

to think of those who are less fortunate than you. "Look at life in its entirety and understand the smallness of your present depression. Never take a drastic step in the darkest moment. Things will look better soon," advises Vinita Nangia. (*Times Life! [SundayTimes of India]*, June 16, 2013.)

It is true that there has been unprecedented increase in the number of people committing suicide and some of them for trifling reasons. True and lasting happiness does not arise from money, amenities and luxuries of life, is the lesson which is generally learnt the hard way. Weakening family bonds and deteriorating human relationships wherein we are not sensitive to the needs and sorrows of another human being, are also to be blamed for increasing number of suicides. Modern man is too busy and has no time to listen to the problems of another and give him solace.

Ultimately, what we need is the right philosophy that by ending our life, we are trying to run away from a person or the situation in which we are placed under Karma, in this life. We may seem to succeed in escaping, but not forever. The fact is that even the most unbearable and painful situation we are placed in has come to us under Karma, and only we are responsible for it. All we need to do is to try and learn the necessary lesson, if we are unable to change it. In any of our next births we will be once again placed in that same situation from which we tried to escape by committing suicide, till we have learnt to handle that situation and learnt the lesson. Hence the advice is, "Accept the woes of birth." "Life is better than death, for death again disappoints the Self."

Theosophy also teaches that a person committing suicide finds himself in the astral atmosphere only partly dead, only minus the physical body. Such an entity moves around in the astral atmosphere, near the earth, wanting to satisfy certain desires but unable to do so in the absence of the body and the consequent risk of generating terrible karma by trying to satisfy them through some living body. If the person committed suicide at the age of thirty and his natural life term was seventy then the astral entity will remain in the astral atmosphere for next forty years, only after that there is final separation of the Ego from the lower principles.

How could values degenerate if God is omnipresent? When people see evil all around, they wonder if God really exists, and if he does, why does