

Depression Module Overview

In our first video, we'll go over our approach to understanding depression. I'll explain my approach to guiding people who suffer from depression. I'll explain how depression can be approached clinically – as a mental illness – and how depression can be more existential or spiritual in nature. This module is organized as a “choose your own adventure”, so pick the videos that feel relevant to you.

Glossary

Ayurveda

Congruent Depression

Dukkha

Dharma

Karma