

Chapter 62

Harry Potter cures Depression

There is a wonderful cure for depression, and it works without fail. It is called longing for God. Depression is an astral state. It turns the astral body into a grey cloud that can grow darker and darker and eventually shut out all light. The rosebud in the human heart (Lily in *Harry Potter*) is thirsting for the Living Water of the Divine River. That thirst is the key to defeating any kind of depression or bad feelings such as fear or inferiority. The way to overcome any astral problem is to focus the mind on the longing for God. Do not pay any attention to the depression or bad feelings as they belong to the ego. Concentrate with all your might on the wordless longing to return to the Kingdom from which your microcosm originated.

In *Harry Potter* this is symbolised in Part 3. The bad feeling or depression is symbolised by astral creatures called Dementors. They suck all the happiness out of you and can even suck out your soul. However, Harry is able to defeat them by concentrating with all his might on a "happy memory". He can then produce a "Patronus". This is a protector that emerges from the wand. Harry's Patronus is a stag, a beautiful radiant white stag, bright as the full moon. This stag is the symbol for the longing for God that emerges from the thirsting heart of the seeker. The Old Testament explains it in this way in Psalm 42: *As a stag longs for flowing water so longs my heart for you, O God.*

If you can understand this symbolism it will be of great help to you. It tells us that no matter how low our feelings, how depressed we are, there IS always that perfect talisman in our own heart: the hart or stag, the longing for the pure astral substance which can lift us out of this fallen universe. The way it works is quite scientific and easy to understand. The Lily in the heart is a spiritual focus originating from another universe of a much higher vibration than ours. When this focus begins to vibrate it attracts corresponding astral forces which enter the heart and from there spread throughout the astral body. These forces, being of a much higher and stronger vibration, dispel the dark astral clouds and make our astral body light again. Hence, we feel the depression lift and we become thankful to God and deeply happy.

This does not happen suddenly. In *Harry Potter* it is emphasised that Harry has to practise hard for many months. But, in the end, he triumphs magnificently. It is the same with a seeker on the Path of Liberation. The key is to realise that depression belongs to the earthly personality, who is not the purpose of life. The purpose of life is the New Soul, symbolised by Harry. If we can keep reminding ourselves of this, and stimulate the longing for the supernal Light of God, giving up all thoughts of self, we will be able to produce a 'stag' which will drive away all clouds of depression or whatever negative feelings we have. It's a guaranteed cure!

As a short-term aid to help you I should add that keeping busy is one way to stop yourself feeding the "Dementor" of depression. If you can keep busy helping other people, or at least doing useful work, it will help to keep your mind free of depressing thoughts. Trying to make others happy at least keeps the mind fairly free of self-centred thoughts. But it's only a short-term relief and not a permanent cure!