doses of drugs.

Over the years I assisted him to deal with a good many of his issues, and even though we had separated we remained good friends. Eventually we decided to reconcile, and made considerable progress with the frequency of the levels of feeling ‘depressed’ or just not with it.

One day I realised that although Peter tested kinesiologically as not having depression he had developed a habit or a pattern of “talking” himself into a lighter version of that state. A memory of the depression in fact, or “I remember how I used to feel when I was depressed etc”.

I worked at creating the sounds to remove these memories and the “memories of the memories” and so this particular set of sounds were born. Now Peter and I separated soon afterwards, however he was a major influence on the creation of these sounds, and for that I acknowledge him.



Comment from Susan – *There are few people in this world who have not been depressed at some time or other, whether for a short period or a long period. Depending on the gravity of the condition, it can be like existing in a fairly permanent, heavy fog of 'not wanting to be here, can't get out of bed episode', to a 'lighter', why me attitude.*

This sound was created to assist with a gentle moving out of this state and a lessening and removing of the memories of being in a depressed state.

This sound is not a solution for depression – but an assistance.

If you are being treated for depression, you must have the approval of your therapist or practitioner and will probably require a session from a sounds from source practitioner as well before being able to purchase this CD for home use.

Not For Sale. A very powerful set of sounds and recommended for practitioner use only. Available only from a SFS session by an endorsed practitioner or by doing a suitable SFS Course.

***** Client Depressive Memories sounds** are my option of choice here as I believe that they are as useful and beneficial today as they were when they were first created. Play these sounds daily or more than once a day to suit for a period of time. When you get to a stage where you feel within yourself that they are not needed, they can be reduced or ceased. It is a good idea to keep them available for times of stress in your life or issues which would create as stress when they can be used again to suit.

THE STRESS FREE BELLS AND FREQUENCIES SOUND IS STEP 5

This is a totally different approach and has been created by combining a specific sound program with vibrational frequencies and is some work I did with a talented colleague some years ago. A much longer sound program as in being some 31 minutes long, this program can be played as desired to improve mood and mindset and can also be played on very low in the background or silently to suit. This specific program can also be stopped and restarted if required at a later time for convenience.

THE TENSION SOUND IS STEP 6

62. Tension

Description of sound

The Tension sounds were created as a part of a set of short yet powerful sounds to address different areas of the body and the issues which may affect those specific areas.



Tension is generally held within our muscles, rather than stress which may affect the whole physical structure, especially those muscles of the neck shoulders and the jaw.

How often when tense do we clench our teeth for example, or grind our teeth off a night.

These gentle sounds release tensions in the whole body, but especially in the neck shoulder and jaw areas. They are suitable for both client and practitioner usage.

Sound Length 2.08 minutes

How this sound came about

Like the Stress sounds, the Tension sounds came about to create an at home program for clients to release tensions in their bodies.

Whilst stresses can affect the body in many ways, tension seems to be especially related to the areas of the muscle structure itself and especially those of the neck shoulders and jaw.

Comment from Susan – Stress seems to be the emotion and the physical manifestation of an emotion.

Tension is the physical condition. Tension is a great one to play if you can feel your shoulders are about to implode with your ears and your teeth are cemented together.

Tension is also an emotion, but with regard to the sounds, tension is very much coming from a physical 'unlocking' viewpoint, sort of similar to flexibility in its physical ability to be noticed in the body.

*** By including the **Tension sounds** in this depression give away program we are also addressing the physical reactions of the body to stressors in our lives. A great sound to play at any time.

The Stress Free meditation is step 7 and includes a short meditation and a pdf download As we know there are many reasons for stresses in our lives. These can be with us from being in utero, passed on through our ancestral family line and literally plague us all of our lives.

Adrenalin-the cave man flight or fight syndrome if you will I believe creates some of the biggest 'habit' and patterns' of stresses in our lives.

We are often told that before we can begin managing stress, that we should understand what it is.



AND THE ACCEPTED VERSION IS THAT:

'Stress is the body's way of rising to a challenge and preparing to meet a tough situation with focus, strength, stamina, and heightened alertness. The human body responds to events that provoke stress (stressors) by activating the nervous system and specific hormones, releasing more of the hormones adrenaline and cortisol into the bloodstream. These hormones speed up heart rate, breathing rate, blood pressure, and metabolism.

The physical changes prepare you to react quickly and effectively to handle the pressure of the moment. This natural reaction is known as the stress response. Working properly, the body's stress response improves your ability to perform well under pressure.

<http://au.reachout.com/managing-stress>

The Stress Free Meditation process provides practical 'tools' to assist you to alleviate stresses in your life and by providing it as a recorded meditation and with a PDF of the instructions contained within the meditation you can utilise it to suit your own specific circumstances.



INTRODUCTION

If you are reading my words today then you or someone close to you may well suffer from what is commonly termed as 'depression' or a depressive state'. In many instances this 'hidden shame' may be brushed aside, constantly ignored or swept under the proverbial rug.

So why do I refer to 'Depression' as a 'hidden shame'?

In many instances both 'depression and anxiety' can be present in our bodies and our lives often from our conception onwards, and we have learned to 'live with it', to cope with the effects of depression, anxiety or both on us, or constantly 'push down' the feelings that are evoked within us as just a part of life or something to be silent about in case it is seen as a weakness.

So who am I, and what is The 7 Steps to Freedom from depression program about?

Hi, my name is Sheila Kennedy and I want to demonstrate to you that depression need not be a life sentence! That you can take back control of your life.

And that in shining a spotlight on the 'shameful', hidden secret that society calls depression - together - we can demystify the control it's had over so many for so long.

Please journey with me and let me show you another way of thinking, and another way of approaching the depression issue.

And in allowing me to share with you my views on what depression is and also what depression isn't from my perspective then you can make your own informed decisions and I believe take back control of your own life.

So what do we know about depression from my perspective, or why do I say that depression need not be a life sentence

Anyone who knows me will tell you that I often preface what I am about to share with you with a 'Just because I say so doesn't make it true', and I believe that you will find your own truths in what I am sharing with you today.

There are many worthy tomes of information detailing what depression may be and depression has always been identified as a health problem for human beings. Historical documents written by healers, philosophers, and writers throughout the ages point to the long-standing existence of depression as a health problem, and the continuous and sometimes ingenious struggles people have made to find effective ways to treat this illness.



Depression was initially called "melancholia". The earliest accounts of melancholia appeared in ancient Mesopotamian texts in the second millennium B.C. The first historical understanding of depression was thus that depression was a spiritual (or mental) illness rather than a physical one and I will share some information on these understandings with you at the end of the book for the technically minded, however for the moment I do not want to muddy the waters with big words and dire predictions!

I would much prefer to share what I know works and how it can help you.

So what do we know about depression from my perspective or how can I say that depression need not be a life sentence?

As a holistic practitioner and metaphysical teacher for many years and in working with literally thousands of people I have discovered that depression can actually be alleviated in most instances, easily and effortlessly.

I have needed to think outside the box, to be open minded and to follow thoughts and ideas that may seem different or even strange at times, and I am asking you to take this journey with me and see if what I have learnt resonates for you, and to explore for a moment another way or another path.

'Statistics tell us that major depression is one of the most common mental illnesses, affecting 6.7% (more than 16 million) of American adults each year. The description of Depression (1) Depression causes people to lose pleasure from daily life, can complicate other medical conditions, and can even be serious enough to lead to suicide.

The NIMH estimates that in the United States, 16 million adults had at least one major depressive episode in 2012. That's 6.9 percent of the population. According to the World Health Organization (WHO), 350 million people worldwide suffer from depression. It is a leading cause of disability. Jan 28, 2015

Depression: Facts, Statistics & You – Healthline

In Australia, it's estimated that 45 per cent of people will experience a mental health condition in their lifetime.¹

In any one year, around 1 million Australian adults have depression, and over 2 million have anxiety.²

Statistics tell us that 1 in 4 women and 1 in 5 men have or will suffer from anxiety in their lives.

So let's look at that comment again:

'Statistics tell us that 1 in 4 women and 1 in 5 men have or will suffer from anxiety in their lives'



Why?

Honestly, there doesn't seem to be much in the way of an answer to the Why?

FROM MY PERSPECTIVE

My research through years of working holistically one on one with many people, from babies and children through to a range of mature adults that depression and anxiety are actually much more prevalent than we are led to believe and often go hand in hand with one another.

Plus, along with the different 'levels' of depression that are recognised or diagnosed, I have found that there are many different 'types' of anxieties not just one blanket generalized anxiety disorder' anxiety' that every sufferer has in some shape or form, and that these different anxieties will have an individual effect on each and every person.

When I created the Anxiety Need Not Be a Life Sentence program in 2015 I said;

'What I will share with you is I believe a simple and effective explanation as to why so many people have 'anxiety' from conception, and some of the reasons why there are so many additional 'anxieties' that may be added to or connected with that original anxiety.'

Now to take that a step further and explore the possible links between anxiety and depression and why I believe that these two areas go hand in hand.

*For those people who have downloaded The 7 Steps to Freedom – Anxiety program, there are some similarities in the explanations, however this book offers a more in depth explanation



THE BEGINNING

So let's start at the beginning, and this can almost begin as a fairy tale:

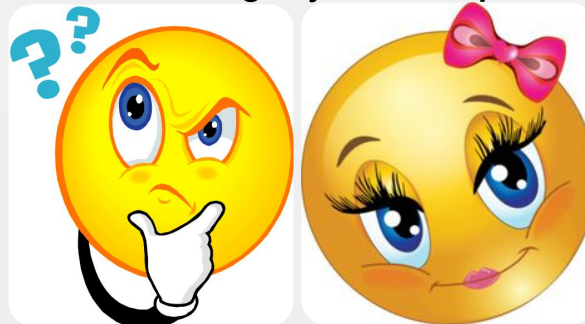
Once upon a time there were two people who were about to become parents, these parents were responsible for YOUR conception



AT YOUR CONCEPTION – THERE WERE YOUR PARENTS.

Now, at your conception you are much more than you may be aware of, for not only do you have your 'parents' who's 'creation' of you by the fertilization of a female egg by a male sperm gives you a series of chemical and electrical instructions and impulses, you also have a whole series of 'other issues' to take into consideration. These can include:

- **How were Mum and Dad feeling at your conception?**



Where they planning a child?



◉ Had it been raining?



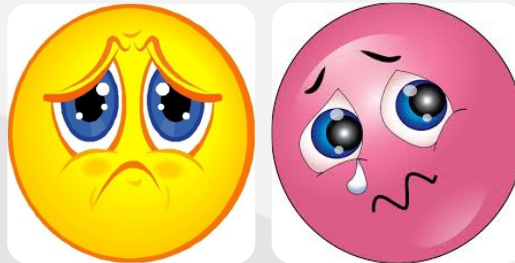
◉ Was the sun shining,



- Were they in war, drought, recession and so on



- Had your parents argued and decided to 'make up' anyway.



- Did you 'inherit Mum's emotion and Dad's frustration at that time of conception?



- Where they anxious that if they conceived a child that they might not make good parents, and did that anxiety lock into every cell in your body like being in a vice?



- So we have 'YOU' Our very first cell



- Now, were 'YOU' wanted in the 'family line', by siblings born or unborn



- Relatives in their many forms- also called your Genetic Ancestral Line or G.A.L



- ◉ Were Grandma / Great Grandma thinking I hope these 'kids' do not have a baby at this stage, they really cannot afford one



A great many of these ancestral issues can equal an unhappy and 'stressed' child with rejection from conception in your system



And of course despite YOU thinking that 'You are You'! You actually are made up of a combination of all of the people who have gone before you.

That whole Genetic Ancestral Line or GAL that I spoke about earlier.



It does not take many generations to have an enormous amount of people contributing to our 'ancestral mix' of:

YOU

2 Parents

4 Grandparents

8 Great Grandparents

16 Great Great Grandparents

32 Great Great Great Grandparents

64 Great Great Great Great Grandparents

128 Great Great Great Great Great Grandparent

356 Great Great Great Great Great Great Grandparents

Now that is only 8 generations back down your family line, most people would or could trace their families much further than that.

Each cell of our bodies contains memories, thoughts and feelings from that 'conglomerate mix ' and more, and those memories are inherent within us from the creation of that very first cell at our conception.

These cellular memories can also contain what I refer to as Cyclic Inherited Trauma which are the memories of previous incidences in the lives of your ancestors which may have given rise to incidences of post traumatic stresses or shocks,(PTSD) especially when these may have locked in at specific times or ages, and can I believe 'recycle' through the 'family line' at similar ages, often giving rise to 'false memories' or feelings that can be overwhelming and with little to no understanding or explanation of the when why where and how of it all.

It is distinctly possible that these issues can also give rise to or trigger what can be described as depression or depressive incidents.

However the story doesn't end there;

The journey from being that very first cell to finally being born as a living breathing human being is fraught with many issues.



These in some instances can create I believe additional anxieties whilst in utero and some of these can be passed on from our:

- Parents and close relatives
- From well meaning friends
- The Medical personnel
- And even strangers.

Often these anxieties can have a profound effect on us, literally locking every cell nerve fibre and organ in our bodies under pressure like being in a vice, and it doesn't take long for our smiling new fetus to look less than happy as we saw before.

I am going to tell you that I believe that birth or the process of our being born is one of the biggest trauma's that we ever experience and that again it is my belief that many of the issues related to depression may also stem from or be exacerbated by the process of being born and that your birth process may exacerbate anxieties which have been present from your conception and lead to depression from your birth onwards.



MY FASCINATION WITH ANXIETY AND DEPRESSION.

I began with the Anxiety Story

I did not spend the early years of my life with anxiety, it was something that was a learned process for me beginning in my early twenties and it was a situation for me that built slowly and which looking back on I can recognize the markers or external signs along the way.

Having been ill for much of my life I had searched for answers in many directions and over a more than forty year time period I had embraced a holistic or alternative methodology rather than following in the footsteps of my western medical upbringing.

A part of my training in the early 2000's was in the field of Vibrational Kinesiology a unique program based on many years of research. I became an associate of The Dawson Program and its founder Cameron Dawson in 2003

*Vibrational Kinesiology aims to rebalance the body's energy fields/vibrations using sounds or frequencies to correct. It focuses on identifying and treating the cause, not the symptom.

Cameron Dawson (1932 – 2004) had created his program based on a combination of the ancient knowledge and practices of the Egyptians, Chinese, Hindus, Buddhists and Shamanic healers, sacred texts, including the Old and New Testaments and the western knowledge of the body's anatomy, physiology and pathology.

In 2004 whilst working as a Vibrational Kinesiologist with Cameron in his practice in Melbourne Australia, I had a realization that approximately 95 percent of the clients I worked with in our holistic practice presented with varying levels of 'anxiety' which I believed was related to their conception. This realization was confirmed by extensive 'muscle testing' which is also known as Applied Kinesiology and by conformation with Cameron and other learned colleagues.

Cameron suggested that I continue my research and that we would implement it into the practice when he returned from an overseas teaching trip. Unfortunately that trip cumulated in his passing away and the 'anxiety' program was temporarily put on hold.

My awareness of such anxieties was not however and I continued researching the issues of these levels of as I saw them 'insidious stresses and trauma's' on the physical body, and so I began looking for my own ways to remove or release such anxieties.



With Cameron's passing and his expertise in the ancient instruments on which the concepts of our practice was founded I need to find another way, and it was this search that led me to using a specific set of Tibetan bells that I had owned for many years to 'create my own sound programs' beginning in the latter part of 2004.

The original Anxiety sounds were developed to remove the anxiety that I had observed as being present from your conception, created by your parents being anxious about you; very probably unknowingly at that time. I.e. will we make good parents if we conceive a child at this time?

This anxiety I believe causes every cell, nerve, fibre and muscle in the body to work overtime.

The Anxiety sound is created as a short series of sounds which instructs the body to negate that anxiety from your body leaving you feeling lighter and more relaxed. Generally the Anxiety sound is only required to be played once, however it is also suitable for occasions of anxieties on a day to day basis.

The original anxiety sounds are based on working with the PMSE or Physical, Mental, Spiritual and Emotional levels of cellular anxiety and as a holistic practitioner it is this sound that I still reach for first when working with a new client.

Its effects are amazing and as it works very quickly, most people will 'feel a difference' in their body within a minute or two. These effects can range from feeling lighter, breathing easier or feeling like you haven't got a weight on your shoulders and so on.

Many clients reported significant differences in their lives following the anxiety sounds.

Over time more anxiety based sounds were added, and around 2010 we were gifted with the information on which the additional levels of Anxiety sounds created over a period of years are based.

This information presented itself via a client, a dear friend who I had worked with for some years and who suddenly developed quite deep seated anxieties that not only presented differently, they were not 'released' with the first or second of the Anxiety sounds.

Originally there were three new sounds and then the list expanded quite quickly to include more information and more sounds.

In continuing to explore the relationship between anxiety and depression and the often overlapping or correlation between them, in creating the two individual and standalone programs I feel that they also support and enhance each other.



SO HOW DO THE SOUNDS WORK?

The energetic structure of the body was well known to those ancient races who went before us - much of this knowledge has been lost or misinterpreted over time

They knew energies and frequencies were the solution, and I will repeat that comment:

Energy and frequency are the solution and utilizing the ancient healing modalities of sound.

Now let's look at how the vibrational sounds work to remove anxieties and depression.

The vibrational sounds programs that are supplied with the two individual The 7 Steps to Freedom programs are based on ancient knowledge and frequencies and are created using a specific set of Tibetan bells.

Sheila Kennedy has been creating vibrational sound programs since 2004 with her colleague Susan Ormsby and the support of a body of consciousness that Sheila and Susan refer to as the Source of the Healing Sounds, and which is known as Sounds from Source.

Although the results of these vibrational sound programs can appear to be magical, they are not, and both Sheila and Susan share their explanations of the 'sounds' with you below.



WHAT ARE THE SOUNDS FROM SOURCE PROGRAMS AND HOW CAN THEY HELP ME?

Below you will find an explanation of how the sounds work by Sheila and then below that again Susan's explanation – each have different ways of explaining this particular question – so please take the time to read both.

SHEILA'S EXPLANATION

As a holistic practitioner I have long described the body as a 'self healing mechanism', that given the correct information and the correct frequencies can and will heal itself.

In working with the Sounds from Source programs we have been able to train therapists to provide the means, or the tools to facilitate the self healing or correction of their clients

The Sounds from Source programs are such a tool. They are designed to assist you with your own self healing. They are not a magical fix all even though at times their effects may appear magical; they simply are sounds which heal.

The Sounds from Source programs are based on being able to communicate with the cells of the body and are based on the fact that every cell in your body retains memory, and that memory is not just some obscure area of the brain that we access when we want to remember something.

Much thought and research has gone into this belief and understanding over a period of years and the easiest explanation is the issues of scars on the body. As we know everything in our body replace itself over a regular time frame, our skin, hair, bones and so on, including each individual cell.

So if our cells did not retain memory then they would not keep replacing themselves in a scarred version, they would surely replace themselves with new undamaged and unscarred cells?

We are conceived from one single cell, and as that cell multiplies and separate's many times to create the body that we see today, it becomes individual cells for the heart, skin, toes and so on. Now each of those cells retains the memory to become a whole unique body, if we consider cloning for example. Our belief at Sounds from Source is also that the thoughts, feelings and programs from our ancestors are passed down the generic family line and also retained in our cellular structure from that very first cell.



The Sounds from Source programs work to the levels of this very first cell, and instruct the body to release issues that are not of benefit to us easily and effortlessly, including thoughts, feelings, desires, patterns, emotions and more.

Wishing you Love and Light Sheila Kennedy

SUSAN'S EXPLANATION

I decided to include my own explanation which is more a brief history of how I came to be involved in the sounds and how I explain how they work.

When I first met Sheila, who is an incredibly accomplished healer and energy worker – in several modalities – she was already working with sound and used her tingsaw bells and her healing intention to release anxiety from the cells.

I was fascinated with how she could use sound to release tension from the body and balance the body and so we became fast friends and I would question her as to why something could or seemingly couldn't be done and so on.

Sheila is also a medium and a clairvoyant and would 'bring in' information as we were discussing things. It was during this time that a body of consciousness which we at first called 'The Healing Sounds' and which we now call 'Sounds From Source' made contact with Sheila.

And later on – after much training and teaching from Sheila and much, much effort on my part – I was also given 'my stripes' and was able to have my own communication and contact with Sounds From Source also – although I am by no means a medium or clairvoyant like Sheila.

I can intention sounds and play them 'remotely' and I do now have the ability to ask questions and test answers and so on – but direct channelling of information in the way that Sheila does is way out of my league.

Over the years since we first made contact with Sounds From Source – Sheila has downloaded an incredible amount of information.

What you find on this site and the academy site barely scratches the surface of the information we have – but we realise that we must bring it the world in a way that people can understand, absorb and cope with. And so more and more sounds, information, courses and practitioner programs will become available as we go further into the future.

www.soundsfromsource.com



SO WHAT ARE THE SOUNDS AND HOW DO THEY WORK?

When we first started working with the sounds, Sheila would download what we called 'protocols' which we now refer to as 'programs' – which were basically written instructions containing vibrational healing energy from Sounds From Source to assist the 'person' to release what was not useful and accept in turn positive vibrational balancing energy – simplistic explanation I know – but basically that is what they do.

The power and refinement – energy wise of the sounds has increased over the years, just recently we seem to have moved up yet another level as well, with Sheila's connection being so refined – that the newer sounds are a straight download of vibrational energy and so are shorter in recorded length but exponentially more powerful in every way.

These are indeed exciting times. Cheers,

Susan

www.soundsfromsource.com



ARE YOU READY TO EXPLORE OTHER OPTIONS?

The fact that you have read this far says that you are looking for answers, and this program potentially gives you the option to take back control of your own life. You actually have everything to gain.

You are tired of listening to that inner voice that reminds you that that 'you can't do x y or z'.

You have been everywhere else looking for answers.

You want to take control of your own life, and in saying YES! Please give me some answers and options you have taken the first step on your journey to freedom from depression.

AN ANXIETY TESTIMONIAL

I first met Sheila Kennedy about two and a half years ago when my second child Ella was 8 months old. We had gone through such a difficult time with my daughter and I had totally exhausted every possible option to help me deal with her constant crying and sleep problems. Since the day Ella was born, she screamed!!!

She had terrible reflux and thus wanted to be carried all day. My husband found it so difficult to bond with her, because she just wanted to be close to me. I tried to explain to every professional I saw, that it seemed more than just the reflux to me. She actually screamed like she was scared and I could sense that she was an anxious little baby. I was at my wits end and was also suffering from post natal depression and severe sleep deprivation.

My naturopath recommended that I see Sheila after he admitted that he just could not help me. The day I saw Sheila, my life changed. Straight away Sheila picked up on my anxiety and told me that I had probably passed a lot of this onto Ella even through my pregnancy. I listened to a series of bells that Sheila played and went home thinking, we will just see what happens.

Ella was a completely changed baby the next day. The fear and anxiety had gone and for the first time my husband was able to cuddle her without me being in the room. Over the following weeks her sleep patterns improved and our life as a family slowly returned to normal.



My husband, being a GP and myself being an intensive care paediatric nurse, could not make sense of what had happened and my husband was very sceptical. However, we could not ignore the dramatic change that had taken place with our daughter. She has since grown to be one of the most delightful little girls and we have never had any more issues with anxiety.

When I had our third child, Sheila was one of the first people that I rang. She played a series of healing sounds to help our daughter readjust to life outside the womb and to help prevent any separation anxiety. Since birth, our Aimee has been the most placid, calm, happy baby. She has never had any issues with anxiety or sleep problems, and I am positive that the healing sounds helped her immensely.

Nowadays I use various sounds programs that Sheila creates to help my children and my family function smoothly. If ever I feel like one of my children are imbalanced in any way or acting out of character, I will always consult with Sheila and play the relevant healing sounds for them. The results are always so positive and we can see a difference in our children's behaviour almost straight away. I would recommend the baby/children healing sounds to any parent, as I have seen how they have changed our life and allowed my children to be happy, well adjusted, balanced little people.



SELF QUESTIONING OR SOME YEARS AGO NOW I CREATED A CHECKLIST

The Checklist is designed so that you can carry out your own assessment as to what areas in your body were not functioning as they should and provide some answers for why these situation may occur.

DO YOU OR SOMEONE IN YOUR FAMILY HAVE PHYSICAL ISSUES SUCH AS:-

- ⦿ Back, neck, shoulder, arm and leg aches and pains
- ⦿ Headaches
- ⦿ Skin problems
- ⦿ An awkward walk or run.
- ⦿ Do you or someone in your family find it difficult to get up in the morning, have highs and lows of energy
- ⦿ Difficulty following directions especially right and left instructions
- ⦿ Learning difficulties
- ⦿ Forgetfulness
- ⦿ Issues of Anger and Frustration

Those were the original questions; we can add to them and include from a mild to a deeper perspective;

- ⦿ Issues of unresolved anxieties or fears
- ⦿ Difficulties in coping with everyday life
- ⦿ Certain times of day or days when life or everything in general seems to be too much to cope or to deal with
- ⦿ A family history of depression or depressive tendencies – Depression can run in families and some people will be at an increased genetic risk
- ⦿ Personality issues or disorders – Some people may be more at risk of depression because of their individual personality, especially if they have a tendency to worrying a lot, have a low self-esteem, are perfectionists, sensitive to personal criticisms, or are coming from a space of being self-critical or negative.



- ⦿ Serious medical illness – The stress and worry of coping with a serious illness can lead to depression, especially if you're dealing with long-term management and/or chronic pain.
- ⦿ Drug and alcohol use – Drug and alcohol can both be factors in depression and can both lead to issues of and result of depression. Many people with depression may also have drug and alcohol problems as they often look for a crutch to assist them with other unresolved issues. Over 500,000 Australians will experience depression and or a substance use disorder at the same time, at some point in their lives.
- ⦿ Changes in the brain and from my perspective these can be commonplace due to our birth process. Although there has been a good deal of research in these complex areas of looking at treating depression to me there is still much that we do not know or which has been overlooked.

Depression can be more than simply the result of a 'chemical imbalance', for example because you have too much or not enough of a particular brain chemical. It is often complicated, and there are multiple causes of major depression. Factors such as genetic vulnerability, severe life stressors, substances you may take (some medications, drugs and alcohol) and medical conditions can affect the way your brain regulates your moods.

- ⦿ Most modern antidepressants have an effect on your brain's chemical transmitters (serotonin and noradrenaline), which relay messages between brain cells, and this is thought to be how medications work for more severe cases of depression. Psychological treatment can also help you to regulate your moods and the current catch phrase appears to be 'Mindfulness'

I hope to show you another way, from a different perspective, and if you have answered YES to some or all of the questions above then this program is for you.

Often people have gone to many places looking for answers and have come away disappointed feeling let down and very probably considerably lighter in the bank account or wallet. I hope to assist you to change all that today.



Some years ago I created a small e-book called The Body Balance book which was a promotion for an online self-healing webinar program which allowed people to access the amazing and unique Sounds from Source programs which have been developed to assist you in your life, and are based on our spiritual knowledge and the unique vibrational sounds which we create in conjunction with the information gifted to us from Sounds from Source to communicate with your body, easily and effortlessly.

When Susan and I decided to create the Sounds from Source Body Balance Webinar we discussed the amount of information that is normally shared with a client during a 'Body Balance' or to give it its correct terminology a Vibrational Kinesiology session, and seriously its about 2 hours worth of sharing information and the corrective procedure with a client

So how we asked could we condense that time into something that fits with peoples busy lifestyles.

We decided to separate the Body Balance program into 2 components, a downloadable PDF book which would share we believe valuable information on your body and its electrical and energetic processes and for those who wish to avail themselves of an 'energetic correction an online Body Balance Webinar.

In creating the Depression Need Not Be a Life Sentence Program I have utilised some of the information from the Body Balance book and webinar and added some more in-depth knowledge into the creation of the specific sound program for releasing depression.

SO WHY WOULD YOU LISTEN TO US?

Growing up in a Western Medical household, I had experienced ill health for most of my life, and it was in discovering the combination of ancient knowledge and Vibrational sound in 2002 that my life took a turn for the better.

I had studied many areas of spiritual and metaphysical healing modalities for many years, and it was the combination of knowledge that I was given at this time and my ongoing work in the field of Holistic health as a Vibrational Kinesiologist that has allowed me to expand my knowledge and my work to embrace and encompass the amazing Sounds from Source Vibrational programs.

By working with what Susan and I term Cellular Memory - the memory stored within every cell of your body from conception onwards we are able to access these memories and to assist you to make changes within your own body.



As a practitioner I tend to use very basic explanations rather than in depth 'spiritual terms' and in some instances I will use both or you will have the basic explanation only.

In creating the Depression Need Not Be a Life Sentence book and sharing with you a deeper knowledge of the body and its systems from a different perspective, giving you more information than most people will have shared before to assist you to care for yourself and your family.



HOW DO THE VIBRATIONAL SOUND PROGRAMS WORK WITH THE BODY FROM A DIFFERENT PERSPECTIVE?

Here I will talk about 'Understanding the Energy Fields of the Body'

The Chakra System

The Meridian System

The Auric Field System – (Not Your Aura)

The Cranial Plates and why they are of such importance to alleviating depression

The Anxieties in brief

The Electrical Frequency of the Human Body - 77.678 MHz



SO LET'S LOOK AT THE BODY FROM A DIFFERENT PERSPECTIVE

For most people the human body is made up of skin, bones, nerves, a blood supply, a heart to pump the blood around and of a brain, the 'powerhouse' overseeing it all.

From my perspective I have long described the human body as being like a 'House'.

Basically somewhere in your home, often on an outside wall you will have a 'Power Box or a Meter Box' which contains the fuses or electrical switches that regulate the power to your home. This is the entry point for the power supply, and the 'beginning or starting point' of the bundle of wires that feed up from the interior of this 'box' into the roof for example, and drop down to the lights, power outlets or power points and switches, the simple power supply 'outlets' that allow the electricity in your home to function efficiently.

To me your body works in the same way, as a series of electrical system

- You are composed of a Chakra or a fusing system
- A Meridian system – the bundle of wires which connects all of the lights and switches to the power supply
- The Power Supply itself

If ANY of these individual systems fail to work or to communicate with the other systems then YOUR body will not function or work correctly. We will look at these individual systems in more detail.

Now adding to or at times over riding these systems which we will come back to shortly we have the all important Genetic Ancestral Line. This is so important in fact that it has been written about for years. Not quite in those words perhaps, however most religions have referred to it at some time.

- The sins of the fathers
- Unto the 7th generation
- As ye sow so shall ye reap
- And so on...



This conglomerate mix of people who have 'gone before you, whom I refer to as your Genetic Ancestral Line, play an important part in who you are and why you are 'YOU' on many levels.

I will go into some depth here and give you an overview of the situation.

THE GENETIC ANCESTRAL LINE

Conception – There were your parents.

At your conception you are much more than you may be aware of, for not only do you have your 'parents' who's 'creation' of you by the fertilization of a female egg by a male sperm gives you a series of chemical and electrical instructions and impulses, you also have a whole series of 'other issues' to take into consideration.

As I said earlier;

- ⦿ How were Mum and Dad feeling at your conception?
- ⦿ Were they planning a child,
- ⦿ Was it raining,
- ⦿ Was the sun shining,
- ⦿ Were they in war, drought, recession and so on
- ⦿ Had they argued and decided to 'make up' anyway.
- ⦿ Did you 'inherit Mum's emotion and Dad's frustration at that time of conception?
- ⦿ Where they anxious that if they conceived a child that they might not make good parents?

Were you wanted in the 'family line', - by

- ⦿ Siblings- born or unborn
- ⦿ Relatives- also called your Genetic Ancestral Line or G.A.L
- ⦿ Was Great Grandma thinking I hope these 'kids' do not have a baby at this stage, they really cannot afford one

A great many of these issues can equal

Rejection from Conception in YOUR system

And of course YOU despite thinking that 'You are You' are made up of a combination of all of the people who have gone before you.



It does not take many generations to have an enormous amount of people contributing to our 'ancestral mix' of:

2 Parents

4 Grandparents

8 Great G/Parents

16 GG/Grandparents

32 GGG/Grandparents

64 GGGG/Grandparents

128 GGGGG / Grandparents

356 GGGGGG /Grandparents

Each cell of our bodies contains memories, thoughts and feelings from that 'conglomerate mix ' and more, and those memories are inherent within us from the creation of that very first cell at our conception.

If we return to the Checklist which we shared with you at the beginning of this book you will we hope have a better understanding of 'how your body works, and why it may not be functioning properly'.



CHECKLIST

The Checklist is designed so that you can carry out your own assessment as to whether the Sounds from Source Body Balance may be of benefit to you or to someone you know.

Do you or someone in your family have physical issues such as:-

- ✓ Back, neck, shoulder, arm and leg aches and pains
- ✓ Headaches
- ✓ Skin problems
- ✓ An awkward walk or run.
- ✓ Do you or someone in your family find it difficult to get up in the morning, have highs and lows of energy
- ✓ Difficulty following directions especially right and left instructions
- ✓ Learning difficulties
- ✓ Forgetfulness
- ✓ Issues of Anger and Frustration

Those were the original questions; we can add to them and include from a mild to a deeper perspective;

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- ⦿ Certain times of day or days when life or everything in general seems to be too much to cope or to deal with
- ⦿ A family history of depression or depressive tendencies – Depression can run in families and some people will be at an increased genetic risk
- ⦿ Personality issues or disorders – Some people may be more at risk of depression because of their individual personality, especially if they have a tendency to worrying a lot, have a low self-esteem, are perfectionists, sensitive to personal criticisms, or are coming from a space of being self-critical or negative.
- ⦿ Serious medical illness – The stress and worry of coping with a serious illness can lead to depression, especially if you're dealing with long-term management and/or chronic pain.
- ⦿ Drug and alcohol use – Drug and alcohol can both be factors in depression and can both lead to issues of and result of depression. Many people with depression may also have drug and alcohol problems as they often look for a crutch to assist them with other unresolved issues. Over 500,000 Australians will experience depression and or a substance use disorder at the same time, at some point in their lives.



- ◉ Changes in the brain and from my perspective these can be commonplace due to our birth process. Although there has been a good deal of research in these complex areas of looking at treating depression to me there is still much that we do not know or which has been overlooked.
- ◉ Depression can be more than simply the result of a 'chemical imbalance', for example because you have too much or not enough of a particular brain chemical. It is often complicated, and there are multiple causes of major depression. Factors such as genetic vulnerability, severe life stressors, substances you may take (some medications, drugs and alcohol) and medical conditions can affect the way your brain regulates your moods.
- ◉ Most modern antidepressants have an effect on your brain's chemical transmitters (serotonin and noradrenaline), which relay messages between brain cells, and this is thought to be how medications work for more severe cases of depression. Psychological treatment can also help you to regulate your moods and the current catch phrase appears to be 'Mindfulness'
- ◉ If you have answered YES to some or all of these questions then this program is for you.



SO HOW DO THE ENERGY FIELDS OF THE BODY HAVE AN EFFECT?

The human body from my perspective is composed of three distinct electrical fields or energy systems known or identified as the meridian system, the chakra system and the auric field system. I touched briefly on these 'electrical fields' earlier when I spoke about the 'Power Box'

The human body is constructed on a number of energetic fields, and we will briefly discuss 3 of these fields in this program, they are known as

- The Chakra system
- The Meridians system
- The Auric Fields
- These three individual systems or 'energetic fields' control how as a person
- You stand, e.g. tall or stooped, head to one side, lop sided
- Whether your body has the right energy source for it to operate correctly
- Whether or not your body recognises the substances you put into it and onto it.
- If you have a sense of danger
- And much more...

I will talk about each of these energy fields individually beginning with the Chakra system.



THE CHAKRA SYSTEM

The scientific explanation of the chakra system

The Chakra system is a separate energy source in its own right and this system forms at the moment of conception around the new cell to energise the new body. It provides energy to the Meridian system from conception onwards and to the Auric fields system, the body's outer energy and protective fields from the moment of the first breath of the baby from birth onwards. The chakra energy may be described as the individual life force of each being or the energy suppliers.

The word Chakra a Hindu word meaning wheel and often described in Western sociality as a spinning wheel due to the etheric view of the chakra as a spinning energy centre.

We are generally taught that there are seven (7) chakra's being the seven energy points of the body from the top of the head to the base of the spine.

These chakras are generally described as the base or root chakra, the hara, navel or reproductive chakra, the solar plexus chakra, the heart chakra, the throat chakra, the brow or third eye chakra and the crown chakra.

Each of the seven chakras utilizes its own frequency of energy from the lowest frequency at the base to the highest at the crown. The minor chakras of the of body of which there are many hundreds are governed by the minor chakra system and there are seven main chakra energy exit points, four emergency points and ten lesser chakra exit points, as well as hundreds of minor chakra exit points.



THE USER FRIENDLY OR 'SHEILA' VERSION OF THE CHAKRA SYSTEM

In my version the frequencies of energy required by the chakras can be explained in user friendly or everyday terms. So If I am talking to a lady for example I would explain that the

- ⦿ The base or root chakra requires as much energy as a small light globe a 25 watt light globe for example
- ⦿ The hara, navel or reproductive chakra requires as much energy as my small cd player
- ⦿ The solar plexus chakra, requires as much energy as a small microwave
- ⦿ The heart chakra, requires as much energy as a dishwasher
- ⦿ The throat chakra, requires as much energy as an automatic washing machine
- ⦿ The brow or third eye chakra requires as much energy as an electric clothes drier
- ⦿ The crown chakra requires as much energy as an electric stove

Now most of these explanations have been based on household appliances and to some extent the people who are familiar with them.

For the more mechanically minded I will also use the explanation of a motor car

- ⦿ The small lights in the interior of a car, generally a 12 volt globe in the dashboard of the car
- ⦿ The number plate light
- ⦿ The interior light
- ⦿ The indicators,
- ⦿ The parking lights
- ⦿ The headlights
- ⦿ The driving lights

Apologies to any mechanically minded people if I have them in the wrong order



THE MERIDIAN SYSTEM

The scientific explanation of the meridian system

The bodies of humans and animals are constructed on an electrical framework called in English the Meridian System. This meridian frame work comprised of 14 pairs of what can be described as fine electrical wires. This framework is found in the follicles of the ovaries of each female child or young animal at birth. The Meridian System has been called by many different names and some of these may be familiar to you, names such as framework, matrix, hologram and etheric body.

If one or more of the twenty eight individual meridian frequencies becomes altered, for example a meridian is shortened in length; the sub conscious mind will align the body to the shortened meridian, thus causing a warping of the physical structure.

As the basic matrix of the meridian structure has been altered, the subconscious will then use the bodies own muscles and bone structure to re- align the physical structure of the body to this now imperfect framework

If this misalignment is not corrected, illness will follow as the nerve structure becomes damaged through the bones of the spine becoming misaligned causing what in chiropractic terms are described as vertebral subluxations and cranial plate misalignments.



THE USER FRIENDLY OR 'SHEILA' VERSION OF THE MERIDIAN SYSTEM

The Meridian system can be likened to the electrical framework on which our body is built. If we see the body as a house for example then the meridian system would be the timber of steel framework which constructs the size and shape of the dwelling.

Each of the 14 pairs of meridians form the creational structure of the body at conception and a good example of this would be to relate it to an acupuncture 'doll' with the myriad lines being shown on the and acupuncture points being where the meridians attach to the body.

- ◉ If one or more of these electrical 'wires' which are in place from our conception 'short circuit' the muscular system of the body will adapt accordingly, and create a misalignment in the body eg short leg, low shoulder, hip rotation and so on
- ◉ Everybody's meridian system is similar to the frame work of a house, if it is misaligned the house will not be straight when it is built – for example the roof line would be crooked.
- ◉ When a meridian misaligns or short circuits the muscles in the body will adjust accordingly, this can be seen as like stretching an elastic band, and this then creates the hip rotation or the difference in the shoulder height that you will soon learn to identify when you see it.

In simple terms the shortening of the meridian structure creates a warped effect in the body and the bones of the spine will move via the musculature to accommodate this warping affect, similar to a child building an uneven stack of blocks.

If the matrix or energetic field remains in an altered state, the body remains permanently in a warped condition until corrected.

Interference of the nerve structure which emanates from the spine is the main cause of organ malfunction and may lead to ill health.



THE AURIC FIELD SYSTEM - NOT YOUR AURA

There seem to be very few people talk about the Auric Field System the way I do, so this is the Sheila version.

The Auric field system is comprised of seven energy fields which with the fourteen Meridians and the seven Chakras comprise the twenty eight electrical frequencies of the human body.

The first auric field should become activated at conception, and it can be described as the potential energy from the top of the head to the base of the spine in a human, animal, or plant. The power in the power box.

The sixth auric field should also come into place at conception and is our mental communication with family, friends and loved ones. It would generally be described by women as intuitive, and by men as telepathic, men having in general a more scientific mind. How often have you thought of some one and the phone rang with that person at the other end, or had a friend on your mind and bumped into them in the street and so on?

The remaining five auric fields are activated during the process of a "normal" or unassisted vaginal birth, where the baby presents head first and facing downwards.

The pressure on the skin of the baby as it exits from the womb via the birth canal is sufficient activation to turn on the remaining five fields, which we describe as auric fields.

The second auric field is referred to as skin direction, and it indicates whether or not the client being treated is utilizing their own energy (electrically) or running on adrenalin, the chemical produced by the body and often referred to as the cave man fight or flight syndrome.

For example someone 'running on adrenalin' may find it difficult to get out of bed in the morning, possibly requiring a number of 'coffee's and will often have an energy boost at around 9.30 or 10am and may describe themselves as "not a morning person".

The body will then throughout the day give itself an adrenalin boost until it eventually runs out, as the body only produces a specific amount for the day. It can be likened to putting \$20 worth of petrol into a vehicle and wanting it to travel \$25 worth, there really is just not enough and this person may just literally "run out of energy" at the end of the day.



The third auric field is described as a protective zone and is measured at a distance of 12.8 centimetres out from the skin from the top of the head to the tip of the toes.

This protective field recognizes what is put into it and onto it if it is switched on, e.g. food, liquid, medication and or supplements, and in many instances the Azo or chemical dyes in clothing, red, yellow, blue, and green, the primary colours of most school uniforms.

If this field is not turned on and the body does not recognize the substance ingested by it, it will reject it and either locks it up in fat cells or dispose of it through the body very quickly.

So we can be eating the best organic food, and taking the best supplements or medications and effectively be gaining very little from them.

For a child often misdiagnosed with ADD or ADHD, or the newer versions of the same, generally referred to as obsessive defiance disorder and so on the Azo dyes in the clothing may be creating an allergic reaction with the child's skin eventuating in the child being jumpy, irritable, unsettled or even attempting to remove the offending articles of clothing without being aware of why.

The fourth auric field, is measured at 89cms from the body and is the zone of your own personal space, if this field is not turned on at the birth process the child may not have a sense of itself or others, and its Mother may be more anxious about this particular child than another child in the family, as she is also unable to "sense" that child.

Other siblings may identify this as "Mum always spent more time with you", or "Mum always favoured you" etc. A great contributor to sibling rivalry in many instances.

The fifth auric field is described as a Danger zone and is measured as being 586metres from the body, similar to having an in built police radar, it will indicate to the body through the sub conscious mind when danger is apparent. A person with this field not turned on will have little or no sense of danger, i.e. the child who runs on the road all the time etc despite being constantly warned not to.

The seventh auric field is described as infinity, this is our genetic ancestral connection, or how we can be affected by our ancestors. For example, if Great Great Grandma had a really strong thought form that "all women are useless" because that is how her Father, brothers, husband and sons had treated d her, she can hand it on down the family line like a cracked record or a scratched CD.

Similarly thoughts relating to weight, self limitations, habits and patterns can also be handed on through this genetic line.



THE CRANIAL PLATES – EXTREMELY IMPORTANT

The Cranial Plates refer to the collection of bones which make up the skull of a human being. These 11 individual bones fold over one another during the birth process and are connected together with what are described as 'sutures' the Latin word for stitches, and which work like a 'hinge on a door' as in they are moveable and do not in my belief become rigid once the 'fontanel's or soft spots on a babies head close over at around 2 years of age

It is this 'move ability' of the skull bones or cranial plates which allow misalignments of the bones to be corrected with Sounds from Source Vibrational sounds.

Learning difficulties, some forms of depression, behavioural issues and more can all be easily attributed to misaligned 'cranial plates'. These can be the varying levels of mild to more severe depression and in some instances suicidal tendencies.

Then we can add in 'The Anxieties' as I call them and I recognise them as Anxiety 2, Pre Conceptual Anxiety, Conceptual Anxiety, Learned Anxiety, Fear Anxiety, Stress Anxiety, Tension Anxiety, Rejection Anxiety, Transference Anxiety, Embarrassment Anxiety, Frustration Anxiety, Performance Anxiety, Contractual Anxiety, Death / Mortality anxiety, Spiritual Anxiety, Cumulative Anxiety and a great many more anxieties related to business and life in general.

These conglomerate anxieties can also be contributing factors in many areas of depression or depressive tendencies.



THE ELECTRICAL FREQUENCY OF THE HUMAN BODY - 77.678 MHZ

77.678 MHz is the accepted electrical frequency on which plants animals and humans all resonate as in Kinesiological testing.

If the electrical frequency of the body 'drops' below the 77MHz levels than the body processes begin to slow down, and may over time malfunction or discontinue working.

Illness and organ malfunction may follow.

So how does one test for the optimal levels of the electrical systems and frequencies with the body?

I use basic kinesiological or muscle testing techniques (I call it The Circle of Truth Program) as the process we use to ask questions of the body

This same process can be used to check many things. The functionality of the Chakra, Meridian and the Auric field levels of the body as well as the optimal levels of the electrical frequencies of the body.

I often demonstrate testing for the electrical frequency in the body, by asking the person to hold onto a nice green leaf in their right hand and using the left arm to test or vice versa if you are left handed.

This as I explain can be a great science project for children or I have used it on many occasions with young people who have been brought in by their parents, usually Mum and who really do not want to be there as I am often the last resort for parents with a difficult or intractable child.

Explanation of 77.678MHz: - If you ask someone to hold a nice green leaf still connected to a plant the kinesiological measurement electrically will be 77.678 MHz, as I said to you [plants, animals and humans all have the same measurement. Tear the same leaf in half and test holding the torn half and the measurement will be 61.5 MHz, this measurement will hold true every time as you have removed the torn part of the leaf from its life / food source.

Hold onto a yellow leaf still attached to the plant and the measurement will drop to 32 MHz or below 32 MHz.

A dry leaf picked up from the ground will test as a 9 or 10 MHz maximum and often down to 1 or 2MHz, as it still has some measurable life force but it can be described As 'heading out of the back door at a rapid rate of knots', (dying off)



So the life force in the leaf or in the person tested also drops in measurable amounts. For example someone who tested at 30mhz as the high or top level of the equation of highest and lowest levels in the body in the last six months , which indicates that their energetic levels were low due to their body not accepting nutrition from the foods they had been ingesting. The lowest level at

20 MHz, for example is so not dramatically low but still much lower than it should have been for their optimal health and well being.

In identifying what may be out of balance in Your body it is not difficult to 'correct or balance' these electrical frequencies or to realign the individual levels of the electrical frequencies of the Chakra, Meridian and Auric field energies, leading to improved health and wellbeing, and quality of life, whether we are looking at anxiety, depression or physical ailments in many instances.



LOOKING AT THE CRANIAL PLATES AND DEPRESSION

The cranial plates or bones of the skull can have a huge impact on who we are and how we function in life. I say to the practitioners who I train;

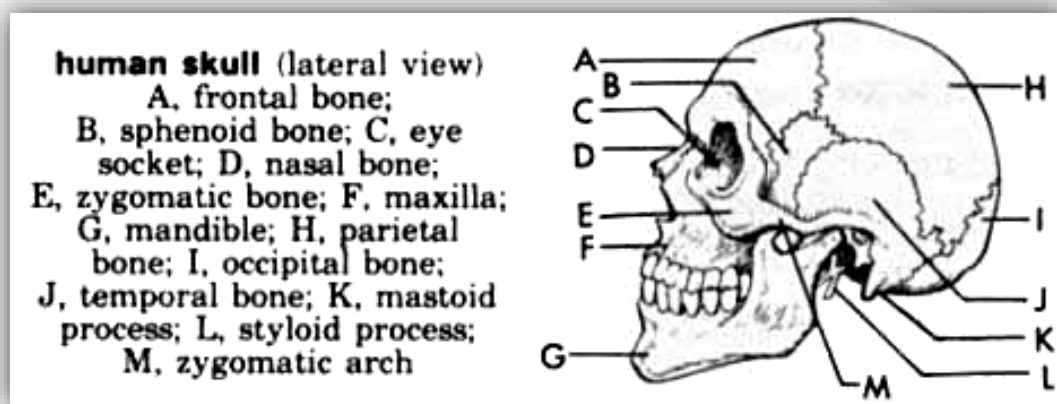
'The alignment of the cranial plates or the bones of the skull can be directly affected by a malfunctioning meridian as well as other issues such as shock, accident, and in some instances vaccine damage as well as the actual process of being born'

I cannot stress enough the importance of the statement above.!

The human skull pictured below is made up of a number of individual bones, some of these are formed in the first few years of life from even more bone sections that are individual when we are born

FOR THE TECHNICALLY MINDED

The bones of the skull are mobile for life, despite us being told differently, and only three bones, formed from small cranial bone sub sections at birth ossify and form one bone by the age of two . These are the sphenoid bone the bony plate which supports the frontal area of the brain, and is three small bones at birth, the occiput which is the large plate at the back of the head which forms from four small bones at birth and the frontal bone which may be described as the forehead and which is formed from two bones at birth.



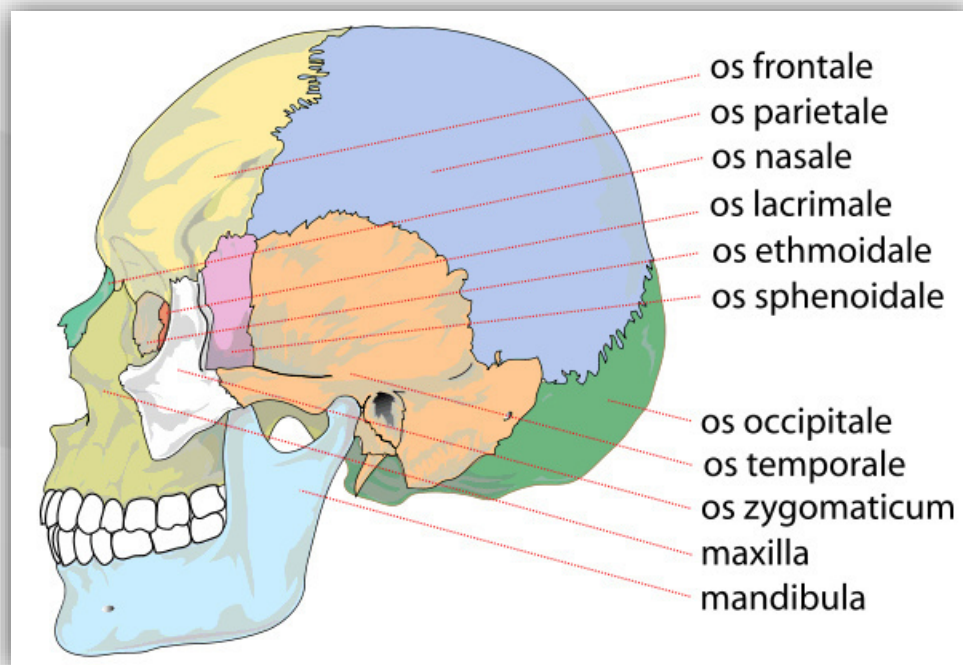
All the other bones of the skull are mobile for life and any fixation or misalignment of the bones will cause some illness in the body either directly through the nervous system or through some other effect.



So lets put the comment above into plain English.

The mobile and flexible skull bones fold over one another prior to the birth process allowing for an easier passage through the birth canal.

Over time as the babies head 'expands' and takes on a more definite shape the 'sutures', (latin word for stitches) that show up where the individual bones join work like a hinge on a door. A misalignment of or the frontal and parietal bones becoming jammed can in many instances create issues of weight gain or anorexia and it is one of the first areas I check for a misalignment or a weak kinesiological response in clients with 'weight' issues



It is believed that many illnesses emanate from sub luxations or misalignments of the bones of the skull or the first vertebrae.

Much of my work is with what I refer to as 'The Alphabet Soup series', and the plethora of Add/ADHD, ASD, ODD Dyslexia, Aspergers and Global Dyspraxia diagnoses. I believe that misalignments of some of the bones of the skull at birth are the prime causes of dyslexia and learning difficulties, causing the left and right brain not to integrate as they should at approximately seven months after birth. If these cranial plates or skull bones remain misaligned or subluxated a child will not achieve left right brain co-ordination and will remain in a state known as homolateral function where the two sides of the brain work independently of one another.

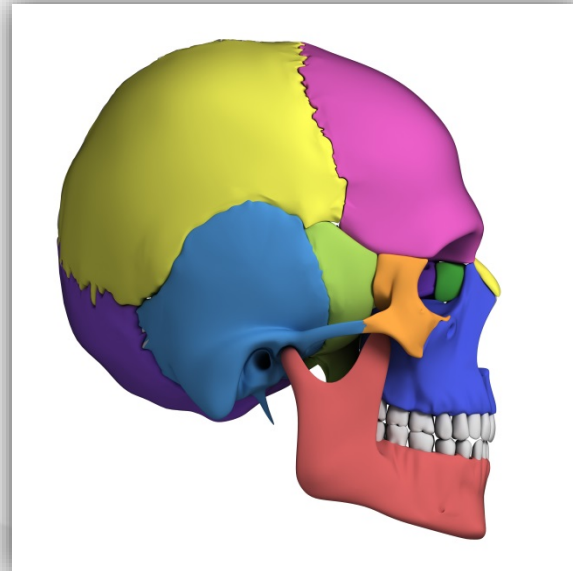


This can be observed in many instances as a lazy eye which indicates that the left and right brain are not working together, and children and adults who struggle to read write and learn.

The 'lighter blue' section of bone shown below at the back of the jaw is the Right Temporal plate or bone.

The right temporal bone for example (where the ear attaches) can be responsible for a number of apparent behavioural issues if it is fixated in and creating pressure towards that particular area of the brain. This misalignment or subluxation need only be very minor and can be caused I believe by birth process, childhood accident or vaccine damage.

The effects of such a misalignment may create some of the following issues;



- ⦿ difficulty in seeing a future
- ⦿ difficulty in anticipating the consequence of actions
- ⦿ the child would generally stay close to mum or a family member,
- ⦿ may not be comfortable in a school situation
- ⦿ have one or two close friends and keep them for a long time rather than constantly changing them
- ⦿ may suffer a form of chemical depression from birth due to this misalignment and its consequent actions by the body.

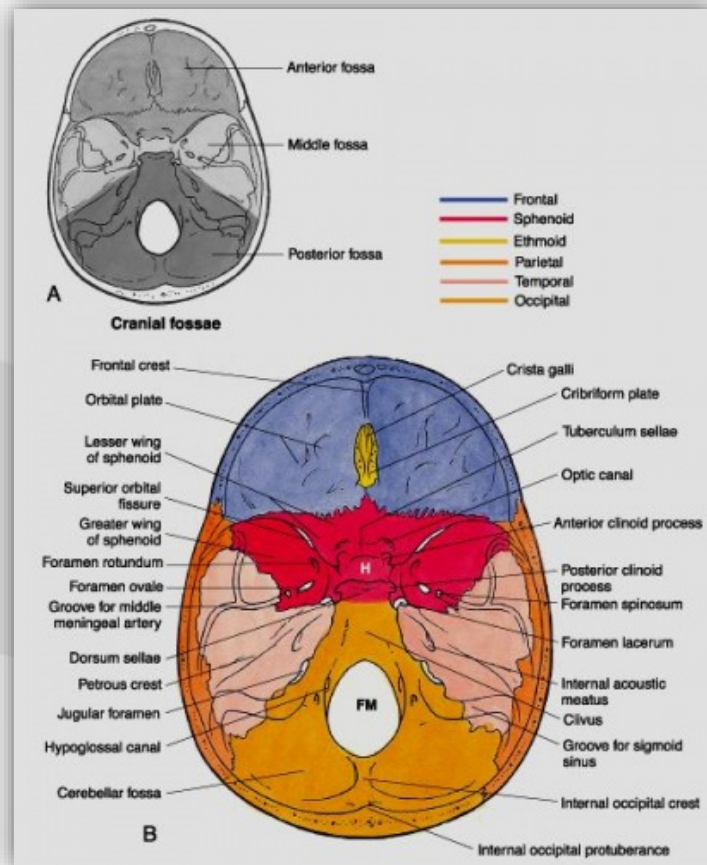
The left temporal bone misaligned inwards may create difficulties in retaining information and the access of such information in the future. Despite the information being absorbed and assimilated it becomes difficult to access or find leading to learning issues.

More severe levels of depression and in some instances suicidal tendencies are also due to misalignments of the cranial plates and in these instances 'inside' the skull and to do with the 'sphenoid bone'.



If we imagine taking the top off the skull like removing the top off a hard boiled egg, we then can look down into the interior of the skull.

The Sphenoid process is one of those areas which are individual bones at birth and form together into one bone by about the age of 2 years. The 'red' area in the picture below shows the 'sphenoid process'.

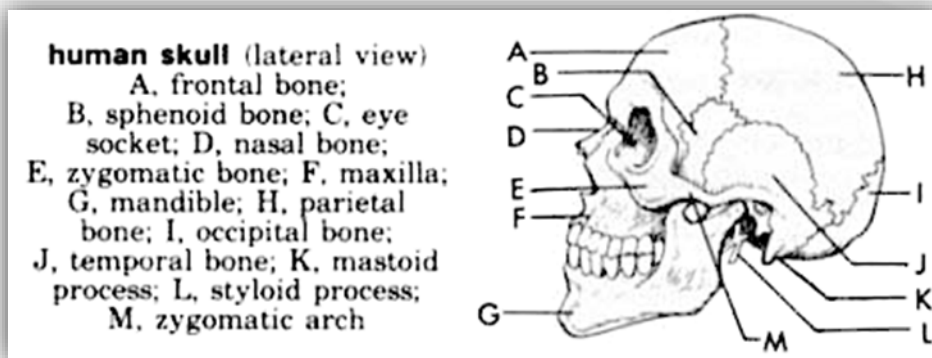


Again it is my belief that if the sphenoid process is misaligned or out of place and the right temporal plate is also depressed inwards, depending on the angle of the depression then someone can have either a deep depression or suicidal tendencies.

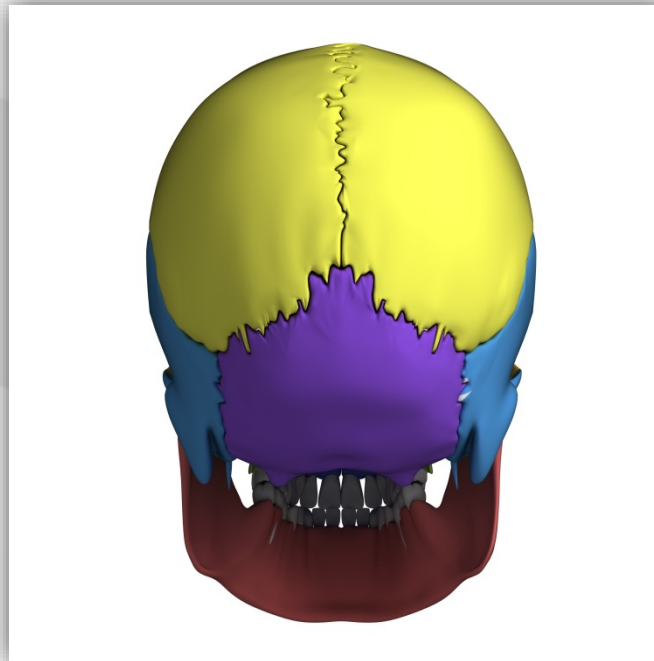
Again these are areas I check with kinesiological questioning and especially if the right temporal plate is misaligned.

The brain is kept 'clean' by the movement of cerebro spinal fluid or CSF through the four ventricles of the brain and cleanses the surfaces of the brain and the spinal column, the movement of this fluid is created by a pumping action. (somewhat like the action of a filter on a fish tank keeping the water clean) and this pumping action is coordinated by the Occiput at position 'I' in the diagram below





Skull from the Back



And the Occiput is the 'purple' area in the diagram above

The optimal number of pumps per minute measure at approximately 26 to 27 movements in deep sleep and 13 to 14 movements per minute in active mode. This pump can be shocked into a lowered frequency of function and a lowered cranial pressure causing toxins to build up in the brain resulting in slow and aberrated thought processes and in severe cases may result in agitated behaviour and high adrenaline flow as well as issues of anger and rage situations.

Adrenaline [the cave man flight or fight process] is sometimes used by the subconscious to activate the brain when this sacro occipital pump is not functioning correctly. This can cause behavioural issues and difficulties with sleep.



NOW FOR THE GOOD NEWS

In creating the Releasing Depression sound program I have incorporated all of the knowledge that I have shared with you above into a single vibrational sound to 'facilitate' the adjustment and alignment of any of these issues.

The Client Depressive Memories sounds are intended to release the 'cellular memory' of having been in a 'depressed' state.

When you use the Sounds from Source vibrational sound programs, we are aware that the individual physical, mental, spiritual and emotional levels of the body will absorb what they need want or desire for their own individual healing. Each person will derive whatever it is that they are personally willing to acknowledge, accept, and allow from the sounds and their healing frequencies.

The sounds themselves will not have any effect on anyone who does not wish for them, or who is not willing to accept them.

In utilising the Sounds from Source Releasing Depression program you are utilising a combination of instructions to the areas of the body that I have discussed previously, electrical systems of Chakras, Meridians, Auric Fields, Cranial plates and the 77.6787MHz of the frequency of the body to create a basic correction, it is the ongoing use of the Client Depressive Memories program that alleviates the stored memories of those depressive states.

Combined with the additional programs they assist you to take back control of your own life.



THE NON SHEILA OR TECHNICAL VERSION OF THE HISTORICAL UNDERSTANDINGS OF DEPRESSION

I have taken what I believe are some of the most comprehensive explanations from a 'medical perspective to share with you here'.

RASHMI NEMADE, PH.D., NATALIE STAATS REISS, PH.D., AND MARK DOMBECK, PH.D. SEP 19, 2007

Depression has always been a health problem for human beings. Historical documents written by healers, philosophers, and writers throughout the ages point to the long-standing existence of depression as a health problem, and the continuous and sometimes ingenious struggles people have made to find effective ways to treat this illness.

Depression was initially called "melancholia". The earliest accounts of melancholia appeared in ancient Mesopotamian texts in the second millennium B.C. At this time, all mental illnesses were attributed to demonic possession, and were attended to by priests. In contrast, a separate class of "physicians" treated physical injuries (but not conditions like depression). The first historical understanding of depression was thus that depression was a spiritual (or mental) illness rather than a physical one.

Ancient Greeks and Romans were divided in their thinking about the causes of melancholia. Literature of the time was filled with references to mental illness caused by spirits or demons. In the 5th century B.C., the Greek historian Herodotus wrote about a king who was driven mad by evil spirits. The early Babylonian, Chinese, and Egyptian civilizations also viewed mental illness as a form of demonic possession, and used exorcism techniques (such as beatings, restraint, and starvation) designed to drive demons out of the afflicted person's body as treatments. In contrast, early Roman and Greek doctors thought that depression was both a biological and psychological disease. Gymnastics, massage, special diets, music, and baths, as well as a concoction of poppy extract and donkey's milk were used to alleviate depressive symptoms.

Hippocrates, a Greek physician, suggested that personality traits and mental illnesses were related to balanced or imbalanced body fluids called humours. There were four of these humours: yellow bile, black bile, phlegm and blood. Hippocrates classified mental illnesses into categories that included mania, melancholia (depression), and phrenitis (brain fever). Hippocrates thought that melancholia was caused by too much black bile in the spleen.



He used bloodletting (a supposedly therapeutic technique which removed blood from the body), bathing, exercise, and dieting to treat depression. In contrast to Hippocrates' view, the famous Roman philosopher and statesman Cicero argued that melancholia was caused by violent rage, fear and grief; a mental explanation rather than a physical one.

In the last years before Christ, the influence of Hippocrates faded, and the predominant view among educated Romans was that mental illnesses like depression were caused by demons and by the anger of the gods. For instance, Cornelius Celsus (25BC-50 AD) recommended starvation, shackles (leg irons), and beating as "treatments." In contrast, Persian physicians such as Rhazes (865-925), the chief doctor at Baghdad hospital, continued to view the brain as the seat of mental illness and melancholia. Treatments for mental illness often involved hydrotherapy (baths) and early forms of behavior therapy (positive rewards for appropriate behavior).

After the fall of the Roman empire in the 5th century, scientific thinking about the causes of mental illness and depression again regressed. During the Middle Ages, religious beliefs, specifically Christianity, dominated popular European explanations of mental illness. Most people thought that mentally ill people were possessed by the devil, demons, or witches and were capable of infecting others with their madness. Treatments of choice included exorcisms, and other more barbaric strategies such as drowning and burning. A small minority of doctors continued to believe that mental illness was caused by imbalanced bodily humors, poor diet, and grief. Some depressed people were tied up or locked away in "lunatic asylums".

During the Renaissance, which began in Italy in the 14th century and spread throughout Europe in the 16th and 17th centuries, thinking about mental illness was characterized by both forward progress and regression. On the one hand, witch-hunts and executions of the mentally ill were quite common throughout Europe. On the other hand, some doctors returned to the views of Hippocrates, asserting that mental illnesses were due to natural causes, and that witches were actually mentally disturbed people in need of humane medical treatment.

In 1621, Robert Burton published *Anatomy of Melancholy*, in which he described the psychological and social causes (such as poverty, fear and solitude) of depression. In this encyclopedic work, he recommended diet, exercise, distraction, travel, purgatives (cleansers that purge the body of toxins), bloodletting, herbal remedies, marriage, and even music therapy as treatments for depression.



During the beginning of the Age of Enlightenment (the 18th and early 19th centuries), it was thought that depression was an inherited, unchangeable weakness of temperament, which led to the common thought that affected people should be shunned or locked up. As a result, most people with mental illnesses became homeless and poor, and some were committed to institutions. What causes depression?

While we don't know exactly what causes depression, a number of things are often linked to its development. Depression usually results from a combination of recent events and other longer-term or personal factors, rather than one immediate issue or event.

LIFE EVENTS

Research suggests that continuing difficulties – long-term unemployment, living in an abusive or uncaring relationship, long-term isolation or loneliness, prolonged work stress – are more likely to cause depression than recent life stresses. However, recent events (such as losing your job) or a combination of events can 'trigger' depression if you're already at risk because of previous bad experiences or personal factors.

PERSONAL FACTORS

Family history – Depression can run in families and some people will be at an increased genetic risk. However, having a parent or close relative with depression doesn't mean you'll automatically have the same experience. Life circumstances and other personal factors are still likely to have an important influence.

Personality – Some people may be more at risk of depression because of their personality, particularly if they have a tendency to worry a lot, have low self-esteem, are perfectionists, are sensitive to personal criticism, or are self-critical and negative.

Serious medical illness – The stress and worry of coping with a serious illness can lead to depression, especially if you're dealing with long-term management and/or chronic pain.

Drug and alcohol use – Drug and alcohol use can both lead to and result from depression. Many people with depression also have drug and alcohol problems. Over 500,000 Australians will experience depression and a substance use disorder at the same time, at some point in their lives.¹



CHANGES IN THE BRAIN

Although there's been a lot of research in this complex area, there's still much we don't know. Depression is not simply the result of a 'chemical imbalance', for example because you have too much or not enough of a particular brain chemical. It's complicated, and there are multiple causes of major depression. Factors such as genetic vulnerability, severe life stressors, substances you may take (some medications, drugs and alcohol) and medical conditions can affect the way your brain regulates your moods.

Most modern antidepressants have an effect on your brain's chemical transmitters (serotonin and noradrenaline), which relay messages between brain cells – this is thought to be how medications work for more severe depression. Psychological treatment can also help you to regulate your moods.

Effective treatment can stimulate the growth of new nerve cells in circuits that regulate your mood, which is thought to play a critical part in recovering from the most severe episodes of depression.

Remember ...

Everyone's different and it's often a combination of factors that can contribute to developing depression. It's important to remember that you can't always identify the cause of depression or change difficult circumstances. The most important thing is to recognise the signs and symptoms and seek support.

Types of depression

There are different types of depressive disorders. Symptoms can range from relatively minor (but still disabling) through to very severe, so it's helpful to be aware of the range of conditions and their specific symptoms.

MAJOR DEPRESSION

Major depression is sometimes called major depressive disorder, clinical depression, unipolar depression or simply 'depression'. It involves low mood and/or loss of interest and pleasure in usual activities, as well as other symptoms. The symptoms are experienced most days and last for at least two weeks. Symptoms of depression interfere with all areas of a person's life, including work and social relationships. Depression can be described as mild, moderate or severe; melancholic or psychotic (see below).



MELANCHOLIA

This is the term used to describe a severe form of depression where many of the physical symptoms of depression are present. One of the major changes is that the person starts to move more slowly. They're also more likely to have a depressed mood that is characterised by complete loss of pleasure in everything, or almost everything.

PSYCHOTIC DEPRESSION

Sometimes people with a depressive disorder can lose touch with reality and experience psychosis. This can involve hallucinations (seeing or hearing things that aren't there) or delusions (false beliefs that aren't shared by others), such as believing they are bad or evil, or that they're being watched or followed. They can also be paranoid, feeling as though everyone is against them or that they are the cause of illness or bad events occurring around them.

ANTENATAL AND POSTNATAL DEPRESSION

Women are at an increased risk of depression during pregnancy (known as the antenatal or prenatal period) and in the year following childbirth (known as the postnatal period). You may also come across the term 'perinatal', which describes the period covered by pregnancy and the first year after the baby's birth.

The causes of depression at this time can be complex and are often the result of a combination of factors. In the days immediately following birth, many women experience the 'baby blues' which is a common condition related to hormonal changes and affects up to 80 per cent of women. The 'baby blues', or general stress adjusting to pregnancy and/or a new baby, are common experiences, but are different from depression. Depression is longer lasting and can affect not only the mother, but her relationship with her baby, the child's development, the mother's relationship with her partner and with other members of the family.

Almost 10 per cent of women will experience depression during pregnancy. This increases to 16 per cent in the first three months after having a baby.



BIPOLAR DISORDER

Bipolar disorder used to be known as 'manic depression' because the person experiences periods of depression and periods of mania, with periods of normal mood in between.

Mania is like the opposite of depression and can vary in intensity – symptoms include feeling great, having lots of energy, having racing thoughts and little need for sleep, talking quickly, having difficulty focusing on tasks, and feeling frustrated and irritable. This is not just a fleeting experience. Sometimes the person loses touch with reality and has episodes of psychosis. Experiencing psychosis involves hallucinations (seeing or hearing something that is not there) or having delusions (e.g. the person believing he or she has superpowers).

Bipolar disorder seems to be most closely linked to family history. Stress and conflict can trigger episodes for people with this condition and it's not uncommon for bipolar disorder to be misdiagnosed as depression, alcohol or drug abuse, attention deficit hyperactivity disorder (ADHD) or schizophrenia.

Diagnosis depends on the person having had an episode of mania and, unless observed, this can be hard to pick. It is not uncommon for people to go for years before receiving an accurate diagnosis of bipolar disorder. If you're experiencing highs and lows, it's helpful to make this clear to your doctor or treating health professional. Bipolar disorder affects approximately 2 per cent of the population.

CYCLOTHYMIC DISORDER

Cyclothymic disorder is often described as a milder form of bipolar disorder. The person experiences chronic fluctuating moods over at least two years, involving periods of hypomania (a mild to moderate level of mania) and periods of depressive symptoms, with very short periods (no more than two months) of normality between. The duration of the symptoms are shorter, less severe and not as regular, and therefore don't fit the criteria of bipolar disorder or major depression.

DYSTHYMIC DISORDER

The symptoms of dysthymia are similar to those of major depression but are less severe. However, in the case of dysthymia, symptoms last longer. A person has to have this milder depression for more than two years to be diagnosed with dysthymia.



SEASONAL AFFECTIVE DISORDER (SAD)

SAD is a mood disorder that has a seasonal pattern. The cause of the disorder is unclear, but it's thought to be related to the variation in light exposure in different seasons. It's characterised by mood disturbances (either periods of depression or mania) that begin and end in a particular season. Depression which starts in winter and subsides when the season ends is the most common. It's usually diagnosed after the person has had the same symptoms during winter for a couple of years. People with SAD depression are more likely to experience a lack of energy, sleep too much, overeat, gain weight and crave for carbohydrates. SAD is very rare in Australia and more likely to be found in countries with shorter days and longer periods of darkness, such as in the cold climate areas of the Northern Hemisphere.

Remember, depression is treatable and effective treatments are available. The earlier you seek support, the better.

RECOVERING FROM A MENTAL HEALTH CONDITION

Recovery can take time and is different for everyone. As well as getting treatment underway, you'll need to find new ways to manage and live with the changes and challenges of anxiety and/or depression.

While psychological and/or medical treatment can help with your recovery, there are many other ways you can help yourself to get better and stay well.

Recovery

Stages of recovery

Recovery is a unique and individual process that everyone goes through differently. However, there are some common emotions that many people may experience.

Shock at having to deal with something difficult and scary that you have no prior experience of.

Denial or difficulty in accepting having a health problem, particularly one that many people find hard to understand.

Despair and anger at having to deal with the condition and its related difficulties.

Acceptance of having a condition and the changes it brings, and accepting how others see you and how you see yourself.



Coping by finding new ways to live with and tackle these changes and challenges.

Recovery goes beyond focusing on managing distressing symptoms but about having choices and being able to create a meaningful and contributing life.

AVAILABLE SUPPORT

There is no one proven way that people recover from anxiety or depression, and it's different for everybody. However, there are a range of effective treatments and health professionals and other support people who can help you on the road to recovery. There are also many things you can do to help yourself to recover and stay well. The important thing is finding the right treatments and the right health professionals and support team that works for you.

Different types of anxiety or depression require different types of treatment. This may include lifestyle changes such as regular physical activity, healthy eating and adequate sleep, family and peer support, and psychological therapy for mild-moderate anxiety and depression, through to more specialised psychological and medical treatments for severe depression and/or anxiety provided by a team of health and mental health professionals.

What's important is getting the treatment and support that's right for your condition and situation.

SIGNS AND SYMPTOMS

You may be depressed if, for more than two weeks, you've felt sad, down or miserable most of the time, or have lost interest or pleasure in usual activities, and have also experienced several of the signs and symptoms across at least three of the categories below.

It's important to remember that we all experience some of these symptoms from time to time, and it may not necessarily mean you're depressed. Equally, not everyone who is experiencing depression will have all of these symptoms.

BEHAVIOUR

Not going out anymore, not getting things done at work/school, withdrawing from close family and friends, relying on alcohol and sedatives, not doing usual enjoyable activities, unable to concentrate.



FEELINGS

Overwhelmed, guilty, irritable, frustrated, lacking in confidence, unhappy, indecisive, disappointed, miserable, sad.

THOUGHTS

'I'm a failure', 'It's my fault', 'Nothing good ever happens to me' 'I'm worthless', 'Life's not worth living', 'People would be better off without me.'

PHYSICAL

Tired all the time, sick and run down, headaches and muscle pains, churning gut, sleep problems, loss or change of appetite, significant weight loss or gain.

If you think that you or someone you know may be experiencing depression, completing our checklist is a quick, easy and confidential way to give you more insight. The checklist won't provide a diagnosis – for that you'll need to see a health professional – but it can help to guide you and provide a better understanding of how you're feeling.

Remember, depression is treatable and effective treatments are available. The earlier you seek support, the better.

A mental health disorder characterised by persistently depressed mood or loss of interest in activities, causing significant impairment in daily life.

Treatable by a medical professional

Medium-term: resolves within months

Requires a medical diagnosis

Lab tests or imaging always required

Possible causes include a combination of biological, psychological and social sources of distress. Increasingly, research suggests that these factors may cause changes in brain function, including altered activity of certain neural circuits in the brain.

The persistent feeling of sadness or loss of interest that characterises major depression can lead to a range of behavioural and physical symptoms. These may include changes in sleep, appetite, energy level, concentration, daily behaviour or self-esteem. Depression can also be associated with thoughts of suicide.



The mainstay of treatment is usually medication, talk therapy or a combination of the two. Increasingly, research suggests that these treatments may normalise brain changes associated with depression.

CONSULT A DOCTOR FOR MEDICAL ADVICE

<https://www.mentalhelp.net/articles/historical-understandings-of-depression/>

Sources: Mayo Clinic and others.

What causes depression? There are a number of possible causes of depression. Some people have a genetic predisposition to depression, which can then be triggered by a stressful situation in life. Depression can also: be a reaction to a distressing situation like loss or stress (reactive depression). Some women experience depression following the birth of a child (post-natal depression) be part of an illness like bipolar disorder in which the person experiences extreme moods – very high and very excited or very low and depressed sometimes occur without any obvious trigger – sometimes the person may be affected so much that they experience the symptoms of psychosis and are unable to distinguish what is real affect children and teenagers – this can show itself in different ways to depression in adults, and they are best helped by a doctor who is a specialist in this area.

How many people develop depression? Every year, around 6% of all adult Australians are affected by a depressive illness.

What are the symptoms? Depression has a variety of symptoms and will affect everyone in different ways. Symptoms include: feeling extremely sad or tearful feeling emotionally flat or numb disturbances to normal sleep patterns loss of interest and motivation feeling worthless or guilty loss of pleasure in activities anxiety changes in appetite or weight loss of sexual interest physical aches and pains impaired thinking or concentration.

How is depression treated? Treatment can do much to reduce and even eliminate the symptoms of depression. Treatment may include a combination of psychological therapy, medication, and community support. In severe cases where other treatments do not help, electroconvulsive therapy (ECT) can be helpful. Individual therapy – a doctor, psychologist, or other health professional talks with the person about their symptoms, and discusses alternative ways of thinking about and managing them. Medication – antidepressant medications may also help control the symptoms of Depression.



Community support programs – this support should include information, accommodation, help with finding suitable work, training and education, psychosocial rehabilitation and mutual support groups. Understanding and acceptance by the community is also very important.

For more information, ask your doctor.



LIVING WITH DEPRESSION

The SANE Guide to Staying Alive provides practical step-by-step hints and advice for consumers, carers and health professionals on dealing with suicidal thoughts and behaviour.

The SANE Depression DVD Kit is available for purchase. It features people who've experienced Depression, and their carers, talking about what has helped them cope. The SANE Depression guide is also included.

Major depression is one of the most common mental illnesses, affecting 6.7% (more than 16 million) of American adults each year.

[1] Depression causes people to lose pleasure from daily life, can complicate other medical conditions, and can even be serious enough to lead to suicide.

The NIMH estimates that in the United States, 16 million adults had at least one major depressive episode in 2012. That's 6.9 percent of the population. According to the World Health Organization (WHO), 350 million people worldwide suffer from depression. It is a leading cause of disability. Jan 28, 2015

Depression: Facts, Statistics & You - Healthline

www.healthline.com/health/depression/facts-statistics-infographic



STATISTICS AND REFERENCES

Beyondblue uses statistics from trusted references and research.

Statistics have been categorised in alphabetical order below, click the relevant category for the statistic you're looking for:

[Aboriginal and Torres Strait Islander peoples](#)

[Mental health conditions](#)

[Anxiety](#)

[Depression](#)

[LGBTI](#)

[Men](#)

[Multicultural communities](#)

[Older adults](#)

[Suicide](#)

[Perinatal depression and anxiety conditions](#)

[Women](#)

[Young people](#)

[The facts](#)

For years now, beyondblue has been doing as much work as possible to encourage people to learn about the symptoms and types of stress, anxiety and depression, which they could face or may already be experiencing.

In Australia, it's estimated that 45 per cent of people will experience a mental health condition in their lifetime.¹

In any one year, around 1 million Australian adults have depression, and over 2 million have anxiety.²

Beyondblue hopes to provide everyone, young and old, with information to recognise how depression, anxiety and suicide can affect people, and simple strategies to understand what to do if it happens to them, or someone close to them.

Learn more about the evidence-based and helpful information available below.



WHAT IS MENTAL HEALTH?

It's an expression we use every day, so it might surprise you that the term 'mental health' is frequently misunderstood.

'Mental health' is often used as a substitute for mental health conditions – such as depression, anxiety conditions, schizophrenia, and others.

According to the World Health Organization, however, mental health is “a state of well-being in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.”

So rather than being about 'what's the problem?' it's really about 'what's going well?'

"Mental health is about wellness rather than illness"

To make things a bit clearer, some experts have tried coming up with different terms to explain the difference between 'mental health' and 'mental health conditions'. Phrases such as 'good mental health', 'positive mental health', 'mental wellbeing', 'subjective wellbeing' and even 'happiness' have been proposed by various people to emphasise that mental health is about wellness rather than illness. While some say this has been helpful, others argue that using more words to describe the same thing just adds to the confusion.

As a result, others have tried to explain the difference by talking about a continuum where mental health is at one end of the spectrum – represented by feeling good and functioning well – while mental health conditions (or mental illness) are at the other – represented by symptoms that affect people's thoughts, feelings or behaviour.



THE BENEFITS OF STAYING WELL

Research shows that high levels of mental health are associated with increased learning, creativity and productivity, more pro-social behaviour and positive social relationships, and with improved physical health and life expectancy. In contrast, mental health conditions can cause distress, impact on day-to-day functioning and relationships, and are associated with poor physical health and premature death from suicide.

But it's important to remember that mental health is complex. The fact that someone is not experiencing a mental health condition doesn't necessarily mean their mental health is flourishing. Likewise, it's possible to be diagnosed with a mental health condition while feeling well in many aspects of life.

Ultimately, mental health is about being cognitively, emotionally and socially healthy – the way we think, feel and develop relationships – and not merely the absence of a mental health condition.

Beyondblue's vision is that everyone achieves their best possible mental health

While beyondblue's primary focus is on the needs of people affected by depression, anxiety and suicide, we also believe that a better understanding of what we mean by mental health and how to achieve it will help everyone in Australia reach their full potential. This will also contribute to the prevention of mental health conditions, and support people who have experienced these conditions to get as well as they can and lead full and contributing lives.

Having social connections, good personal relationships and being part of a community are vital to maintaining good mental health and contribute to people's recovery, should they become unwell.

However, if you feel that you may be affected by depression or anxiety remember they are treatable conditions and effective treatments are available. The earlier you seek support, the better.

Or as Wikipedia says

Depression

Classification and external resources

Specialty Psychiatry, psychology



Depression is a state of low mood and aversion to activity that can affect a person's thoughts, behavior, feelings, and sense of well-being. A depressed mood is a normal temporary reaction to life events such as loss of a loved one. It is also a symptom of some physical diseases and a side effect of some drugs and medical treatments. Depressed mood is also a symptom of some mood disorders such as major depressive disorder and dysthymia.[1]

People with a depressed mood may be notably sad, anxious, or empty; they may also feel notably hopeless, helpless, dejected, or worthless. Other symptoms expressed may include senses of guilt, irritability, or anger.[2][3] Further feelings expressed by these individuals may include feeling ashamed or an expressed restlessness. These individuals may notably lose interest in activities that they once considered pleasurable to family and friends or otherwise experience either a loss of appetite or overeating. Experiencing problems concentrating, remembering general facts or details, otherwise making decisions or experiencing relationship difficulties may also be notable factors in these individuals' depression and may also lead to their attempting or actually committing suicide.

Expressed insomnia, excessive sleeping, fatigue, and vocalizing general aches, pains, and digestive problems and a reduced energy may also be present in individuals experiencing depression.[4]

[https://en.wikipedia.org/wiki/Depression_\(mood\)](https://en.wikipedia.org/wiki/Depression_(mood))



LOOKING FOR SUPPORT?

FOR YOUNG PEOPLE

<https://www.youthbeyondblue.com/understand-what's-going-on/depression/signs-of-depression>

<https://www.headspace.org.au/young-people/understanding-and-dealing-with-depression-for-young-people/>

www.deadted.com.au

<https://www.facebook.com/deadted1/>

ALL AGES

<https://www.beyondblue.org.au/>

<https://www.blackdoginstitute.org.au/clinical-resources/depression>

<https://www.friendsresilience.org/>

<https://www.sane.org/mental-health-and-illness/facts-and-guides/depression>

<https://www.lifeline.org.au/get-help/topics/depression>

<http://depressionet.org.au/>

<https://ecouch.anu.edu.au/welcome>

<https://moodgym.com.au/>

<https://www.facebook.com/groups/anxietyneednotbealifesentence/>

<https://www.facebook.com/groups/706343582899102/> depression group



MORE INFORMATION ON SHEILA KENNEDY

Sheila Kennedy - Spiritual and Metaphysical Practitioner and Teacher

Sheila Kennedy is a holistic health and energy wellness facilitator offering unique solutions to everyday issues.

Drawing on more than 40 years of research and clinical practice to assist you to make changes in your life.

Whether you are looking for an answer to anxiety or depression, have specific health or learning difficulties, or simply know that more is available if only you could find it Sheila may be the key.

Her own health and looking for answers to assist her children started Sheila on a journey of discovery and of wanting to create solutions as well.

A spiritual and metaphysical practitioner and Vibrational Kinesiologist Sheila is able to assist you to identify your issues and to heal yourself quickly.

Many people credit Sheila Kennedy's programs with their return to health and wellbeing and of shining a light for a brighter future for their children.

A variety of Sheila's books are available on Amazon, she is a regular contributor to the Oddities E-Club online Magazine, has regular articles and blog posts on Sounds from Source and Sounds from Source Academy websites, and hosts the weekly 'Welcome to the 1%' radio show on Revolution Radio.

Sheila offers Holistic Consultations personally and via Phone, Skype and Absent appointments

www.sheila-kennedy.com

www.soundsfromsource.com

www.soundsfromsourceacademy.com

www.thebestworkoutforyou.com



MORE BOOKS BY SHEILA KENNEDY

Anxiety Need Not Be a Life Sentence – downloadable program

Autism Need Not Be a Life Sentence

Meetings with Spirit

Meetings with Spirit 2

Messages from Mikael

Words of Wisdom from Mikael

Friday Night Love and Laughter

Aspects of Love

Spring Summer Autumn Winter

Healing Homes

The Body Balance Book

Help – Someone's moved my plumbing

The Optimal Athlete with Tina (Ciavarella) West

Super Confidence with Amanda Robbins and others

