

In the Light of Theosophy

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According to World Health Organization figures, more than a million people commit suicide each year worldwide. There is a rising trend in youth suicide. Recently, a young actress of Indian cinema committed suicide because life seemed hopeless, as she was depressed over her career and her love life, making people wonder if suicide was the only remedy for pain.

If death obliterates pain, it also obliterates hope. If she had remembered to look over the hill she would have seen the rising sun just waiting to break through the dark clouds. It is only when things cannot get any worse that they start getting better. She forgot that time is a great healer, and if given a chance, it would work a great wonder. "They say there is no greater sin than that of suicide because you are kicking god's gift of life in the face and proving you are not worth it. If you believe in afterlife and rebirth, books on the subject suggest that people who quit life voluntarily without learning their life lessons are bound to be born to such lives again and again till the lesson is learnt. Life is not always easy and it is the duty of parents to ground their children and instill values that will help them deal with the tougher moments. And, it is our duty to ourselves that we learn to accept the brickbats with the bouquets, that we learn to deal with difficulties just as we learn to enjoy the benefits of life and living. There is no greater cowardice than enjoying your spot in the sun and quitting the stage the moment life gets a little rough," writes Vinita Dawra Nangia.

Some of the reasons for increase in suicide rates are breakdown in traditional family system, financial insecurity and unemployment — with the young, it is pressure to perform, and to prove themselves repeatedly. Nothing is worth ending your life for, and hence a person contemplating suicide would do well to remember that "when the going gets tough, the tough get going." Try