

## **1 Year, 6 months: Follow-Up on the “Research Group on Depression”**

We met April 23, 2006, 18 months from the beginning of our research, and 1 year following the end of our 14 weekly sessions.

Major changes which are common among the participants:

- Appearance – Smiling, facial features are much softer and happier – one was asked if they had a facelift! Each is enjoying life and seeing “how far” they have progressed.
- All experience continuing positive expansions and shifts, with a growing sense of “solidness”.
- All are amazingly active in life while maintaining a strong inner sense of Self.
- Life challenges are being met by observation, looking at self first, then at others or the craziness of the world, assessing the issue/situation and LEARNING from it. Regardless of what happens, their inside calm remains – likes the 100 foot depth of the ocean even when a hurricane is raging on the surface.
- Rather than self absorption, each person is actively reaching out to other people in their own unique way. Examples: 1. playing piano concerts at assisted living facilities; 2. training in pastoral care at the hospital; 3. taking on one, then 2 roommates – reluctantly at first – now joyful and appreciative of the experiences.
- Creativity in managing their own life to keep balance and inner peace. One individual takes 2 days a week (or at least 2 half days) to their self – no email, no calls, no planning – creating an individual Sabbath.

Participants unanimously agreed the Core Health process had set them free from depression and they are continuing to grow in their enjoyment of life, their own creativity, and in the enjoyment of other people.

**Participant Perspective:** Appearances more energetic, radiant. In the group meeting, all were participative and connected with each other in a positive way. There definitely was a very high positive energy in our group interaction, laughter, and many activities oriented toward others ... remembering how joyful Judy was at how she had built her life with friends, animals, getting back to her spiritual roots.

## 2 Years, 4 Months: Follow-Up on the “Research Group on Depression”

We met in November of 2006, two years from our beginning in October 2004.

Participant’s energy level continues elevated, as does the enjoyment of life, and engaging with others and outside activities. A couple continue prescription medication.

Participants observe that their Physical health is noticeably better.

Outcome measures of Anabolic, pH, Cells Protecting, -10 to +10 Scale of Daily Functioning, and Joy also remain very positive.

February 2007, Beck Depression-II administered as a measure to compare with prior scores. Scores are 0, 3, 1, 4, 1, 7\*, 14<sup>++</sup>. Most are solidly “not depressed” and enjoying Life.

\* A quick note on BDI-II: I feel like I want to explain that most answers didn't apply to me at all any more. I feel so much better than I used to and there wasn't opportunity to truly explain that.

<sup>++</sup> Last year I was in the hospital for congestive heart failure and nearly died. I was in the hospital 5 times.

The medical problems and losses of friends and a relationship have added to my beginning depression. NOTE: “Worst” score with many life issues, is only 14, the beginning number of MILD depression range.

This demonstrates long term durability of the results and benefits of Core Health genuinely changing a person’s life to live fully rather than minimally coping with drugs and counseling.

Observations on the BDI-II:

1. NOT specific for depression.

Only one person energy measured for being depressed in original group.

Others were unhappy, bored, or dissatisfied.

All scored high on BDI-II.

BDI-II is a measure of “Emotional Discomfort”.

Being dissatisfied, bored, or unhappy can be motivation toward change.

There are no drugs for these, so they are often lumped into “depressed” for which there are drugs and thus can be medicated.

2. BDI-II scores some answers negative, when they can be positive in individual context.

Example: Person sleeps a lot due to emotional discomfort.

As they improve, sleep less, thus positive. This is scored negative.

Example: Person is overweight due to emotional eating.

As they improve, eat less, less appetite, thus positive. This is scored negative.

3. Participants and Researchers notice that there is no way to move above ZERO score into the positive. No way to score positives to balance with negatives.

(This is a sign of health in itself!)

**CONCLUSION:** This 2+ year research with people medically diagnosed as depressed, and on prescription medications demonstrates long term results:

1. Being free of depression, and living creatively and enjoyably.

2. The global effectiveness of Core Health process in eliminating depression and replacing it with *joie de vivre*, the joy of Life.

## Participant writings:

Hi Ed,

I am happy that your very enriching work is moving forward and expanding!

Had a fabulous summer 4 months in NY. Am using a wonderful affirmation regularly that you gave me when I spoke about my performance anxiety. I say it each time before I practice/play the piano:

I AM A GIFT; MY MUSIC IS A GIFT; MY PIANO PLAYING IS A GIFT;  
I PLAY FROM MY HEART WITH LOVE.

Dear Ed,

WOW! 2 years and 4 months since we began. The group was a crucial part in getting me through that first year here, my move from another state, giving up my beloved Boots – your effective work and processes and the sense of community were really wonderful.

One thing that keeps coming up is remembering how important it is for me to be attentive to what I put following “I” – i.e. to use language that expresses what I want, but does not bombard me with negatives!! (i.e. “Please excuse me.” vs. “I am sorry.”) as in please excuse me for the delay in getting this back to you.

Yes, Life is flowing well.

All the best for your wonderful ongoing work!

Hi Ed,

I've been working every day including weekends since mid-Jan and many of them have been 12-16 hour days (I'm not exaggerating). I'm a bit punchy right now but there is light at the end of the tunnel.

A quick note though about the BDI-II, I felt like I wanted to explain that most of the answers didn't apply to me at all any more. I feel so much better than I used to and there wasn't opportunity to truly explain that. I'm grouchy and more irritable these past few weeks but that's situational--- exceptionally heavy workload, etc. My main challenge is remembering that joy, serenity, and peace can be my "default" position and I'm not quite there yet.

But it's an incredibly wonderful journey. When I look back, I see that the avalanche of challenges that came my way over the past several years had seriously eroded what was an already shaky sense of self-worth. Core Health entered my life at a critical juncture (perhaps when the dire state of my psyche allowed skeptical me be most open to it) and provided me with the safe space, the encouragement and the tools I needed in order to create a more positive reality and to envision a brighter future for myself. It allowed me to see within myself a person defined by more than my external circumstances, and importantly, to truly believe that person has genuine innate value. For me, this has been one of the most important opportunities I have ever received in my life. Talk about an “Aha!” realization! And once again, thank you, thank you, thank you.

With great fondness and appreciation,