

Ayurveda and a Spiritual Approach for Healing Depression

TeleConference Presentation on Monday, June 21, 2010 at 6:00 PM (EST)



- A. A case history of allopathic treatment for depression
 - Onset of depression and therapies prescribed
- B. A layman's search for treatment to effect cure or alleviation of symptoms
- C. Introduction to Ayurveda
 - Familiarity with current medical literature that describe alternative therapies
 - Search for Ayurvedic practitioner through Internet
 - Comfort level with Ayurveda approach to medical treatment
 - Comparison of Ayurvedic and Allopathic treatments for depression
- D. The benefits of continuing life-long learning of healing therapies and spiritual practice
- E. Integration of Ayurveda's holistic approach to wellness through healthy lifestyle, healthy mind, and healthy spirit.
- F. Overcoming depression and setting sights on a brighter future
 - Create sacred space for meditation
 - Incorporate healthy diet and learn Ayurvedic cooking methods
 - Practice yoga and breathing techniques
 - Join and contribute to Ayurvedic networks like AAPNA
 - Travel to India with Dr. Shekhar and tour-group to study Ayurveda
- G. Teachers who helped guide me on this journey:
 - 1. Dr. Shekhar Annambhotla, Ayurveda Wellness Center, Pennsylvania
 - 2. Deepak Chopra, MD. Perfect Health
 - 3. Carolyn Myss, Anatomy of the Spirit
 - 4. Joseph Campbell, The Power of Myth
 - 5. J. Krishnamurti, Freedom of the Known
 - 6. Byron Katie, Loving What Is
 - 7. Dr. David Frawley, Ayurveda and the Mind
 - 8. Nancy Liebler, Ph.D. and Sandra Moss, MSPH, Healing Depression the Mind-Body Way

Presentation by Kathleen Keefer, M.Ed., Life Coaching and Spiritual Dialogues, Pennsylvania, USA

Email: kkeef00@comcast.net