Help Heal Depression

Light a green candle. As you gaze into the candle for a few moments, try to relax as much as you can and clear all thoughts from your mind. Visualize the Mother Goddess sitting in front of you.

Listen for a moment to hear if she has any words of Encouragement for you Visualize her next hugging you and holding you as you rock gently back and forth from side to side easing away your pain and sorrow.

Another good idea if you suffer from chronic depression is to see a therapist of some sort. There may be another way to deal with your problems, and sometimes just talking about it helps too.