

Antidote Songs for Negative Emotions



Around 1998 or 1999, Swami Kriyananda had the interesting insight that many of his songs, on a vibrational level, were “antidotes” to specific negative emotions. He then went through his book, *Secrets of Emotional Healing*, and prescribed a song to about two-thirds of the entries. On the surface, some of the prescriptions don’t seem to make sense. When you tune into the vibrations of the song, however, you can feel those vibrations transforming the specific emotion and lifting its energy to a higher level of consciousness, thereby raising you out of that emotion altogether.

Day 1: The secret of overcoming **anger** is relinquishing personal desire, by relating your emotions to a broader arc of feeling: love for a friend; or joy in inner freedom from external circumstances; or respect for the right of others to make their own decisions, and their own mistakes.

Antidote: *Truth Can Never Die*

Day 2: The secret of overcoming **anxiety** is to do your best in the present, without attachment to the outcome, knowing that whatever is yours by right must come to you sooner or later, and that all else, even if acquired, will prove evanescent.

Antidote: *Peace*

Day 3: The secret of overcoming **depression** is useful activity, devoted selflessly to helping others.

Antidote (1): *The Secret of Laughter*

Day 4: The secret of overcoming **depression** is not to try reasoning your way out of the slump, but vigorously to raise your level of energy from the heart to the brain, then channeling it outward in creative activity, or in useful service to others.

Antidote (2): *Desdemona’s Song*

Day 5: The secret of overcoming **depression** is to affirm mentally, “I am not my moods, and I am not subject to the moods of others. I am ruler in my kingdom of thoughts and feelings!” In everything you do, strive to be a cause, not an effect.

Antidote (3): *Dierdre’s Sorrows*

Day 6: The secret of overcoming **discouragement** is working to instill courage in others.

Antidote: *Walk Like a Man (Go On Alone)*

Day 7: The secret of overcoming **discouragement** is not to brood: instead, act! Uplift your heart’s feelings. Stand upright; inhale, and with the inhalation draw courage upward from your heart to your forehead; then exhale, and cast out of yourself all mental weakness and negativity.

Antidote: *Dare To Be Different*

Day 8: The secret of overcoming **loneliness** is to develop the company of inner “friends”—creative thoughts, high ideals, and noble aspirations. Visualize your mind as a nation, and its thought-population as happy, self-motivated citizens.

Antidote: *What is It For?*

Day 9: The secret of overcoming **loneliness** is to practice the presence of God, and share with Him every thought, every feeling, every action.

Antidote: *Life is a Dream*

Day 10: The secret of overcoming **unkind thoughts** is to reflect that the person you hurt most, when you are uncharitable, is yourself; but that the principal recipient also of your blessings, when you are kind to others, is yourself.

Antidote: *Have You Seen Sorrento?*

Day 11: The secret of overcoming **hurt feelings** is to expect nothing of others; thus, their words and actions will always find you inwardly at peace.

Antidote: *Parade*

Day 12: The secret of overcoming **hurt feelings** is to direct your attention outward, in giving of yourself to others, instead of dwelling self-centeredly on your expectations of them.

Antidote: *I Live Without Fear*

Day 13: The secret of overcoming **cynicism** is to concentrate on the needs of others, and not to dwell on the thought that life, or other people, owe it to you to be different from what they are.

Antidote: *Irish Lullaby*

Day 14: The secret of overcoming **bitterness** is not allowing yourself to feel that you deserve more from life than you are getting. For life will always mete out to you exactly what you earn from it.

Antidote: *Invocation (Theme)*

Day 15: The secret of overcoming **dependence on others** is to reflect: Can a person gain anything from anyone that doesn’t resonate with something he already possesses in himself? Live more from within. From that center, radiate your own special strength and courage to all.

Antidote: *Cloisters*

Day 16: The secret of overcoming **discontentment** is to realize that conditions are always essentially neutral: Whether they please or displease depends on the attitudes we hold in our hearts. Practice, therefore, being ever happy in yourself.

Antidote: *There’s Joy in the Heavens*

Day 17: The secret of overcoming **doubt** is to concentrate on your reasons for gratitude to life, and not to focus on all those things which seem to you imperfect. Love other people. Love truth. *Love!* Fill your heart with generous sentiments, and doubts will flee like shadows before the sunrise.

Antidotes: *Emerald Isle, Jenny Will Love Me*

Day 18: The secret of overcoming **mental dullness** is to train yourself to say “Yes!” instantly, whenever your impulse is to grumble, or to cry, “No!” Welcome life in all its variety and challenges. Like the petals of a daisy, keep your heart open to life’s experiences. Overcome within you the tendency to rejection and withdrawal.

Antidotes: *I Wander With Thee, When You Come from Napoli*

Day 19: The secret of overcoming **fearfulness** is to seek peace at that calm center within where nothing can touch you: neither fire, nor flood, nor loss of any kind—not even death.

Antidote: *The Hill that Was Tara*

Day 20: The secret of overcoming **feelings of guilt** is to relinquish the past; for whatever has been done can’t be undone. Resolve, instead, to do better from today onward—and ever better, until that “better” becomes the very best that is in you. View your mistakes as prods, merely, to ultimate victory.

Antidotes: *Lift Your Heart in Strength, Little Kathy*

Day 21: The secret of overcoming **greed** is contentment! Harmonious feelings in the heart. Affirm mentally: “I am complete in myself. I am whole! I am free from all anxiety and need! Contentedly I accept whatever comes, at the same time doing my best to achieve my valid goals.”

Antidote: *Cherry Blossoms in Kyoto*

Day 22: The secret of overcoming **irritation** is to view life in terms of its longer rhythms: not the fleeting ripples of pleasure and pain, but the broad waves of long-term loyalties; and not emotional commitments merely, but the great swells of dedication to high aims in life.

Antidote: *Sailing the Blue Sea*

Day 23: The secret of overcoming **negativity** is to understand that what you behold in the world reflects back to you what you are in yourself. Work at self-transformation. Stop thinking that the world owes it to you to grant your every wish!

Antidote: *Song of the Nightingale*

Day 24: The secret of overcoming **insecurity** is to visualize yourself as seated at the heart of infinity. For the universe, as far as your own awareness is concerned, is centered in yourself. Send forth rays of faith and good will to all, and life will sustain you in every difficulty.

Antidote: *Home Is a Green Hill*

Day 25: The secret of overcoming **jealousy** is to realize that no human being ever owns another; each stands alone before eternity. That man or woman most truly loves who is inwardly free, and who grants perfect freedom to all. Everyone must grow at his own pace, to find his rightful position in the great scheme of things.

Antidote: *Friendship is Acting in Freedom, The Secret of Laughter*

Day 26: The secret of overcoming **conceit** is to view the universe as center everywhere, circumference nowhere. Each human being lives at the heart of a vast reality. Remember, the need of everyone to seek his own approach to truth is quite as important as your own. Above all, see God’s presence at that universal center as the true causative factor.

Antidote: *Little Kathy*

Day 27: The secret of overcoming **resentment** is to affirm, “I am free in myself!”—and to wish the same freedom for all. Radiate kindness outward from your heart. Be a source of happiness to others if you, too, would know happiness.

Antidote: *If You’re Seeking Freedom*

Day 28: The secret of overcoming **self-pity** is to recognize that this kind of self-indulgence only limits your ability to overcome your difficulties. Become a conqueror! Remember, whatever any human being has ever achieved, *you* can achieve! All that is necessary is patience, sensitive insight, and determination. Every seeming limitation is in fact an opportunity for shining victory!

Antidote: *Truth Can Never Die*

Day 29: The secret of overcoming **low self-esteem** is to realize that you are an integral part of everything that is—sustained forever by that Power which brought the very universe into existence. Open your heart to life! Cease seeing yourself as a lonely plant, waterless on an empty desert!

Antidote: *There’s Joy in the Heavens*

Day 30: The secret of overcoming **fear of failure** is not to be attached to success. Concentrate on will power and energy, which bring success. Even your failures, then, will become stepping-stones to ever-greater achievements.

Antidote: *A New Tomorrow*

Day 31: The secret of overcoming **fear of death** is to deepen your awareness of that central part in your being which never changes, but weaves like a thread through life’s tapestry of apparently unrelated circumstances. The consciousness of change is allied to the fear of death. But to see changelessness at the heart of change is the secret of immortality.

Antidote: *I Live Without Fear*