

Depression

"...then I lost all my steam of it, I just felt like there was nothing else to say"

"I am not alone... I feel alone"

"Heavy depressed feeling and staying home... thoughts of I am no good to the world."

"I want to make everything stop."

Depression Sub-Themes

- [Apathy. "I don't want to do anything"](#)
- [Sadness. With a Sense of Isolation](#)
- [Heavy. "To free myself from these heavy sensations"](#)
- [Severe Depression. Suicidal. "No Hope" "I am no good to the world"](#)
- [Addictive. "I want to make it stop"](#)
- [Bipolar. "In a rage, my screaming turns to laughter"](#)
- [Related RUBRICS](#)



Lepidolite can have a severe depression (Lith). The sadness and despair coupled with the feelings of incapability makes it nearly impossible for them to pull themselves out of the depression once it goes to a deep level. It is a depression accompanied with feeling of heaviness and weight, like "things are piled on top of them" that keeps them in this deep state.

There are layers of the depression. At the lightest presentation, they may just feel apathy and disconnection from the world. They may procrastinate and fail to complete their work. Then, at a deep level they can feel the sadness within the depression that comes with a deep sense of isolation. They can mourn the loss of past friends and family and revisit the forsakenness of their life. They may weep when singing or weep about past losses. Their depression could easily be triggered by the death of family or friends or the end of a significant relationship.

At the deepest level, their depression is hopeless. They may be suicidal, seeing no value in themselves, thinking people are better off without them. This state is so uncomfortable for them that they seek a way out, a way to "stop everything." They will look for something to support them, to relieve them, to take the misery away. They are prone to becoming dependent on medications or to being addicted to various forms of **relief** such as "drugs," "smoking," "pain killers," "herbal supplements" and of course "prescription medications." Lepidolite contains Lithium, still a primary component in medication used to treat "depression."

Lepidolite also presents as Bi-Polar. There are mood swings from rage to laughter. It lacks a basic groundedness (Lith). It might start out with excitement and then suddenly find themselves "without steam." It can oscillate between two extremes of emotions, and then sink into the deep depression.

Apathy, "I don't want to do anything"

- It was weird, at first it was serenity feeling and **then I don't want to do anything.** (02)
- At the beginning of the proving I felt a bubble in my stomach. I was so excited at the beginning, but then once we got into it, **I felt what's the use? and I wanted to be done with it.** (21)
- I have not been able to study for my classes...**I'd open the books and then just stare at it and then put it away.** (08)
- I had my doubts, there is nothing, the first 10 days I was monitored daily, someone to hand it over to, **then I lost all my steam of it, I just felt like there was nothing else to say** (10)
- Feelings of depression and anxiety much during the day. Missed call with supervisor ... **General fatigue and low motivation...** (11)
- **I couldn't get through my homework; it really took me a long time.** (16)
- [I procrastinated]. **I didn't want to deal with things.** (29)
- I was completely unproductive at work, **I would go for days trying to get reports written and just**

couldn't seem to do it... I was slow to respond to emails and phone calls, **I would ignore the phone when it rang or I just simply wouldn't hear it (100)**

• Sadness, With a Sense of Isolation

- **Depression – a lot of sadness, missing her family in Mexico a lot more, I live here alone.** She continues with her depression, very sad.. (01)
- **Sad about people in my life who I wanted to be friends with** who did not want to be friends with me. They were friends in high school and not in my adult life. I am upset about this. (21)
- **Weepy from time to time**, not myself, that's for sure. (16)
- **I was singing and in the middle of it I was very moved and felt like crying.** This is unusual for me when I am working. (professional singer) (02)
- I'm very sad about my son who has Asperger's syndrome and about the fact that I didn't know how to help him. **I actually cry about it. This is the first time I ever cried about this issue.** My son is twenty years old. (09)
- .. Very teary this morning. was overwhelmed with gratitude for the new friends I have met in my intuitive classes. **I am not alone, I feel alone**, (no more ex husband energy). God and guides are always with me. **Will I connect with that or be depressed... (11)**

Heavy, "To free myself from these heavy sensations"

- **Felt heavy and down and by the end of the day that feeling grew-...** she really noticed the slowed condition of her body. ...So she felt disappointment and sadness with herself and her body. (08)
- **I woke up feeling very, very heavy.** I feel that there is a **weightiness** to this proving. A heavy feeling, something about gravity. Needing to come down to earth... I want to move gravity. **To free myself from these heavy sensations in my body...** (13)
- **Heavy depressed feeling** and staying home. **Underneath there is this really heavy energy. (16)**
- She was very frustrated; Doesn't know what to do and she had a lot to do. **Things feel like they are one on top of each other;** Not focusing at all; trying to do all "six things" at once but not doing it (08)
- **Felt depressed, an impending doom on and off all day. (11)**
- Face feels heavy, really heavy. My face feels droopy, like its drooping down, sagging, drooping, everything **is falling down** like it is what's it called that keeps you connected to the earth? I am searching for words. (16)
- Like you **do not have any space to work in;** small, limitations, limitations, **like everything is limited compressed,** there is no hope for expansion or growth, **its compressed tight, limited and stuck;** there is no ray of sunshine. (16)
- The more I move or breathe, the pains come. **I feel as though my body is going into a hole that is dark, a sinking motion. It's down, it's like a tunnel, below me,** it's like I am floating into it... ... (21)

Severe Depression, Suicidal, "No hope", "I am no good to the world"

- Thoughts of **I am no good to the world. No good to my children. I actually felt detrimental to my children and my environment.** (16)
- ...I can't do this, I'm not meant to be a homeopath, **I was depressed, suicidal thoughts, knives, sharp objects, I have to get out of here,** I have to leave my kids they are better off without me, be very alone, did not want my friends, (16)
- Cut off, **no hope, its done, I cannot possibly go back and mend this...A completely dead and flat feeling. (16)**
- **My friend's husband is suffering from a severe depression.** His medications aren't working. He doesn't believe in homeopathy. I feel disgusted that people are not open to homeopathy. **Why don't people want to heal? Are they invested in their suffering? (13)**

Addictive; "I want to make it stop"

- I went to an AA meeting. In meditation I was taken back to a time **when I had severe depression and was chemically dependent on medications.** I had just created a beautiful new living space and family. The relationship was dysfunctional on many levels, ultimately I ended up not being able to care for my family and home ...I was sick and you were suppose to take care of me and love me and you betrayed me....there was a huge emotional release with it. Feelings of anxiety depression. (11)
- **I want to make everything stop. (22)**
- Quit smoking years ago and started smoking like a fiend almost a pack a day, its how I get out, go

- outside to some, to be away from people. Drinking beer since the proving (23)
- Prover 14 became **really sick with the flu; she started taking allopathic medications, teas, remedies.. (14)**
- This is miserable. (13)

Bipolar, "In a rage, my screaming turns to laughter"

- **I am in a rage. My screaming turns to laughter.** I think it must be the proving! (13)
- I gave up alcohol on Christmas day. Wine, red wine, mostly, **I felt exaggerated. I have this image of me bouncing around being high and chatty and effervescent, really rageful, fighting, feisty and fighting. (16)**
- Terrance McKenna came up **with the time wave zero**, human consciousness that starts from the beginning of humanity. Pretty much the timeline is condensing itself. There are seven days and six nights, corresponding to heaven and hell. **Within every cycle there is a large downward slope; in 2008 this happened; since the timeline is condensing we are seeing these rapid slopes happening more often. (21)**

Related Rubrics

DREAMS - SMOKING	8
MIND - ADDICTED; tendency to become	11, 14, 22, 23
MIND - ANXIETY	8, 11, 22, 23
MIND - APATHY	2, 8, 10, 11, 13, 16, 21, 29, 100
MIND - DELUSION, HEAVY, things feel	8,13,16
MIND - DELUSIONS - doomed, being	11, 13, 22
MIND - DEPRESSION, Heavy	8,11,13,16
MIND - DEPRESSION, Sadness	1, 2, 8, 9, 11, 13, 16, 21, 29, 100
MIND - DESPAIR	11, 13, 16, 21
MIND - FEAR - thoughts, of his own	11, 22, 23
MIND - FORSAKEN feeling - isolation; sensation of	1, 9, 10, 11, 21, 22, 100
MIND - GRIEF - paralytic state of body and mind, from	21
MIND - MANIA - alternating with - depression	13, 16, 21
MIND - RAGE, Laughter, alternating with	9, 13, 16
MIND - SADNESS, Heaviness, with, of body	8, 11, 13, 16, 21
MIND - STOP, desire to make things	14, 16, 21, 22, 23
MIND - Suicidal	16
MIND - WEEPING - singing, when	2
MIND - WORK, aversion to	4, 8, 10, 11, 13, 16, 21, 100