

Sex is the **Dynamite** You Need for **Depressed Energy**

By Dr. Doris Jeanette

The holidays are over us and you don't feel good. You may be alone, single or in a relationship that has lost its sparkle. Visiting your family may even make you feel worse about yourself.

Depression, grief, loss, loneliness, substance abuse, and over-eating are problems that become intensified during the holidays. The best way to tell if you are depressed is to notice if your sexual desire is healthy and strong or weak and puny. Depression cannot exist in the presence of healthy sexual energy.

Depression is the number one mental health problem across the land. Almost everyone has had some level of depression at one time or another. The shocking truth is that psychotherapy and drugs do not successfully treat the disorder. Once a person is depressed, he is in a "pit of despair" as psychologist, Harry Harlow called it. Harry suffered severe depression himself and created depressed monkeys in otherwise normal monkeys in the laboratory. Surprisingly, he was not able to reverse the depression in the monkeys.

Heavy, dense depressive energy is hard to get moving. You may think drugs are the sole solution. Drugs can, however, be dangerous whether legal or illegal. Medications that attempt to alter your emotions make it harder for you to achieve your human potential. The fact is, there is no drug that has ever been proven to improve the cause of depression. So, no matter how long you are on a drug, when you get off, the cause of the depression is still there, waiting to be solved. If you are on medication and would like to stop or reduce the use of them, get proper medical help to minimize the chemicals in your body in the least harmful fashion. There is a large online community with support and helpful information.

It is no surprise that the one reliable research finding on depression is that physical activity improves depression. This makes perfect sense. Moving your body helps move your energy. Get up and exercise. Find something that you like to do and do it. I swim, jump, walk, stretch, dance and roll around on the floor. Move your body in any way possible and move it often.

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Depressed energy needs what I call the Active Conscious Effort or ACE. You have to make the active conscious effort to get out of bed, get out of your house, turn off the TV and cook your dinner. Listen to your favorite music while you light the candles, even if you are dining alone with a microwave dinner. Improve your self-esteem by lighting your fire.

Depression is not mysterious. You have lost your fire, your joy, and your passion. Your self-esteem is low because you criticize your body, desires, emotions, and your needs. If you focus on loving your body and its needs, you can breathe fully and enjoy moving in space.

The best way to reduce depression is to increase your sexual energy. Sex is the dynamite that is needed to blast the depression boulder out of your way. If you have been reading my SexuallyFIT columns in PhillyFIT you already know this secret- you do not need a partner to be sexual. All you need is your own juicy physical and emotional energy moving through your body. Excited, sensual, pleasurable activities have the necessary power to shift depressed energy. Just as darkness cannot exist when you add light, depression cannot exist when you add good healthy sexual energy.

The more you love your body and your sexuality, the more you access your fire. Your fire is what automatically burns away your heavy, dense, judgmental energy. These holidays can be different. Use ACE to help your mind and body and let yourself feel good about moving. Celebrate your holidays by lighting your inner fire.



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