

# Dealing with Samskaras

Now that we've explored a few common causes of depression, we'll dig into the general technique of understanding and starting to process samskaras, or balls of undigested emotions. I'll explain the nature of samskaras, how they form, and how they act in your mind. As you become proficient in noticing their activity and learn how to process, the more peaceful you'll become. While some of this work can be done on your own, it can definitely be helpful to work with a licensed mental health professional or one of our coaches.

## Glossary

Samskara  
Karma Fal  
Pranayama

## Meditation Videos



P21 – Rotating Sound Awareness