

Surviving

the Winter Blues



*Practical, Enjoyable Steps to Tackle Seasonal Affective Disorder
and Diminish Depression*

Ellie Hadsall

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and Diminish Depression*

By Ellie Hadsall

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Depression is debilitating any time of year. Seasonal Affective Disorder (SAD), also known as “Winter Blues” or “Cabin Fever” is a depressed and withdrawn response to the short days (decreased sunlight) and long nights of late fall and winter seasons. *Decreased light affects sleep patterns and bio rhythms.* It affects four times as many women as men. Yet men and children can also suffer. SAD is severely debilitating to some and an inconvenience to others, but you don’t have to merely tolerate it. Natural, effective remedies are available. Unfortunately, *once you begin to suffer from it you may lose interest in taking helpful action.* It is necessary to make yourself commit to remedies. Best is to begin in October when the season begins, to catch it early.

This information is not intended to address severe or chronic depression. If your depression has a cause deeper than SAD, or if winter intensifies an already-present depression, please seek help. Don’t hole up alone and deepen your suffering. Counseling, anti-depressants, and knowing people that understand will help you through. *You are valuable and worth the effort it takes to find your power!*



How to Apply Suggestions

- Choose a *few* detailed ideas below for your regular routine and follow it consistently. You may not feel like it; yet these are proven to make a difference.
- It is better to apply a few consistently than too many, get frustrated, and stop altogether.
- Do additional ones as you have time or on weekends.
- Search online for additional explanations of these.

To bring positive change, do what works instead of what you want to do.

These first two are essential if you seriously suffer from Seasonal Affective Disorder.

1. Light Therapy. Full Spectrum/Daylight or LED bulbs, and/or Light Therapy Lamps. Info is online.
2. Vitamin D. *6,000-10,000 IUs daily in northern climates (Example: Indiana, Norway) Nov – Feb.* This is easy to do and highly recommended for everyone, even if SAD is not an obvious problem.

Detailed information is provided further below for these six, which are unique to many westerners:

- Light Therapy (mentioned above)
- Fire Essence Breath (*Agni Sara Pranayama*) - recommended every morning upon arising.
- Chant or listen to Gayatri Mantra (*Sacred Song*) – listen on cd’s, mp3’s, or YouTube.
- Candle Gazing (*Trataka*)
- Meditation – daily 10 to 20 minutes
- Vedic Fire Blessing (*Havan*) - a powerful healing practice

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*Depression is not failure, weakness, wrong, stupid, embarrassing,
or any of the multitude of emotions that it carries.
Depression brings hopelessness, misery, isolation, timidity, fear, exhaustion,
and not one of these is the truth of who you really are.*

Ready? Begin your journey to a better winter...

Check suggestions you can do. Additional space is provided at the end for you to jot down more ideas that pop into your mind.

- Connect with others who experience SAD for reassurance and mutual support. Share your concerns while simultaneously encouraging each other toward solutions.
- At work and home, commit to looking for and focusing on the positives that *are* in your life. *Control your thoughts* to move away from dwelling on problems and instead search for solutions. Smile, and think of ways to encourage co-workers, family and acquaintances.
- Diet and Nutrition - Limit sugar and carbohydrates. Eat lean protein, leafy greens.
- Sugar highs that seem to lift your spirits will end up as a depressive crash.
- Avoid or minimize alcohol (it's a depressant).
- Avoid excessive caffeine (after the high, you experience an energy crash).
- Quality Chocolate is a mood lifter – don't overdo because it does contain caffeine.
- Schedule in regular morning practices. Prepare the night before, set alarm, and get up to do them *Consistency is the essential*. If you work, do 20-30 minutes of activity, followed by meditation and/or prayer to focus on positive aspects before moving on with your day.
- Bath/shower with full attention to giving appreciation to your body, hair, skin – *as it is now*.
- Give yourself a full body self-massage with warm oil. Sit 10-15 minutes; Shower off.
- Don't get onto electronics first thing in the morning – they inhibit your nervous system.
- Use Essential Oils. Place on pulse points and bottom of feet, mix into lotion, use diffusers. Mood Lifting, Inspirational, anti-depressants – *use in morning and throughout the day*
 - Bergamot (motivating, uplifting, productive)
 - Lemon, orange, orange blossom, grapefruit, ginger (energizing, uplifting)
 - Clary sage (antidepressant)
 - Lavender, Ylang Ylang. (calming, soothing)
 - More can be found online
- Take daily walks, focus on your senses. What do you see, hear, smell, touch? Notice nature – trees, animals, tracks in snow, smell freshness. Even if only around the block. Sun energy permeates nature, *even on a cloudy day*. Outdoor morning energy is expanding.
- Get outdoors every day – intentionally (not just to and from car).
- When sun is out, stand facing it and gaze *near* it (not directly) so light enters your eyes and thus the pineal gland which regulates glands and moods. Or sit in sun, close eyes, and allow it to shine on forehead (pineal gland). Do this outdoors if you can; or do indoors near a window where sunshine enters.
- Grow plants and herbs indoors, utilizing full spectrum bulbs or grow-lights.
- Place salt lamps in the rooms you frequent – their negative ions are mood lifters.

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- Laugh!! Watch funny movies, attend comedy clubs, join or start a laughter group. Avoid dark, demeaning comedy - it lowers your vibe.
- Bundle up and go for a hike, walk in the woods, sit by a river or stream.
- Join a yoga or exercise class. Exercise actively at least 3 times/week.
- Join YMCA – swim, workout, be around other people.
- Start new, creative projects. Hobbies. Crafts. Sports.
- Teach a free (or donation) class on a hobby you enjoy.
- Wear shades of yellow, orange, tangerine (sun colors).
- Play in the snow. Sled. Build a creative snowperson. Make snow ice cream.
- Go to coffee shops or tea shops. Chat with local people or simply people watch.
- Gather with other people! *The worst thing to do is to isolate yourself.* When with others, agree to not complain, gossip, whine. It’s helpful to share with each other, but negativity reinforces the blues when two or more people dwell on wrongs and reinforce each other’s depression.
- Invite others to your home on depressing holidays or create your own reason for a gathering. Watch a game, enjoy an inspiring or fun movie, have a pot-luck, keep it simple.
- Dance with friends, groups or take dance lessons.
- Cook or bake new recipes – invite friends to join you.
- Redecorate your home, rearrange furniture.
- Clean out unwanted stuff to create space in your life.* Space offers a higher vibration.
- Travel. Go somewhere new. Get out of usual routine, even if it is only another city or local area.
- Eat out at new restaurants.
- Join a choir or local theater.
- Listen to uplifting, motivating videos, podcasts, documentaries. Watch uplifting, motivating, intellectually expanding movies and documentaries. YouTube is filled with free options.
- Express gratitude every day – keep a gratitude journal and enter at least one thing every day.
- Listen to upbeat, inspirational music. Dance to it intuitively around your home!
- Play musical instruments, piano, guitar, and focus on uplifting music.
- Join Meetup groups on subjects of interest, or totally new concepts.
- Go to library, check out and read books there. Even if you don’t talk, you are around activity.
- Intentionally help other people. Every day look for an opportunity to help someone, share info, volunteer. Soup kitchens are wonderful place to help and recognize how fortunate you are. Gather warm socks, mufflers, food bars, essentials for homeless people and distribute.
- _____
- _____
- _____
- _____

Honor yourself enough to “get out of yourself” and out into your life.

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Emotional Vibration Chart

Intentional Application Steps

1. Seek activities, articles, music, and videos to experience emotions in the upper five levels.
2. Avoid engaging in activities that increase or deepen emotions in the lower five levels.

Appreciation	Blissful	Empowered	Freedom	Joy	Love	Passion	
Compassion	Courage	Gratitude	Happiness	Spiritual Connection			
Confident	Enthusiastic	Inspired	Open-Hearted	Responsible	Serene		
At Ease	Eager	Empowered	Light-Hearted	Worthy			
Acceptance	Contented	Encouraged	Faith	Hopeful	Optimistic	Positive	
Boredom	Doubt	Disappointment	Insecurity	Lonely	Rejection		
Blame	Frustration	Impatience	Irritation	Pessimism	Worry		
Anger	Hatred	Fear	Judgement	Rage	Revenge		
Abandoned	Anxiety	Guilt	Jealous	Sad	Shame	Unloved	Unworthy
Apathy	Depression	Disempowered	Despair	Grief	Hopeless	Powerless	

Chart is a synthesis from five sources offering varied descriptions.

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Light Therapy

Light is an environmental stimulus for regulating circadian cycles. When sunlight is lacking, the results can be mental or emotional discomfort. In severe cases, this can lead to depression. This effect is known as Seasonal Affective Disorder (SAD) or common terms are Winter Blues and Cabin Fever.

Use Full Spectrum or Daylight light bulbs and tubes in all lamps.

Not all “Full Spectrum” or “Daylight” bulbs are produced the same. A full-spectrum/daylight bulb carries both visible *and invisible* color wavelengths of light colors, as does natural sunlight, and this light is distributed in equal proportions to natural light. Daylight lamps are made according to the need to simulate daylight for health reasons. For example, people who get limited or no exposure to the sun because of their profession, or living in regions with short daylight hours. Some examples are residents of northern countries, astronauts in the space program, and the servicemen on Navy submarines.

- Not all “full spectrum” bulbs on the market are sufficient distribution, or distributed equally across the light spectrum, so educate yourself online before purchasing and shop carefully.
- Resources: Full Spectrum Solutions, Chromalux. Online searches offer numerous resources.

Light Box Therapy

During light therapy, you sit or work near a device called a light therapy box. The box gives off bright light that mimics natural outdoor light. Light therapy is thought to affect brain chemicals linked to mood and sleep, easing Seasonal Affective Disorder (SAD) symptoms. Using a light therapy box may also help with other types of depression, sleep disorders and other conditions. Light therapy is also known as bright light therapy or phototherapy.

- It is estimated that 10,000 lux is needed for effective treatment of severe cases.
- It is recommended to use it in the morning, imitating the natural rise of the sun. Using it at night can over-stimulate some people, leading to insomnia.
- The key to success is consistency. Begin in the fall and continue through the winter. On days you feel good and are inclined to not use the light, commit to using it anyway. Missing even a few days can decrease the overall effectiveness.
- Caution must be applied when purchasing, as some light boxes provide light focused toward only one area of the spectrum, such as blue or green, and thus are not full-spectrum.
- Resources: Verilux, Alaska Northern Lights, Light Therapy Products, Sun Box. Online searches offer numerous resources.

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Fire Breath (*Agni Sara Pranayama*)

Instructions

- Feet hip-width apart.
- Bend forward with back straight, arms straight and hands on thighs for support.
- Breath in and out through the **nose**.
- (You may omit this if it too confusing) Use *Ujjayi Breath* upon exhalation.
Constrict back of throat so breath is “squeezed” through.
Hint: As if saying “haaaah” with mouth closed.
- Inhale deeply, filling abdomen – which will extend out as if a filled balloon - then exhale completely (exhalation will be longer), exhaling out that final bit of breath until it’s emptied completely.
- Holding breath, drop head (as if to look at stomach) and pull abdominal area (“stomach”) in and up as far as can (abdomen will be concave, as if a vacuum sucked it empty). Release breath, allowing abdomen to extend fully again.
- Repeat 5X at a minimum. 1-2 sets are sufficient.
- Do in morning on empty stomach.
- If done first thing, it stokes your physical and mental fire.

Benefits

- Builds internal body heat
- Encourages free flow of *prana* (life force)
- Builds energy
- Detoxifies mind and body
- Balances brain functions
- Enhances clarity of thought
- Increases feelings of presence, self-awareness, and confidence
- Oxygenates the blood
- Relieves tension
- Helps maintain body rhythms

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Gayatri Mantra (*Sacred Song*)

Sound vibration influences the vibration of everything around it, including our body's energy field, along with our mental and emotional states of being. The vibration created by this specific chant brings upliftment, healing, and inspiration.

Om Bhur Bhuvah Swaha,
Tat Savitur Varenyam
Bhargo Devasya Dhimahi,
Dhiyo Yo Nah Prachodayat

Translation:

Throughout all realms of experience,
That essential nature of illuminating existence is the Beloved Creator.
May all beings perceive, through subtle and meditative intellect,
the magnificent brilliance of enlightened awareness.

This mantra brings Divine, illuminating light into the mind and heart.

A few online resources

Listen to Gayatri, sing along as you learn the words, and sing it on your own as you go about the day.

- *Gayatri Mantra – Divine Light Chant by Ellie Hadsall*: 3:11 minutes. A simple acapella version for listening and practicing. *Right click on the video picture's "setting" icon and set on "loop" for continuous listening.* <https://www.youtube.com/watch?v=oP5DShW6kVA>
- *Gayatri Mantra by Deva Premal*: 2 hour. This is a sophisticated musical version. Very pleasing. <https://www.youtube.com/watch?v=BSmToj9VZ4s>
- *Gayatri Mantra by Suresh Wadkar*: 1:43 minutes. Enlivening, calming, East Indian version. <https://www.youtube.com/watch?v=SarlTxrAbIY>
- *The Gayatri Mantra (108 Peaceful Chants – New)*. 44 minutes. Uploaded by TheBless4Ever. A pleasing group chant. Deep and resonant. <https://www.youtube.com/watch?v=P26ZvKY--KY>

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Candle Gazing (*Trataka* – “to look/gaze”)

Instructions

- Light a candle and place it on a small table around 3 to 4 feet in front of you.
- Sit in a comfortable posture with the spine upright and the arms and shoulders relaxed. Use any meditative posture which you can maintain without any movement.
- Position flame at the level of your eyes.
- Face the candle directly without having to turn or strain your neck.
- Arrange so the flame remains steady during the procedure. Close windows, turn off fans or air conditioner or furnace. Close door if air moves in from other rooms.
- Take a few deep breaths to relax. Close the eyes and observe your breath for 5-6 breaths. The settled breath will steady your attention onto the candle.
- Gaze at the flame. “Soften” your gaze, rather to “observe” it, rather than intently staring at it. Look at any portion of the flame and avoid looking at the wick or candle or any portion other than the flame.
- If distracted by outer events or thought, return gaze to the flame.
- Avoid moving body or head.
- Avoid blinking as long as you can. At some point tears will begin to flow. When this occurs, close your eyes.
- Try to hold the imprinted image of the flame in your mind and continue gazing at it mentally, imagining it at the center of your forehead (between the brows – in front of the pineal gland)
- If the image fades, open eyes and return gaze to the flame. Repeat the process of observing until tears flow, closing eyes and observing after-image in area of pineal gland.
- Repeat this cycle 2-3 times, or more as you prefer.
- On completion of last cycle, open eyes and return attention to the room. Sit quietly to re-orient yourself and then get up to proceed with the day.

Benefits

- The flame helps fulfill the eyes and pineal glands need for sunlight.
- Calms the mind and provides inner peace and silence.
- Brings greater clarity in mind and improves decision-making ability.
- Helps to overcome mental, behavioral and emotional ailments.
- Provides stress relief and deep relaxation.
- Improves concentration, intelligence and memory.
- Excellent method as preparation for meditation.
- Enhances self-confidence, patience and willpower.
- Develops greater work efficiency and productivity.
- Improves eyesight and vision.
- Deepens the sleep and cures sleep related disorders such as headache, insomnia, nightmares, etc.
- According to *Gherand Samhita (shloka 5.54)*, *Trataka* promotes clairvoyance or perception of subtle manifestations.

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Tips for Candle Gazing

- Best practiced on an empty stomach during early-morning or late-evening immediately prior to bedtime. If you practice it during the daytime, make sure that the room is dark so that focusing on the flame is easier.
- Try getting a decent sized flame by adjusting the size of the wick. It will help in achieving a better after-image of the flame and it will be easier to visualize it with improved concentration.
- *Do not strain your eyes while gazing on the flame.* The eyes adjust naturally in due course of time and it becomes easier to concentrate and gaze on the flame for longer periods of time.

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Meditation on Breath

If you can breathe, you can meditate.

Meditation is a natural process that clears the mind of all mental fluctuations, allowing it to remain calm and open to insight and deepened understanding. It is as natural as breathing, singing, dancing, praying, and visualizing.

Meditation is the process of being mindful of your mental thoughts, releasing the constant mental and emotional chatter, and making space for peace, wisdom, and insight to arise.

The process itself is simple.

The challenge comes because as the mind quiets down, your current and dormant thoughts arise, seeking attention. This is to be expected. You will learn to handle these errant thoughts. They are not an interruption to your meditation; *they are an integral part of it.*

Benefits of Meditation

- It is scientifically proven to bring benefits. You can find numerous studies online.
- Offers relaxation down to the cellular level
- Reduces stress and anxiety
- Creates even-mindedness in all circumstances
- Diffuses impatience and anger
- Increases self-assurance
- Minimizes dependence on outer events and people to bring self-fulfillment and joy
- Increases mental and emotional clarity
- Expands creativity
- Opens intuition
- Enhances positive outlook on life
- Diffuses and releases addictions
- Strengthens the immune system
- Promotes faster healing
- Establishes and maintains a more clear connection with the Source of life – whatever you perceive that to be.

Meditation Guidelines

- **Find a quiet location, space.** When possible, use the same location each time. Your body and mind become conditioned to think “meditation!” when you sit there.
- **Be Uninterrupted.** Turn off phone, don’t answer door, notify others to not interrupt you
- **Get comfortable.** Sit upright with a straight, but not stiff, spine; be alert but relaxed. It’s okay to lean back if you don’t fall asleep. Accommodate your body. You can lay down if sitting isn’t possible but adjust so you don’t fall asleep.
- **Wear comfortable clothing.** You may want a sweater or blanket, because your body temp may drop slightly.
- **Close your eyes.** You want to move your attention from outer life events to inner awareness.

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- **Observe your breath.** Simply observe your breath as it naturally moves in and out. Allow it to flow naturally and just observe. It may be slow, rapid, irregular, smooth, shallow, deep ... anything is fine. Breath flows as is necessary to support you. Breath knows what you need, and adjusts accordingly. There is not right or wrong way to breathe in this practice – just allow it to “be” and observe it with your attention. If you find yourself holding breath, release it. If you “sigh” (breathing deeply and releasing), or yawn, simply observe.
- **The mind will wander, and thoughts will arise.** The moment you notice this, release the thought and return attention to observing the breath. Your meditation will thus cycle back and forth. *Observe Breath – Thought Arises – Notice the Thought – Release the Thought – Return to Observe the Breath.* At times you may follow a thought for a long time before remembering that you are meditating. This, too, is to be expected. When this happens simply follow the procedure by returning attention to the breath. *Regardless of how “busy” your meditation seems to be, your mind and body is benefitting.*
- **Sit for 10-15 minutes a day.** As you gain skill, sit for 20 minutes once or twice a day.
- **Move out of meditation slowly.** Your brain and body will have moved into a deeper state of consciousness. Your brain waves will have altered, and body processes slowed down. So you need to adjust to outer surroundings slowly. If you come back quickly, it can cause headaches or jitteriness. If you are interrupted during meditation, handle the situation, and then move back into meditation so you can then move back out slowly.
- **No one session is transformational.** It is the *accumulation of consistent daily practice* that creates the changes you seek.

There are many methods of meditation. *Meditation on Breath* is only one, but it is easily understood and practiced by millions across the globe. Additional information and a video demonstration by Ellie Hadsall are available at www.CosmicGathering.com.

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Agnihotra Vedic Fire Ceremony



Vedic Fire ceremony (yagnya, havan, or homa) is an ancient practice wherein a fire is burned in a small copper pyramid. Agnihotra is a specific simple fire ceremony practiced in a small pyramid for the purpose of removing harmful negative effects so that the natural harmony of the universe can express. It isn't just a gift to our planet; it is a multi-dimensional gift to the universe.

Fire is recognized as a major transforming agent in most cultures across our planet. The elements that are combined and burned may be changed by the fire into new chemical combinations.

Agni (fire) and hotra (fire pit or also one who performs the ceremony of a fire) is one of the oldest of fire ceremonies. One of the fundamental healing fires, agnihotra's uniqueness is that it is practiced specifically at sunrise and sunset. As with all Vedic fire ceremonies, it has its own special features, purpose and results. Done with regularity, it creates an environment in which all living things receive healing, the atmosphere is purified, soil is re-enriched, and harmony reinstated.

Why do Agnihotra?

Have you ever desired to help heal the planet?

Have you wondered what you, as only one person, can do to make a difference?

Have you felt helpless as the environment appears to disintegrate around you, and wished you knew some positive action to take to help repair the damage done by humankind?

Agnihotra is a scientifically proven solution. Anyone who wishes to heal themselves, others, animals and plants, can do this fire ceremony. In doing so, one helps rebalance the planet's resources, removing toxins from the environment and replenishing the energy field of all manifested aspects, both animate and inanimate.

Anyone who has a sincere desire to live on this planet in a responsible manner can participate. People from many cultures, countries, spiritual traditions, and all ages are joining in this practice. Residents of Peru, Poland, the United States, Israel, Canada, Mexico, Hawaii, the Caribbean, Germany, Spain, West Indies, Australia and South Africa are only a sample of those I personally know who are dedicated to this simple daily practice. Male or female, educated or uneducated, wealthy or poor, well respected or unknown to the eyes of the world, you can practice this. Once you learn it and practice it with regularity you can begin to teach it to others. Its beauty is in its simplicity. You do the simple act and let the divine universe handle the results.

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What are the benefits of Agnihotra?

Agnihotra fire ceremony affects the planet through the effects of the fire itself, its smoke, and the resulting ash. Healing effects include but are not limited to:

People

Individuals who live in an area where regular Agnihotra fires are held experience the following: increased peace of mind, enhanced sense of well-being and calm, release of addictions, improved relationships, renewed vitality, faster healing of wounds, dissolution of toxins, and a reduction in frequency of illness and disease. Some scientific experiments indicate these reports are well founded.



Animals

Effects on animals parallels the effects of human healing. Animals experience less disease, faster healing, calmer, more cooperative natures, and overall excellence of health. Disorders from years of neglect, herbicide and pesticide toxicity, antibiotics and other pharmaceuticals, and poor diet can all be reversed.

Plants

Plants grown in an Agnihotra environment grow exceptionally large and abundant fruit. Plants, and the resulting vegetables, fruit, nuts, or grains are healthy and more nutritious. Such plants do not need chemicals, artificial fertilizers, herbicides or pesticides. Soil that has been robbed of its vitality can be replenished with Agnihotra nutrients. Soil appears to retain moisture better and plants utilize moisture more efficiently. Science has demonstrated that Agnihotra causes a change in the cellular structure of the plant, creating a more efficient distribution of nutrients, including moisture.

Environment

Agnihotra purifies the atmosphere, soil, and water. It neutralizes radioactivity and toxins in the air. As it heals the plants and re-establishes balance in nature, the environment heals. The ash resulting from the fire, when added to water, has been shown to purify it of harmful effects. Toxic rivers where ash has been distributed have re-established a healthy eco system.

Healing Remedy

Agnihotra atmosphere and ash are mentioned in ancient Vedic texts as a means for prevention and cure of diseases. Agnihotra and other fire practices are included among other healing remedies as presented in Ayurveda (life-knowledge). Thousands of people in different parts of the world report personal healings of a great variety of ailments by sitting in the smoke of the ceremony, some of which have been scientifically verified. The healing effects of Agnihotra are locked in the resulting purified ash which is then used as a natural healing remedy.

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Psychotherapy

Agnihotra atmosphere removes stress and tension on the mind. It clears a space of the negative thought patterns that influence the mind. It allows one's innate intelligence to rise up into awareness. It opens the mind to creativity and possibilities. Agnihotra leads to greater clarity of thought, improves overall health, increases energy, and allows the mind to fill with love. This fire ceremony atmosphere promotes a deeper experience of meditation.

In addition to Agnihotra, there are other Vedic fire ceremonies.

Fire ceremony is offered for the purpose of clearing out an energy field, assisting in shifting into a new chosen reality, dissolving that which is no longer useful or wanted, creating and manifesting the new into your life, releasing old attachments and relationships, joyful celebration, mental and emotional healing, assisting a group to experience compatible vibrations and to re-awaken positive energetic force fields.

To Learn Agnihotra:

If you are interested in agnihotra as you read this, you might be receiving guidance to practice it. In addition to this specific ceremony practiced at sunrise and sunset, additional fire ceremonies can be practiced at any time of day. Ellie's 81-page handbook, ***Agnihotra: Havan on Earth: A simple and comprehensive guide to the practice of Agnihotra, a Vedic fire ceremony for personal and planetary healing***, is available on Amazon.com. This is the first, and only, published handbook on the practice of healing Vedic fire ceremony. Book includes photographs, personal stories of transformation, clear instructions, necessary resources, and over 60 FAQs! *For more information, videos, and photos,* contact Ellie through her website at www.CosmicGathering.com.

For more information on content in these handouts and additional supporting information, visit Ellie's website at www.CosmicGathering.com

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Ellie Hadsall

Ellie is an author, intuitive, meditation leader, personal and spiritual mentor. A daily meditator and leader of meditations for over 35 years, she is ordained in the Kriya tradition, with a focus on practical application of spiritual practices into daily life.

Ellie experienced deep, lingering postpartum depression after the birth of her first child.

“I switched from an outgoing, enthusiastic, positive woman into a person I barely recognized. I felt ugly, unwanted, and insufficient. My former life had been filled with eagerness, goals, rich relationships, and joy. Now, I faced each moment with a dread that I didn’t recognize. My husband’s loving reassurance rang empty because I didn’t believe he saw the deep truth - that I was no longer the same person. Having nowhere to turn for help, and determined that my child would have a happy, inspiring, productive mother, I acted from my former self, hiding my self-doubt from family and friends. In time my hormones adjusted, and my former self returned. I know the emptiness and hopelessness of depression. This booklet includes many of the methods I used to survive and flourish until I healed.”

Ellie’s Books

Pathwalker: A Soul’s Journey Through Reincarnations

Book 1 of Cave Time Chronicles, a fantasy fiction series introducing a woman’s adventures, misfortunes, and insights gained as she struggles through coinciding parallel lives.

From a reader: *This is the BEST...fiction book I have read in years. I could not put it down! The story is super engaging!*

Agnihotra: Havan on Earth: A simple and comprehensive guide to the practice of Agnihotra, a Vedic fire ceremony for personal and planetary healing.

This is the first, and only, published handbook on the practice of healing Vedic fire ceremony. Book includes photographs, personal stories of transformation, clear instructions, necessary resources, and over 60 FAQs! *For more information, videos, and photos*, contact Ellie through her website at www.CosmicGathering.com

Edible Weeds in a City Yard: Don’t weed your yard – munch your way through it!

Ellie grew up eating weeds and now shares their delicious benefits with family and community. This colorful book on backyard foraging includes photos, identification, nutritional benefits, and recipes of eleven common weeds found across the globe.

Books are available on [Amazon](https://www.amazon.com) and [Barnes&Noble](https://www.barnesandnoble.com).

Information on Ellie’s books at www.EllieHadsall.com