

# “The Painful Blessings of Depression” (7/14/11)

## Time on recording, and topic:

0-29:20: Lecture

29:20-1:23:00: Discussion and Q&A

29:20: How surrender unfolds in meditation/mindfulness practice

34:34: Mindfulness as body/muscular practice  
Resignation vs. acceptance and how to move from one to the other

40:31: Surrender: What is it?

42:06: Surrender’s relationship to acceptance, and to acknowledgement

44:40: Intimate knowledge of self allows skillful influence of self and body

47:11: “How necessary is insight?” and what is its relationship to acceptance?

50:00: Passivity vs. control

52:32: How important is Insight?

53:54: The development of acceptance is a *stance*

55:18: “What is the definition of chronic depression?”

57:49: A participant’s account of her own path of surrender

102:27: Working with depression when you have a mental illness  
And “appropriate control”

104:56: Difference between overwhelm and “underwhelm”

106:25: The “Observe, and take naps” formula

1:11:00: Forgiveness as part of this path

1:12:54: Practicing grief

1:14:02: Our experience of depression is a portal, not a cul-de-sac

1:15:09: Medication and this path

1:18:15: Which supports are ok?

1:20:35: Ending meditation