

DON'T DEPRESS. IMPRESS!!

Just smile

As hard as it would be

On two feet

Nonsense I tell you

Intangible in sense

Makes no sense I know

For this life

I have no appreciation

Of course I have not smiled since

To smile I try

I can

I can't

I cry

Tears trickling

In silent flow

Blood boiling

On a body of ice

I stay cold

Emotionless

In a depressed state, I am

Not fearful of insect feet

I am no poet nor a scribe. If I was born a few centuries ago and named Romeo, you would probably be reading how Juliet suffered a brain concussion as a result of me throwing a boulder by her window and calling her in typical Kenyan style “Kss. Kss. Nani..Shuka!” As opposed to the real story of Romeo throwing pebbles by her window and reciting poems to win the girl.

Is this the greatest love story ever told?

Or is it one where the prophet (P.B.U.H) came home late one day and sat leaning on one side of the closed door, afraid to wake up his wife (R.A.A), oblivious of the fact that she was on the other leaning, patiently waiting for him to return home. Or was it the hadith that the prophet (P.B.U.H) halted his entire army of soldiers and made them look for a necklace that his wife had dropped...

Love is a topic we will conquer on its own another time, even though it is one of the contributors to depression. It would well be the biggest contributor. the loss of a loved one, be it a child, spouse, relation, friend, the loss of a job, financial strain ...be it as it may, most factors are linked to the inability to provide for the ones we love. Be it love for ourselves or others. The end result is we are left feeling sorry for ourselves and hence depressed.

Truth is no one wants to be depressed, and sometimes we let the darkness settle in. What we don't know is that the light shines in us. We can control the shade. I sit lift my hand up, look up in typical theoretician manner, possibly trying to mimic the action that Carl Yung must have been doing so as he appreciated the fact that every person has some light and some darkness. A ying and a yang I would add. According to the Jungian Theory, if the shadow is repressed and isolated from consciousness, it never gets corrected, and is liable to burst forth suddenly in a moment of unawareness. One is able to control the darkness and become its master, thus preventing it from taking over. I remember my madrasa teacher, beard to his chest, who although didn't have much philosophical origination himself, I believe each hair of his beard was a result of some knowledge he had somehow acquired. Quite erudite and well versed, he would often stroke his beard and pull it down (as a child I often expected that he would hoot like a train horn every

time he pulled it), much to my disappointed and more to my amazement, every time he pulled it, the knowledge he imparted not only regarding the philosophies that the holy prophet (P.B.U.H) taught, was fascinating.

The holy prophet (P.B.U.H) The one true philosopher that never had a null hypothesis on any of his theoretical teachings to date. Among the teachings that I was taught was that every time someone does something bad then a black dot is placed on his heart. And every time he does something good then the black dot is erased by the good deed. Calamity arises where someone has so many bad deeds and does not repent or do any good deeds to the extent that his entire heart is blackened and the bad deeds no longer appear wrong to him.

I started this article with a poem. At rock bottom at the very end, the depiction is that I was depressed. But the one thing that can help me and maybe you, is to dust myself up and claw myself up again. Perhaps we should read the poem once again, be it with economy in mind or not, let`s try it from the bottom up.

