

# OUT OF THE BLUE

Freedom from the real causes of depression

by Kevin Billett



## Depression – a disease of our time?

**AROUND 350 MILLION PEOPLE** worldwide (source: World Health Organization) suffer with depression, emotional shutdown or suppression. We often learn at an early age to keep our emotions in check, under wraps, hidden, that it is easier to keep feelings or emotions at bay, especially the 'unwanted' ones that create discomfort for our loved ones or are judged by society as inappropriate.

The solution generally seems to come in the form of prescribed medication to make us *feel better!* Yet these drugs, the first and often only line of help to support those of us who have lost access to our natural joy and passion for life, actually further suppress the body's natural 'happiness' endorphins. Drugs are not emotionally intelligent and have no discernment between emotions; they simply act to suppress *all* our emotions and keep us in a state of grey fogging and depressed state.

Psycho-neuro Immunology research has produced compelling evidence that our thought patterns directly and instantaneously affect our entire body chemistry, and can suppress our immune system. We all 'know' that angry people get more heart attacks, that stressed-out people get ulcers, and some evidence even links grief, fear or resentment to cancer.

Over the years, *The Journey*, a self-healing method pioneered by International best-selling author and renowned cellular healing seminar teacher, Brandon Bays has given hope through the practical and down-to-earth Journey tools. The Journey Method is particularly successful in dealing with the root cause of depression and shut down and has given a newfound joy to thousands across the globe. By lifting the blanket of depression, opening into our emotions - the gateway to the soul, we can begin to live life fully, passionately, joyously and in vibrant health.

After healing in just six weeks from

Kevin Billett (CEO and co-founder of *The Journey* and my husband of 18 years) is an inspiring model of the possibility of becoming totally free from the trap of depression. Having suffered from chronic depression for over 20 years he used journeywork to get to the very root of it and finished with it completely. He now lives authentically, passionately, from true fulfilment and is a powerful teacher who has the uncanny ability to help others get to the real core of what has been blocking them – what has been causing them to shut down, helping them to release and clear the old conciseness and ultimately guiding them to



open to the energy, the passion, the joy of life. He is a living example of liberation from the shackles of depression who can, in a very inspired way, help you set yourself free.

BRANDON BAYS

a tumour the size of a basket ball without drugs or surgery, Brandon Bays developed *The Journey*, a method for self healing that is used daily by people around the world from all walks of life!

So it worked for Brandon, but can it work for the rest of us?

My own experience, though less dramatic than Brandon's is no less remarkable. Since my teens I had suffered from clinical depression. Though a relatively successful businessman of mostly positive and outgoing disposition, I would often find myself in despair, not able to get out of bed in the morning. I would take days off work lying on the sofa, unable to motivate myself to do more than watch television and sleep. My family's advice that I should either 'learn to live with it' or 'snap out of it' was of no solace. Drugs were not an option I was prepared to consider.

By my late 30s, I was in an intolerable state. Mentally disassociated from my friends and my family, I was unable to focus my attention long enough to hold a simple intelligent conversation. Anxious

about every personal circumstance, I would often find myself sitting in my car in remote places, not knowing how I had got there. Suicidal with despair, I turned to my GP, who recommended a psychiatrist. With no other realistic option, I numbly accepted his prescription of 40mg of Prozac daily. The drug enabled me to function normally, at least, though it left me with a sense of unreality and, more worrying, with an overt aggressiveness that I would plunge back into depression.

I first met Brandon Bays in late 1994. A friend suggested a therapy session – I agreed without excitement. What I experienced was probably the most profound revelation of my life to that date. Encouraged to uncover the emotional layers which lay beneath my depression, I eventually encountered a hopelessness so overwhelming that I had been prepared to do anything in life to avoid it. In finally facing it, its hold on me evaporated. In resolving the childhood issue with my father, which had originally put it in place, I felt a sense of inner peace, stillness and confidence that I knew no one could ever take away.

Within 48 hours it became more painful to keep taking the Prozac than not. Against the advice of my psychiatrist, I stopped the medication. Although I would never recommend anyone withdraw from this type of drug so abruptly, I found that depth of well-being I had discovered remained. I have not had a moment of depression since that time.

It will be a real privilege to share my experience with others and offer a natural way Out of the Blue and for anyone to get to the real causes of depression and clear them out for good! I will be presenting this workshop in Melbourne for the first time in February, check our website: [www.thejourney.com](http://www.thejourney.com)

## Join Kevin Billett for a 2-1/2 day workshop where you will:

- Get to the root cause of any signs of shut-down and depression and finish it completely!
- Release and clear the old consciousness and set yourself free from any limitations
- Let yourself be guided to open to the energy, passion and true joy of life

**21-23 February 2014**  
at Balwyn Community Centre,  
Melbourne. Cost: \$795 or book by  
22 January \$695 – save \$100!

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