

Antidepressants and Vedanta

Ram (James Swartz)

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Brenda: James, I have watched your interviews at *Buddha at the Gas Pump* and *Conscious TV* and ordered your book *How to Attain Enlightenment* just today.

Briefly... do you think it is okay to take an antidepressant while studying Vedanta? Is it possible some people just have a chemical imbalance and need a little help with their brain chemistry? I have always suffered from depression and attempted suicide in the past. I am now 60 years old, an empty-nester and endured three bad marriages with men who were either physically or emotionally abusive. Recently I have been quite depressed and lost. I don't know what to do with my life now. I can't find a job, at least not one I would be happy with. As a child I had some awakening experiences and out-of-body experiences. And a few years ago I had an experience of oneness and was engulfed in light, and I lucid dream at times. I have been seeking almost all my life. I read *Siddhartha* at 15 and many other books over the years. It seems I'm always seeking and it never sticks, because I go back to my old ways. Since my divorce 10 years ago, I started smoking and drinking. I know these are not good to do. That is peppered with trying to find validation and happiness in relationships or accomplishments. I know all of those things are false pursuits. I have watched your *satsangs* also, concerning relationships and other topics. I feel so lonely and none of my friends understand this spiritual search. I have considered moving so I could be near more seekers or enlightened ones. I've thought about going to India, but feel I'm too old to withstand the stress of such an endeavor. I live in Indianapolis and wish I could find a teacher here. Do you know of any? Sorry for my ramblings. I'm usually more cogent with my thoughts. I took up painting last year, but feel I'm just doing it to try to prove I'm worth something. I rarely do it and seldom enjoy it, although I have some natural talent. I can't seem to focus or be interested in anything. Many times I just want to leave this body and world.

Thank you for your thoughts.

James: Hi, Brenda. Vedanta is the perfect antidepressant. It doesn't matter if you take antidepressants in the short run, but you should probably try to figure out why you are depressed. Since you do not seem to have an obvious question, I suggest that you read my book carefully, signing on to the logic at every stage and see if it makes sense to you. Also, you should read the new *satsangs* at the website *ShiningWorld.com*. Once you are familiar with Vedanta write to me if you have any questions. I will try to help.

~ Love, James