

The Cynic's tale

Surveyor Sarah Carron had always considered herself to be a fairly intellectual person, with good grades at school, professional qualifications and career. So if anyone had asked her about spirituality a couple of years ago she would probably have scoffed and been completely cynical about it all. However, after the breakdown of her marriage, a family split and sale of the marital home, she fell into the deepest and darkest depression. This is her story to inspire others to have faith in themselves.

I realised that I had been depressed for many years with feelings of being extremely unloved. I also had an affair with a married man which only led to further feelings of low worth and wrong doing and ultimately rejection when he chose to stay with his wife. There's a difference between feeling low because things have gone badly, to full blown depression. I can only describe it as 'the black'. If I shut my eyes during this time I only saw black. Two weeks out of four (which seemed to follow my monthly cycle), I would literally have suicidal thoughts. Several friends suggested that I should go on anti-depressants, but for me I felt that it would actually be my downfall and there was something telling me not to go down this route. I was seeing a therapist during this time. She would say I had so much anger inside, but I could not see that, I could only see that I was incredibly sad and crying all the time. I simply could not seem to stop. Eventually when I was at a particularly low point, she suggested that I go on an eight-day residential therapy course called the Hoffman Process.

Back from the black

So in February this year I went on the course, spending the week dealing with anger, childhood issues and overcoming many of my negative traits inherited from my parents (which included depression and overwhelming sadness). There were periods of group therapy; individual sessions, journal writing, periods of silence and meditation. I had never meditated before but found it extremely beneficial and refreshing. After the eight days I came home and felt as if I had been in a road traffic accident – I felt physically and mentally drained. I spent two days just sleeping and meditating. I would say that it took at least a month to physically recover from the course and when I first got back I even wondered whether the course had done any good at all. Except I realised something – very soon 'the black' had lifted. I realised that connecting back and listening to myself, my wants and needs and working out how to get them, had been what I needed.

Spiritual awakening

Since leaving I have continued to meditate on a regular basis. On the course I was taught a method of communicating with your emotional self (your wants and needs); the intellectual self (the moral part of you, or your sensible side); your physical body (how your body is feeling); and your spiritual self. That's the voice inside you, your true essence, that gut feel or intuition, the part that we so often force down or ignore because we feel we should do something else. To me, all that spirituality really means is connecting into this inner voice and trying to be true to yourself. This spirituality is growing by the day. I have continued to

learn about spiritual influences and the concept of positive and negative energy. I now believe that all the bad things that had happened to me in the past had happened due to my own negative behaviour and energy. I had manifested the break-up of my marriage and been rejected by men because I simply deep down believed that this was ultimately going to happen.

A lighter life

Now thanks to removing the depression and altering my behaviour I am far more positive, relaxed and excited about the future. I know I am creating positive things around me. I am beginning to visualise the type of life I want to live. It's not filled with material riches (although there is a slightly bigger house in there), but it is filled with love, contentment and the company of other spiritual souls. I already get on far better with all members of my family; the kids are happy, loved and loving. My ex can only be described as a true friend. I have met a new partner and we are openly giving and receiving love which is wonderful. Wherever possible I walk up the South Downs to grasp the beautiful views and connect with the universe and myself. To the cynics out there, I would say: try listening to yourself on the inside and not the outside and you might grasp what I mean. There's a voice deep down inside that knows what I am writing is true, and thank goodness that I found this lighter way of living and escaped the depression. I know I want to remain on this spiritual path to keep depression at bay for good. Since opening up to a more spiritual way of living, I am living a richer and happier life. I simply feel better on the inside, for which I am very grateful.