

Overcoming Cold Depression

By Shanti Shanti Kaur Khalsa, based on the teachings of Yogi Bhajan.

Cold Depression is our single biggest challenge as we enter the Aquarian Age. It affects vitality of spirit and leads us to take destructive risk and to self-sabotage. Yogi Bhajan, the Master of Kundalini Yoga, cautioned us that as we transition into the Aquarian Age, that is, through 2038, that humanity would suffer from a phenomenon he called Cold Depression.

What is Cold Depression?

It is when the external demand is greater than the internal capacity to deliver and we have spent our reserves. We are depressed but we are so numb and insensitive to our own self, we do not feel it. The depression is therefore, "cold." This leads us to inner anger and isolation from our soul. Cold Depression is when we are cut off from our spirit, source, strength and inner guidance. At its core is a deep sense of loneliness, a prevailing sense of anxiety and a loss of meaning. Yogi Bhajan called this, "The Silence of the Soul".

We instinctively counter the numbness of Cold Depression with behavior that fulfills the need for stimulation. A person experiencing Cold Depression does not seem depressed to herself or others. This is because she is busy, active, and appears energized. She may overwork, create "emergencies" or drink 6 energy drinks a day. He may engage in extreme sports, high-risk behavior or substance abuse. The insensitivity of Cold Depression leads to reactivity, impatience and drama. Do you know anyone who behaves like this?

Cold Depression is not just a personal challenge, it occurs across an entire population during global transition, such as the one we are in now. When there is a major frequency change Cold Depression can increase to profound levels, like a sudden tide. Yogi Bhajan said this "gray period" of the planet has occurred in the past, whenever there was an epochal transition.

What Causes Cold Depression?

Information overload, unrelenting stress and rapid change contribute to Cold Depression. Bigger. Faster. More. These are all elements of modern life. The glandular and nervous systems of most people on the planet are not sufficiently developed to meet this challenge. When we don't have the energy within, we seek it outside ourselves. We go for the rush.

How Do We As Yogis Manage?

We are all affected by the impact of the pressure of these times. We can no longer power through on the strength of our body alone. We need the power of our frequency.

The quick solution? Get your energy from Prana and not from adrenaline. The rhythmic flow of Kundalini Yoga kriya restores the nervous and glandular systems and releases old stress response patterns from the body. Mantra breaks the silence of the soul and builds the pranic and radiant bodies. This gives both calm and vitality.

Even quicker solution? Breathe and chant! Let the mantra regulate your breath to restore your Prana. Let the tongue and lips move across the meridian points to balance your brain to deal with stress.

Feeling so pressured you can't do that? Click Play and have the mantra going as you keep going. Even play it while you sleep.

In this age of change, we succeed by letting the sound current work for us.

Meditation for Release of Cold Depression

as taught by Yogi Bhajan

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Interlace your fingers so that the finger tips press into the cavities between fingers on the back of each hand. The index fingers are straight up, pressed together along their length. Thumbs cross each other comfortably. Hands are held at chest level. Eyes are open, focused at the tip of the nose.

Chant the mantra Wahe Guru, Wahe Guru, Wahe Guru, Wahe Jio from your navel point, creating a mental focus in this way: At the sound of

Wha focus at the navel point

He focus at the chest

Guru focus at the lips

You may chant along with the CD, Wahe Guru, Wahe Jio, by Sangeet Kaur (this is the same version on the Raag Sadhana CD) or just your own voice without accompaniment. Continue for 3 to 31 minutes.

To end, inhale and hold. Listen to the sound of the mantra. Exhale. Inhale, hold and give back all the cold depression to God. Exhale. Inhale, hold, and feel the preciousness of life. Let it go through your exhalation, so that at the end of life, you may give it with ease. Relax.