

MY JOURNEY THROUGH SELF-HEALING

I am 21 years old. I am a graduate from Mumbai University and currently pursuing my MBA.

‘Depression’ that word we throw around so easily nowadays. That word we use to describe anything from a bad day to an overwhelming inability to live life. But as anyone with depression knows, it is much more than any word could describe.

I was one of them who was fighting with depression for almost one and a half years of my life.

The reason behind me going in depression was my toxic relationship with my then partner. We started dating in the year 2018 everything was going well with us until 6 months of the relationship, I eventually found some changed behaviour towards me. I felt there is something wrong and it was then that I found my then partner was cheating on me. I never imagined he would betray me in such a way that would affect me mentally. I was very loyal in the relationship. I was someone who gave in all my love to my then partner. I was so emotionally and mentally attached to him that my mind couldn't accept the fact that he had betrayed me.

I never really knew that I was depressed. It just felt like normal mood swings to me. I never really shared my thoughts with my family about the troubles that I was facing in my relationship. I kept it all to myself and that affected me more.

Depression is debilitating, it just eats you up from inside and out. Anything anyone told me I used to automatically turn it into a bad thing. Gradually there was a change in my behaviour. I felt sick with the fear of night time because that's when the voices got louder inside my mind. I felt so frustrated about this because I couldn't sleep as if insomnia and depression go hand in hand. It wasn't easy for me. I lost interest in everything I did.

The more the truth of my relationship came in front of my eyes it affected me more. Eventually, I started getting suicidal thoughts. Once I even did try to harm myself. My family was worried about me because they had never seen me like this before and they were not even aware of what was going in my life.

The constant feeling of loneliness, anxiety, feeling numb inside continued. There was also self-criticism and self-blame that used to go inside my mind.

Finally, I parted ways with my then-partner and decided to share my thoughts with my family because I knew I needed help and the only people who could

save me from this feeling were my family. When they came to know that I was suffering from depression they were worried as I used to cry and scream on top of my voice at night and did not sleep, did not eat well. I had mentally, physically drained myself out because I still could not accept the fact that my then-partner was not a part of my life anymore. It is then when my family decided to consult a therapist for me.

That's when we consulted Geeta about my issues. I started my therapy of self-healing with Geeta in June 2020 virtually. In the first session, I shared everything with Geeta about the issues and challenges that I was facing mentally.

She made me do release-work where I had to hit the pillow and let out all the emotions that I had on my then partner. This therapy helped me let out my thoughts and I could feel the calmness and relief after this process.

Since I also had the feeling of revenge and anger, Geeta recommended that I should scribble on a paper whenever I had thoughts coming about him.

I was advised to stop contacting or staying in touch with all the people who knew him and stay off all the social media platforms.

She also recommended some deep relaxation music to me which I used to listen to, while I went to sleep.

I compulsorily did all that Geeta recommended me to do every day until my next session with her.

In the second session, we worked on guilt-work wherein I had to let all the guilt I had within me whether it was being in a toxic relationship, or harming myself, hurting my family. She made me write all the things that I was guilty of and later hit the pillow by repeating all the sentences I had written down. She told me to write a letter to myself and write about everything that I wanted to say to myself.

We also worked on forgiveness which played a big role in the self-healing process as I had to forgive everyone who hurt me and most importantly forgive the one who betrayed me.

I continued doing release work along with the guilt work every day as well as the deep relaxation techniques.

It was a powerful and most important technique of 25 minutes that relaxed my body. It did help me because I was feeling much better and could get sound

sleep. I made sure I did the loosening practice or exercises that helped the body to loosen from all the stress.

In the third session with Geeta, she asked me if I was feeling better than what I used to feel and I agreed to her.

In just three sessions with Geeta, I was completely a different person. While I did all the therapeutic process Geeta had recommended, I also started to read good books and was feeling very happy within that I had overcome my depression.

I also joined workshops conducted by Geeta. The first workshop attended by me was on **SETTING BOUNDARIES** which helped me as a person to set my boundaries where I allowed only positive vibes around me and kept away all the negative people, negative thoughts that would cause harm to my mental health. The workshop also helped me to not get emotionally attached to anyone than myself. This workshop has helped me to change myself from a negative person to a completely positive person in life.

The next workshop I attended with Geeta was on **FORGIVENESS**. Forgiveness is an incredible healing path for releasing those whom you believe to have wronged you, not for their sake—but your health and well-being. The experience of forgiveness is so profound and refreshing that there is no doubt about it when it happens. Forgiveness changed me physically and emotionally, dissolving the stagnant weight of resentment and flooding my body with fresh new energy. It mended my tattered personal boundaries, and empowered me to move forward –grudge free, with hope and creativity. I had no idea how deep and to the core, forgiveness goes but after attending this workshop I felt lighter than I have in these years.

The next workshop was on **HEARTFUL COMMUNICATION** wherein the topic discussed was Nonviolent Communication. This workshop helped me increase awareness of the physical, emotional, and mental connections within myself. The practices are really valuable for improving relationships at home or work. And further, how we are embedded in a culture that has lost its moorings from the wild and living world.

Geeta taught how to re-learn the language of life, placing humans back within the web of interconnection, rather than the center. Since her teaching, I've found deeper clarity within myself and a more connection with others.

This journey of fighting depression and the journey of self-healing was difficult for me but at the same time, I can surely say that it is worth it. Because of my

commitment to my healing, nowadays when I look in the mirror, I feel a different kind of love for myself that goes far beyond my outfit.

There is much more of positivity in my life now, I am sleeping well at night and the fear of night is completely off my mind. I am focusing on my career more as I pursue my MBA. I am happy to report that I am a happy person and completely changed person who thinks and cares more about herself and keeping my mind at peace. I honestly believe that my time spent with Geeta for the therapy on self-healing not only saved my sanity but also saved my life.

Self-healing refers to the things you can do to cause your internal system to function better and heal you faster. I can proudly say that my fight with depression for one and a half year had come to an end.