

## ***For Men Only***

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### ***Reactive Depression On Not Becoming a Sooky Woos***

***Costello says if you must cry and there are occasions when it is helpful, just weep quietly alone in the shower where you can't be overheard. You can't see tears in the shower mate so just turn up the radio! If you start "woosing out" it's difficult to resume our self-presumed protective leadership status as Husband, Father or Boyfriend.***

***Reactive Depression is a Giant killer:*** Occasionally you will need to share tears with your loved ones but that should be a special occasion when weeping "together". If you need to cry because the pain is too great to bear – Scream and yell it out like a Malley Bull or as a prayer to God and then enjoy the fast release. Only become depressed for 3-5 minutes at the most. Repeat the exercise whenever necessary, especially when it hurts so bad – Suffer in silence – Don't wear your heart on your sleeve or even appear non-verbally sooky. Do a Socrates Thales thing on yourself to think about others in worse pain than your own – Get pre-occupied with something practical straight after crying. Use thought stopping, pronto!

### ***Have a good cry?***

***Chrichie No! Not even occasional Crocodile Tears mate!  
The Empathy cycle makes pain much heavier to bear.***

***Here's an opposing and nicely written philosophical approach by Manjul Bajaj,  
Thursday, December 15, 2005***

***In pain control my views are diametrically opposed to Humanistic psychology  
research from the Seventies -- Crying can be habit forming.***

"Don't cry like a girl," we tell our sons. "Hush, stop crying, you're a big girl now!" we tell our daughters. But children know instinctively what we as adults have forgotten; that crying is good for us.

Tears cleanse and heal and restore our balance. "What soap is for the body, tears are for the soul," goes an old Jewish proverb. Humans are the only animals who shed tears of emotion.

"Crying is natural, healthy and curative," according to Barry M Bernfeld, director of the Primal Institute in Los Angeles. People feel better after shedding tears because it also sheds chemicals caused by emotional stress.

A study at the University of Minnesota discovered the neurotransmitters leucine-enkephalin (an endorphin or natural opiate-like substance for pain relief) and prolactin (released from the pituitary in response to emotional stress) in emotional tears; the substances were not found in tears caused by sliced onions.

"The sorrow which has no vent in tears may make other organs weep," wrote Francis J Braceland. Weeping often occurs at precisely those times when we are least able to fully verbalise complex, overwhelming emotions and least able to fully articulate our feelings.

A major obstacle to good mental health is that by stifling crying, a person must also hide or shut down valid feelings and emotions. When legitimate emotions are not fully recognised and expressed, undesirable acts from rudeness to road rage to extreme violence can result.

Throughout history and in every culture people have cried. The shortest verse in the Bible is simply: Jesus wept. Jade is sometimes known as the tears of Buddha. The Koran describes the Prophet crying, and proclaiming: "This is an expression of the tenderness and compassion, which the Lord hath put into the hearts of His servants."

Modern day society, as a whole, is uncomfortable with its tears but tears are like showers to the soul washing out guilt, grief and anger. In the words of John Cheney, "The soul would have no rainbow/Had the eyes no tears."