

# Dealing with Depression

Looking at depression from a spiritual perspective.



Those who have never been depressed are unable to relate to depression. From others perspective, people who are depressed and blaming themselves appear pitiful, but, while in the state of depression, you might believe that you are no good, having a pitiful self-image, being unable to stand up, and feeling shabby like a soggy dog, others can't understand this.

The question is why? Why do these feelings happen? how can we deal with them?

Depression is darkness that creeps in, the longer it hangs around, the worse it gets, but we can fight back!

**Saturday**  
**12th January 2019**  
**@ 1pm**  
**RSVP essential**

Suggested Offering \$10

**Venue:** Happy Science Study Centre

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