Sadhguru Jaggi Vasudev

Why are you depressed?

W
hy depression? I am saying this, not without any concern for your illness, or due to lack of compassion, but because this is the nature of what is happening to you. If you are causing depression to yourself, it means you are able to generate a substantial amount of intense emotions and thoughts, but in the wrong direction. If you don’t have very strong emotions or very intense thoughts about something, you cannot get depressed. It is just that you are generating thoughts and emotions that work against you, not for you. So you are strong enough to cause depression to yourself.

Most of the depressions are self-created. A few people are pathologically ill, they cannot help it. It just comes from within because of genetic and other factors. But almost everybody else can be driven to madness, because the line between sanity and insanity is quite thin. People keep pushing it. You get angry, you are pushing the line. In fact, you know you are pushing the line. That’s why the expression, “I was mad at somebody.” Please see, you are not mad at somebody, you are just going mad. You cannot be mad “at somebody”. You are just pushing the boundaries of sanity and moving into insanity for a certain period of time and coming back.

Why don’t you try this every day? Ten minutes a day, try intense anger on somebody. You will see that in three months time, you will be clinically there. Yes? Just try it if you want. Because if you keep pushing the line, if you go mad and you come back repeatedly, one day you will not able to come back at all. That is when you are termed clinically ill. You must understand even if you got clinically ill for a moment, you are already ill. Maybe you don’t get the certificate of diagnosis that you are gone. But, you are “going”, isn’t it? You think it is your right to throw tantrums? You think it is your right to get angry with people? You think it is your privilege to get depressed so that you will get attention from somebody? If you keep playing this, one day you will not be able to turn back. That day, you will need a doctor.

Depression Seeks Attention

You have incentives in your life to become ill. Right from your childhood, you got the maximum attention only when you fell ill. When you were happy, they screamed at you. When you squealed in joy, they screamed back at you, the adults. When you were down, then they did “boo-boo, boo-boo”. When you were a child, physical illness was good because you would get attention from your mother, father and everybody around you. So you learnt the art of falling physically ill. But once you get married, you learnt the art of getting mentally ill. If you want to get attention, you go sit in a corner, act depressed. People will pay attention to you. So, you keep playing this game, and one day you are not able to cross the line back. That day, you are clinically ill.

Set Incentives for Health, not Sickness

The last 29 years I have not cancelled a single program because I was running a temperature, I got a cold, I got this, I got that. It doesn’t matter what’s happening, what you have to do, you anyway have to do. You can’t turn back on that. Do not set incentives for sickness. If a child is sick, never go cuddling. Instead, give him the best attention when he is joyful. You will see he will naturally learn from within that it pays to be joyful; it doesn’t pay to be sick. If you make this clear to your own biological and chemical process, and to the people around you, you will see people will not fall sick as often as they do right now.