

How to control Depression & Inferiority Complex

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Dear Readers, Instead of putting or focus on stammering, first of all we have to concentrate on various points like 'how', 'why', 'what', 'when' we stammer. The circumstances, atmosphere, situation etc, we should know. Among them - **DEPRESSION AND INFERIORITY COMPLEX** is main thing, what i understood and examined. If we control and avoid the above mentioned point, we can maximum get rid of stammering. Some times we have to come from back side and reverse gear to get our goal and success. Nothing wrong about it. All these are for our sake only. Please follow the Main Text

CONTROL DEPRESSION & INFERIORITY COMPLEX Greetings to you all, **DEPRESSION:** According to Swami Gokulananda, Head of the Ramakrishna Mission, New Delhi, “For so long we have lived in darkness and depression without realizing that there is a thought-switch in us. All that we have to do is to turn it on and get the light of happiness. Therefore now is the time that we should be aware of this! There is something divine in us and if we can connect ourselves to that current which is the source of infinite strength, we will be able to lead a happy life, in a natural way”. Lift yourself up from depression to real enthusiasm. The past life of stammerers are filled up with sorrow & suffering due to depression. Flush it off! Begin the second innings of your bright life. When you are depressed, concentrate more on your work and as you are engrossed in your work, depression takes a backseat. Knock out depression discouragement and dejection. You may not be able to control all these happening to you, but can control negative emotional effects due to those incidents. According to Gael Lindenfield, “Depression is merely anger turned in against yourself, instead of being directed outwards.” When you are very much depressed, don’t stay alone brooding over all rubbish things. Go out to an entertaining movie, watch TV, listen to lot of music, go to play outdoors, gossip freely with your family members & friends, and speak over the telephone to a favorite person. ‘Time heals all wounds’- after some time you will be free from depression. **INFERIORITY COMPLEX:** Having a habit of comparing with others in all respects, we label ourselves as ‘Inferior’. Comparisons of this type are totally baseless & serve no purpose, only we tend to go down and down. In this world, everybody is unique, no comparison is needed or required. Is there any sense to compare ourselves with anyone? Life is not a contest. Another person may be happy with a lot of wealth but you may be more happy with limited wealth and peace in your life. It is very important to stop this damaging habit of comparison. It is quite certain that anybody in this world is superior to many people and at the same time inferior to many people. We are all equally worthwhile & valuable. Try to eliminate inferiority complex by mixing more and more with all types of people. According to Eleanor Roosevelt, “No one can make you feel inferior without your consent”. If anybody has fear, then an inferiority complex goes hand in hand with being afraid of everyone. Dear Friends, finally I am telling you to follow the above mentioned points carefully and steadily after understanding them completely. Additionally you take the help of www.brahmakumaris.com and the contact email id: abu@bkindia.com. It has many and number of branches through out of India and worldwide. Please visit the site and go to your respective state to contact your own nearest centre. Then you write down their address and phone number. It is entirely free of cost. By joining, you definitely control yourself from your emotions, depressions, anxiety, and nervousness by listening to their teaching and meditation techniques. Feel free to go there. Don’t delay, do it immediately. I went there for 6 months and I it benefited me. Thanking you, Sincerely, Prem Kumar.INDIA.