

The
Depression
CLEANSE

*Healing & Balancing
The Whole Body*

.....
6 THROUGH
THE senses
.....

Cherie Burton

The Depression CLEANSE
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Cherie was crowned Mrs. Utah 2004 and has mentored
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*Visit Cherie's site to receive the free slide presentation,
The 3 Minute Mood Miracle*

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*Excerpts from The Introduction section
of*

The Depression CLEANSE

*Healing & Balancing the Whole Body
Through the 6 Senses*

Open

One of the most powerful questions to ask a depressed person immersed in Western remedial treatment is, “*Are you open to the idea that drugs and talk therapy don’t work for everyone?*” This is usually met with a resounding, “*Yes.*” People intuitively know this.

The women in my family ventured outside the mainstream treatment box because we had to. We *had* to. The conventional – the lab, the patient chair, the prescription pad – just wasn’t cutting it. We dragged ourselves out of old treatment boundaries because of this rabid Mama Bear chemistry that would not stand for our children to become ravaged by mental illness. Mom, Robin, Taunia and I have released the worry over what other people might think, simply because these tools and methods are *working*. We see our Shawna not as a suicide victim, but as having a mission in the afterlife to guide us toward resources that transcend a limited worldview. Her presence has been felt a number of times on this intense path of learning and rebirth.

Everything humans need for healing has already been placed on the Earth. The goods are all there; it is only a matter of discovery and implementation. Plants, minerals and the elements have their own spirits and missions, which are principally to support us. They were expressly created for the use of man; to remove disease, restore our bodies and enliven our *senses*. To dismiss natural methods is to dismiss God’s creations. What He put

Unedited

there is the real thing. What man makes is the “*alternative.*” People have no problem accepting that a plant like marijuana can produce powerful mental and emotional effects, but will reject other plants that are equally powerful (but less overt) for medicinal, psychoactive effect.

Mother Earth and The Master Chemist already know what researchers haven’t discovered, so it is wise to keep the mind open to truths that can’t be proven by a mortally trained team of “*specialists.*” The Book of Genesis tells us God saw that the vegetation, plants, trees, seeds and fruit were “*good*” after He created them. Who are we to undermine, or fully determine, what all that “*good*”ness is about? When something doesn’t come in the neatly packaged, institutionally approved, scientifically proven form we are expecting – doesn’t fit within our small box – we tend to renounce it. I fell right into this ignorant, fear-based mentality for a number of years, having been formally and secularly trained in psychology to prove and disprove the scientific theories of professional – yet flawed – human beings. Human emotion, will and spirit cannot be duplicated, manipulated, predicted or controlled under a microscope or in a laboratory. Neither can nature. It is a big, fascinating world out there, a vast, rolling ocean of information with countless streams of Intelligence that many schools and professions want to cut into a narrow, little trickling stream. There is not one way to get well; there are many ways.

Dr. Lissa Rankin, in her book *Mind Over Medicine*

writes about her frustration with modern medical school curriculums.

“The mind-body link has been advocated by medical pioneers for decades.

Yet, in spite of this, it has failed to shoulder its way into the mainstream medical community. As a young doctor, I received my medical degree well after renowned physicians such as Bernie Siegel, Christiane Northrup, Larry Dossey, Rachel Naomi Remen, and Deepak Chopra had raised awareness about the mind-body link, and you might think their teachings would have been included as part of my medical education...How did I not know who these open-minded, open-hearted doctors were? And why were their books not required reading for med students and first-year residents?”

She goes on to say, “*After 20 years of medicine, I had become disillusioned with our broken health-care system, which required me to churn through 40 patients*

a day, often schedule in hurried seven-and-a-half-minute slots, leaving little time for us to actually talk, much less bond... I had been called to medicine the way some are called to the priesthood, not to churn out rote prescriptions and blow through physical exams like a machine, but to be a healer.”

With health, there must be a synthesis between science and Spirit; between the physiological and the spiritual. Some in the holistic field turn beautiful, natural, God-given methods and resources into a confusing mess of pottage, due to ignorance generated by Ego. They venture too far into speculation and the “woo-woo” without grounding themselves into the rational/physical realm. It clunks. The same is true for medical doctors and therapists, who risk staying too safe within the corporeal realm and may not give credence to the holistic/spiritual. What Aristotle and Confucius said hundreds of years before Jesus still rings true today: *“Every virtue, if taken to the extreme, can become a vice.”* Let your gut be your guiding force as you seek out virtuous facilitators and remedies. When you are ready, the right people with the right tools will show up precisely when you need them. That’s just the way it works in our perfect Universe.

The wave of the future is Integrative Medicine, wherein modern medical treatment models work in conjunction with worldwide indigenous therapies that have stood the test of time. Natural medicine and spiritual healing are not the stuff you learn about in medical school, but then again, most of our Western establishments don’t have the full scope of human mind/body/spirit healing potentiality. Some of their antiquated, compartmentalized methods are changing because of patient demand and global enlightenment. More and more people who are suffering from illness, depression and emotional malaise – who are not being cured with medical interventions and traditional therapies – are seeking answers outside the establishment. If you feel called to go outside *your box*, gather the courage to do so. It’s what every man and woman who’ve exacted planetary change have done. And it may be essential to your health.

Antidote

Today, I am not involved in mental illness community outreach – no more black tie affairs and think-tank meetings with political figures, university professors and healthcare professionals, many of whom omit the natural gifts of the Earth, posture for power and leave spiritual “*inner work*” out of the healing equation. I became frustrated and annoyed sitting in meetings where it felt like there was over-identification with the problems and issues. For the first few years after Shawna’s suicide, my emphasis was to bring people to an awareness of mental illness; how to understand it, prevent it, and treat it. Now, it is focused on creation.

What ultimately uproots depression is to actively choose into the life you were created to have and constantly focus on it. Creation is the great antithesis to personal pain and suffering. We are meant to be co-creators, who partner with God and His Universe to manifest the deep desires of our hearts. Depressed people often shut down their innate capacity to dream which creates a numbing effect. The natural inclination of the numbed-out is to avoid the activity around them, staying in bed or otherwise hiding. There is a great forgetting of what is really wanted. This is tragic because we were born to shine, not hide; expand, not shrink. Implanted within each of us are glorious passions and gifts that we don't often recognize as the keys to our happiness and purpose. As we nurture and magnify our inborn divine passions, beautiful miracles begin to unfold. Not only do we receive healing, our presence inspires others to receive the same.

From my readings and experience, I have come to believe in a sound process for not only overcoming hopelessness, fear, and stress but actively creating full potentiality. I strongly believe that *creative passion, with full immersion of the senses in a constant flow of nourishment*, is the antidote for human depression and unhappiness. *Taste, Sight, Smell, Sound, Touch* and Intuition are simple, classic elements of common reference, but each contains integral processes and powerful pathways which will help you map out your own health breakthrough. While the antidote is sensory nourishment – something you *do* – the ultimate panacea to depression

is something you *allow*. It is a streaming Source of power you must access, both within and outside yourself. Your senses are the channels that receive this. I distinctly feel that if Shawna could write the Introduction to this book, she would make the same declaration. If reading about energy and God and angels and spiritual healing is foreign to you, substitute the names and concepts to fit within your own familiar constructs. Regardless of the names and meanings we attach to it, souls in crisis would agree that there simply is no other way to climb out of a rock-bottom state or create a better life without divine assistance. Ask any addict in the throes of recovery.

THE 12 STEPS OF ALCOHOLICS ANONYMOUS



1. We admitted we were powerless over alcohol – that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God, as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

Depressed people are essentially addicts. They are addicted to a person, practice or substance that has disconnected them from their Source, and hence to the heart of themselves. This book could have also been called *The Addiction Cleanse* or *The Codependency Cleanse* or *The Low Self-Worth Cleanse*. All of us, depressed or not, are scrambling for this heavenly “high” but often search for it in spurious places.

We cannot say that depression is simply a spiritual disconnection, but most who are depressed have this factor in common. My family discovered through Shawna’s journals that she had gone without prayer or nearly any spiritual practice for two years prior to her suicide. She was an active in family, church and community – even encouraged friends at recovery meetings to pray and find God, but the personal implementation was lost on her. Her writings explicate feelings of spiritual abandonment, of feeling unworthy of receiving God’s love, therefore deliberately choosing to distance herself from what could have ultimately restored her. Fear and disillusionment from her severance with the Divine killed her long before she took her mortal life. Losing conscious contact with the Spirit is the biggest breeding ground for depression there is.

~ You ~

Mood management is a sensitive topic, and my aim with this writing is to talk to you from a friend-to-friend perspective. Even if you are compelled to read this because of the suffering of a loved one, it is vitally important you do a soul-level reckoning with your own emotional state. If there's one thing I have learned by watching my precious friends and family endure mental torment, it is that I do not have the power to fix or heal anyone. I can only deal with the darkness, blockages and baggage within *me*, connect to a Power higher than mine, and embody a state that may inspire them to see, do and be something different.

No matter how sick the people around you are, it always, *always* starts with you. Make “*First, Heal Thyself*” your mantra as you weather the storms generated by a loved one in crisis. The best gift you can possibly give that person is a peaceful, centered *you*.

Everyone on the planet carries trauma and emotional affliction. No one born on the Earth will be immune because we are electrical, chemical microcosms in a changing, shifting macrocosm. There are over four hundred billion chemical reactions within the average human every second – and who knows how many environmental eruptions. Your biological and spiritual nature is dynamic, not static. Hence, you regularly cycle through depression in an attempt to manage the chemical and emotional toxicity and residue within and around you. Living with depression is simply the reality and nature of having a physical body. Granted, there are varying degrees of depression on its vast spectrum, and most people don't embody its disease state. The absence of disease, however, is not the true definition of health.

If the absence of depression in your body doesn't qualify you as healthy, what does? How you *feel*. How you feel determines the state of your health. When you've become riddled with depression, it becomes increasingly difficult to feel *anything*. You may have heard the phrase, “*Thriving versus Surviving*.” You're the only one who really knows if you're living your days

in “*thrive*” or “*survive*” state; if you’re living beneath what you inherently know you were born to be. Do you feel vital or numb? Are you embracing life or just going through the motions? Are you actively creating what you want or are your desires shut down? Honestly, do you enjoy your life? By asking these questions, I don’t mean to paint an unrealistic picture of existence. You are a cyclical entity, just like the Earth. Some phases of your life will be darker than others because you are turning. Changing. Evolving.

It is how you feel *most* of the time that determines your overall state of mental-emotional wellbeing. Even in dark phases, as we’ll later discuss, you can still carry an inner flame of peace and perspective. You can still *feel* your own aliveness. When you understand how to cleanse and nourish the inner self, you learn how to separate yourself from darkness. You become empowered with the knowledge that you can shift how you feel. Anytime, anywhere.

Let’s say you are in survivor mode, immersed in the actual disease state of depression. By clinical definition, this would mean you are fatigued, have feelings of guilt, worthlessness, hopelessness and pessimism, suffer from insomnia and/or excessively sleep, are irritable and restless, have lost interest in things you used to enjoy doing, under or overeat, have persistent aches or pains, feel sad, anxious or “*empty*” and are possibly entertaining thoughts of suicide. When the disease has overtaken the person – and it does have the power to overtake – something inside that person must rise up to reclaim the body. If you are depressed, something within you has to burst through to fight for your soul. There are tools – even weapons – in which to do so, but you first have to make the choice to even employ them. It then begs the real question: *Are you ready?*

If you are genetically prone to depression, read on. Just because my DNA patterning may be in place to become majorly depressed or develop bipolar – and trust me, I am fully aware of that potential – does not mean the patterning must express. I may have the blueprint but I don’t have to build the house. My emotional and physical DNA does not define me, nor does it have the power to overtake me. Neither does yours. Contrary to

group thought, we are not the victims of our inheritance. I have met many people over the years who view their family history of depression – or their diagnosis – as a death sentence.

They feel powerless over its inevitable manifestation and subconsciously stop dreaming, creating and living.

There is a metaphorical tiger inside everyone's cage. It is there, breathing, waiting for circumstances to be right so it can pounce. It might be obesity, diabetes, cancer, high blood pressure, anxiety or depression. We do not need to fear it; rather we need to subdue it. Its nemesis is sensorial self-nourishment. The more zealously we enhance our awareness and employment of the practice of self-nourishment, the more we strip the tiger of its power. Cellular DNA cannot express without an environmental trigger, as we will explore. Genetic expression is greatly inhibited through consistent use of mechanisms that invigorate the senses. By yielding and using the right weapons, the tiger is bound.