



## Tearful Bottles: 40 Spiritual Meditations for the Anxious and Depressed

By Gregory L Denton

Createspace, United States, 2015. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Millions worldwide suffer from some sort of mental illness. Healing meditations calm and restore the mind, directing self into wholeness. From an inter-religious approach, this is an alternative treatment for clinical and non-clinical anxiety and depression. Illness primarily springs from a spiritual cause first and foremost, then affects the rest of the individual. Understanding and absorbing spiritual truths can return the person to a balanced state of being. Prayer and meditation are secondary to self-introspection and the willingness to change wrong thought patterns, to let go, to forgive, thereby beginning a process of wholeness. These 40 meditations acknowledge the pain and suffering of the person and provide an affirmation to bring the mind and spirit into agreement. Studies have shown the workability and success of religious (spiritual) cognitive therapies for those in treatment. Depending upon the severity of the illness and uniqueness of each case, a plan of treatment should be tailored to the individual. These meditations are not meant to replace conventional therapy, but build upon them.

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