



A Transgression Of Nature And A Tragedy To Be Prevented At All Costs

# SUICIDE



# Suicide

- The Victim
- Authority on Post-Mortem States
- Is Suicide A Crime?
- The Consequences
- Other Options?



# The Victim

Causes and Warning Signs



# Global Suicides



Data provided by World Health Organization

- One million people die by suicide worldwide each year—**a million lives wasted a year in vain!**
- The global suicide rate is **16 per 100,000** population.
- On average, **one person dies by suicide every 40 seconds** somewhere in the world, or **90 suicides every hour.**

# Global Suicides



Data provided by World Health Organization

- In the last 45 years global suicide rates have increased by **60% worldwide**.
- Suicide is among the **three** leading causes of death among those aged **15-44** years in some countries,
- The **second** leading cause of death in the **15-29** years age group
- These figures do not include suicide attempts which are **up to 20 times more frequent** than completed suicide.
- Suicide worldwide is estimated to represent **1.8%** of the total cause of death.

# The Causes of Suicide

- Suicide is generally the lack of courage of one to face the reality of life – mistakenly thought of as an escape.
- Common problems include:
  - Depression (the root of all problems)
  - Financial Desperations—Debts, Crime, Subsistence
  - Exposure—Scandals, Shame, Guilt
  - Destructive Emotions—Betrayal, Unrequited love, Jealousy, Sorrow
  - Pride—Unable to Accept Failure or Disappointment in Life
  - Idealistic—Expects Life and the World to be Perfect
  - Physical Sufferings—Terminal Illnesses, Relentless Pains, Handicap/Disabilities
  - Lost the Will to Live
  - Innate Tendency
- One who considers the present reincarnation a failure

# Depression

- Over 90 percent of people who die by suicide have a mental illness at the time of their death.
- Untreated mental illness is the cause for the vast majority of suicides. Mental illness includes
  - Depression
  - Bipolar Disorder
  - Schizophrenia, and others
- The most common mental illness is depression.
- Untreated depression is the number one cause for suicide.

# Innate Tendency

- Some people are ‘genetically’ predisposed to depression, and thus they may not appear to be undergoing any negative life experiences, yet still become depressed, and may die by suicide.
- You might have heard about some individuals who died by suicide and did not exhibit any symptoms or appear to have any serious problems. In these cases, it is possible that the person had depression that occurred because of this ‘genetic’ factor.
- **Esoterically, this is a tendency resulting from past suicides in the individual’s previous lives.**



# More Than One Cause

- It is very rare that someone dies by suicide because of one cause. Thus, there are usually several causes, and not just one, for suicide.
- Many people die by suicide because depression is triggered by several negative life experiences, and the person does not receive treatment – or does not receive effective treatment – for the depression.

# Negative Life Experiences

- The death of a loved one
- A divorce, separation, or breakup of a relationship
- Losing custody of children, or feeling that a child custody decision is not fair
- A serious loss, such as a loss of a job, house, or money
- A serious illness
- A terminal illness
- A serious accident
- Chronic physical pain
- Intense emotional pain

# Negative Life Experiences

- Loss of hope
- Being victimized (domestic violence, rape, assault, etc.)
- A loved one being victimized (child murder, child molestation, kidnapping, murder, rape, assault, etc.)
- Physical abuse
- Verbal abuse
- Sexual abuse
- Unresolved abuse (of any kind) from the past
- Feeling "trapped" in a situation perceived as negative

# Negative Life Experiences

- Feeling that things will never "get better"
- Feeling helpless
- Serious legal problems, such as criminal prosecution or incarceration
- Feeling "taken advantage of"
- Inability to deal with a perceived "humiliating" situation
- Inability to deal with a perceived "failure"
- Alcohol abuse
- Drug abuse

# Negative Life Experiences

- A feeling of not being accepted by family, friends, or society
- A horrible disappointment
- Feeling like one has not lived up to his or her high expectations or those of another
- Bullying (adults, as well as children, can be bullied)
- Low self-esteem

# Bipolar Disorder and Suicide

- Studies have shown that 25 to 50 percent of people with bipolar disorder (manic depression) attempt suicide
- Bipolar disorder is a brain disorder that causes strong mood swings or "episodes," which include both manic episodes (also known as mania) and depressive episodes (also known as depression)

# Symptoms of Manic Episodes, or Mania

- Feelings of euphoria
- An abundance of energy
- Becoming extremely active
- Becoming restless
- Inability to concentrate
- Racing thoughts
- Ideas rushing through the mind one after the other
- Talking very fast
- Quickly switching from one subject to another when talking

# Symptoms of Manic Episodes, or Mania

- Extreme irritability
- Aggressive behavior
- Poor judgment
- Being confused
- Sleeping very little
- Increased sexual drive
- Abusing alcohol
- Abusing drugs
- Consuming excessive sleeping tablets
- Denying that anything is wrong



# Symptoms of depressive episodes, or depression

- Feeling intense sadness
- Feeling lethargic — feeling like you have no energy
- Unable to concentrate
- Sleeping too much or too little
- Eating too much or too little
- Feeling worthless
- Feeling hopeless
- Feeling helpless
- Feeling negative or pessimistic

# Symptoms of depressive episodes, or depression

- Losing interest in activities that you previously enjoyed
- Crying frequently
- Withdrawing from others
- Neglecting personal appearance
- Feeling angry
- Feeling guilty
- Unable to think clearly
- Unable to make decisions

# Suicide Warning Signs

- Appearing depressed or sad most of the time (untreated depression is the number one cause for suicide)
- Talking or writing about death or suicide
- Withdrawing from family and friends
- Feeling hopeless
- Feeling helpless
- Feeling strong anger or rage
- Feeling trapped — like there is no way out of a situation
- Experiencing dramatic mood changes
- Abusing drugs or alcohol

# Suicide Warning Signs

- Exhibiting a change in personality
- Acting impulsively
- Losing interest in most activities
- Experiencing a change in sleeping habits
- Experiencing a change in eating habits
- Performing poorly at work or in school
- Giving away prized possessions
- Writing a will
- Feeling excessive guilt or shame
- Acting recklessly

# Suicide Myth 1

**MYTH**

People who talk about suicide are just trying to get attention

**FACT**

People who die by suicide usually talk about it first. They are in pain and oftentimes reach out for help because they do not know what to do and have lost hope. Always take talk about suicide seriously. Always.

# Suicide Myth 2

**MYTH** People who talk about wanting to die by suicide do not try to kill themselves.

**FACT** People who talk about wanting to die by suicide oftentimes kill themselves.

# Suicide Myth 3

**MYTH** Suicide always occurs without any warning signs.

**FACT** There are almost always warning signs.

# Suicide Myth 4

**MYTH** Once people decide to die by suicide, there is nothing you can do to stop them.

**FACT** Suicide can be prevented. Most people who are suicidal do not want to die; they just want to stop their pain.



# Suicide Myth 5

**MYTH** Suicide only strikes people of a certain gender, race, financial status, age, etc.

**FACT** Suicide can strike anyone.

# Suicide Myth 6

**MYTH** People who attempt suicide and survive will not attempt suicide again.

**FACT** People who attempt suicide and survive will oftentimes make additional attempts.

# Suicide Myth 7

**MYTH** People who attempt suicide are crazy.

**FACT** No, no, no. They are in pain, and probably have a chemical imbalance in their brain. Anyone could attempt suicide.

# Suicide Myth 8

**MYTH** People who attempt suicide are weak.

**FACT** No, no, no. They are in pain and probably have a chemical imbalance in their brain. Many people who are very "strong" die by suicide.

# Suicide Myth 9

**MYTH** People who talk about suicide are trying to manipulate others.

**FACT** No. People who talk about suicide are in pain and need help. And telling them that they "just want something" or "are trying to manipulate" is both insensitive and ignorant. People often talk about suicide before dying by suicide. Always take talk about suicide seriously. Always.

# Suicide Myth 10

**MYTH** When people become suicidal, they will always be suicidal.

**FACT** Most people are suicidal for a limited period of time. However, suicidal feelings can recur.

# Suicide Myth 11

**MYTH**

People who are suicidal definitely want to die.

**FACT**

The vast majority of people who are suicidal do not want to die. They are in pain, and they want to stop the pain.

# Suicide Myth 12

## **MYTH**

You should never ask people who are suicidal if they are thinking about suicide or if they have thought about a method, because just talking about it will give them the idea.

## **FACT**

Asking people if they are thinking about suicide does not give them the idea for suicide. And it is important to talk about suicide with people who are suicidal because you will learn more about their mindset and intentions, and allow them to diffuse some of the tension that is causing their suicidal feelings.



# Suicide Myth 13

**MYTH**

When people who are suicidal feel better, they are no longer suicidal.

**FACT**

Sometimes suicidal people feel better because they have decided to die by suicide, and may feel a sense of relief that the pain will soon be over.

# Suicide Myth 14

**MYTH** Young people never think about suicide, they have their entire life ahead of them.

**FACT** Suicide is the second leading cause of death for young people aged 10-24. Sometimes children under 10 die by suicide.

# Suicide Myth 15

**MYTH** There is little correlation between alcohol or drug abuse and suicide.

**FACT** Oftentimes people who die by suicide are under the influence of alcohol or drugs.

# Suicide Myth 16

**MYTH**

People who are suicidal do not seek help.

**FACT**

Many people who are suicidal reach out for help.



# Authority

## On Post-Mortem States





# Sources of Information (Esoteric Science)

- **The Adepts**—Masters of the Wisdom
  - **The Occultists**—Seers
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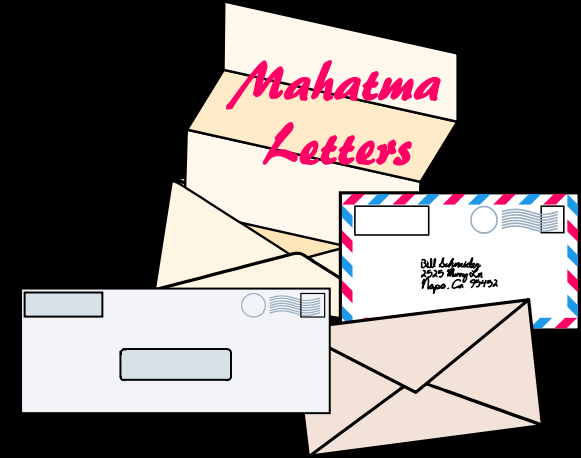


# Suicide

Is Suicide A Crime?



# Quotation from An Adept



. . . the greatest of all living crimes—*Suicide*

Extracts from Letter 19 (C) Master Serapis wrote to H. S. Olcott, *Letters From The Masters Of The Wisdom, Second Series*



Religions generally condemn suicide, although attempts have been made to justify it under certain circumstances. JUDAISM does not permit a full Jewish burial for a person who commits suicide. This tradition has also been adopted among Christians. In BUDDHISM, self-destruction is similarly frowned upon, although some believe that it is implied in the Nikāyas that among Arhats, they may have the power to choose whether to retain their bodies or not. ISLAM similarly disapproves of suicide. Although the Qur'ān does not refer to it, several Hadiths or traditions explicitly condemn suicide. Hinduism also condemns it with the possible exception of the practice of *prayopaveśa*, or fasting to death, which is allowed only under certain conditions.

*The Theosophical Encyclopedia*

The portion of karma selected for discharge in a particular life is known as “ripe”, or *prārabda* karma. With this in view, the mental, astral and physical bodies are constructed for a particular length of life. That is one reason why suicide is such a grievous mistake: **it constitutes a direct refusal to work out the karma, selected for that particular incarnation, and merely postpones the trouble, as well as generating new karma of an unpleasant nature.**

A. E. Powell, vide *The Causal Body*

# Quotation from An Occultist

If you mean by such desire “**suicide**,” then I say, most decidedly not. Such a result can never be a “natural” one, but is ever due to a morbid brain disease, or to most decided and strong materialistic views. **It is the worst of crimes and dire in its results.**

...Otherwise voluntary death would be an abandonment of our present post and of the duties incumbent on us, **as well as an attempt to shirk Karmic responsibilities, and thus involve the creation of new Karma.**

H. P. B., *The Key to Theosophy*

# Quotation from An Occultist

No more than murder, is it ever justifiable, however desirable it may sometimes appear. The Occultist, who looks at the origin and the ultimate end of things, teaches that the individual, who affirms that any man, under whatsoever circumstances, is called to put an end to his life, is guilty of as great an offence and of as pernicious a piece of sophistry, as the nation that assumes a right to kill in war thousands of innocent people under the pretext of avenging the wrong done to one.

H. P. B., *Collected Writings, Vol. IV*

## Quotation from An Occultist

No man, we repeat, has a right to put an end to his existence simply because it is useless. As well argue the necessity of inciting to suicide all the incurable invalids and cripples who are a constant source of misery to their families; and preach the moral beauty of that law among some of the savage tribes of the South Sea Islanders, in obedience to which they put to death, with warlike honours, their old men and women.

*H. P. B., Collected Writings, Vol. IV*

## Quotation from An Occultist

Such people sometimes contemplate suicide. That would be fatal. Even if a man is maimed for life, he should take what opportunity he has to repair the harm, should gird up his loins and valiantly continue the struggle. **Suicide would mean a return to conditions similar to those from which escape is sought, with the added bad karma of the act.**

C. W. Leadbeater, *Talks on the Path of Occultism*, I

# Quotation from An Occultist

**Suicide is always a mistake.** It temporarily solves certain problems, but it also raises new ones; **for eventually, every obligation must be met, every debt paid, every pain lived through.** “God is not mocked, for whatsoever a man soweth, that shall he also reap.” (*Gal.*, VI. 7.) It is wiser, therefore, to accept and endure the difficulties, no matter how painful they may be, than to perpetuate and intensify them by attempted evasion and the additional complication of self-murder, the karmic reaction from which may adversely affect successive incarnations.

*Geoffrey Hodson, Through the Gateway of Death*

# Quotation from An Occultist

The man who commits suicide runs away from school before the appointed lesson is learnt; he is guilty of the great presumption involved in taking into his own hands a decision which should be left to the working of the Great Law. **The consequences of so great a rebellion against nature are always of a momentous character. They are certain to affect the next life, and quite probably more lives than one.**

C. W. Leadbeater, *Inner Life II*



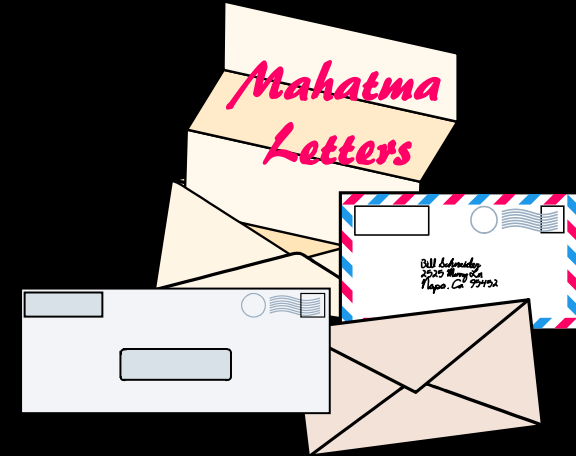


# The Consequences

What Awaits The Victim On The Other Side



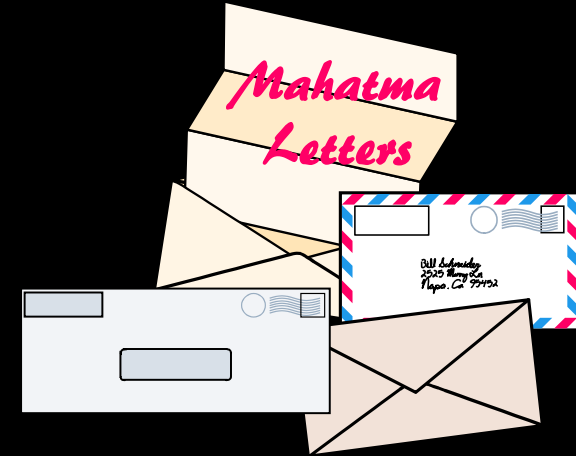
# Quotation from An Adept



The rule is, that a person who dies a natural death will remain from “a few hours to several short years” within the earth’s attraction, *i.e.*, in the *Kama-Loka*. **But exceptions are, in the case of suicides & those who die a violent death in general.**

*Master K. H., The Mahatma Letters to A. P. Sinnett, ML 68*

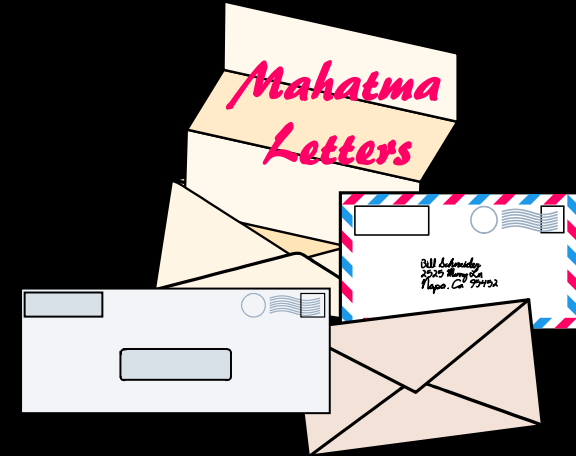
# Quotation from An Adept



Hence, one of such Egos, for instance, who was destined to live – say, 80 or 90 years, but who either killed himself or was killed by some accident, let us suppose at the age of 20 – would have to pass in the Kama Loka not “a few years,” but in his case 60 or 70 years, as an Elementary, or rather an “earth-walker”; since he is not, unfortunately for him, even a “shell.”

Master K. H., *The Mahatma Letters to A. P. Sinnett*, ML 68

# Quotation from An Adept



They are an exception to the rule, as they have to remain within the earth's attraction, & in its atmosphere – the Kama-Loka – till the very last moment of what would have been the natural duration of their lives. In other words, that particular wave of life-evolution must run on to its shore.

*Master K. H., The Mahatma Letters to A. P. Sinnett, ML 68*

## Quotation from An Occultist

There are again cases in which the Kāma-loka entities of “suicides” and of persons dying unnatural and accidental deaths may appear and exhibit rare intelligence, **because those entities have to live in Kāma-loka for the period they would have passed on earth if those accidents had not carried them away**—before the struggle between the astral and spiritual affinities commences. The causes engendered by them during earth-life are not yet ripe for fruition and they must wait their natural time. But to recall these into “mediumistic” circles is equally dangerous as in the above-mentioned cases, and for the very same reasons.

T. Subba Row, *Esoteric Writings*

# Quotation from An Occultist

... so that he would be by no means unlikely to resort to the imaginary refuge of suicide, **only to find on awakening into astral life that he had changed his condition for the worse instead of for the better, as the suicide always does,** since his cowardly action cuts him off from the happiness and peace which usually follow death ...

**C. W. Leadbeater, *Thought-Forms***

# Quotation from An Occultist

A man who is torn from physical life hurriedly while in full health and strength, whether by accident or suicide, finds himself upon the astral plane under conditions differing considerably from those which surround one who dies either from old age or from disease.

C. W. Leadbeater, *The Astral Plane*

# Quotation from An Occultist

The case of men struck suddenly out of physical life by accident, **suicide**, murder, or sudden death in any form, **differs** from those of persons who pass away by failure of the life-energies through disease or old age. If they are pure and spiritually minded they are specially guarded, and sleep out happily the term of their natural life. **But in other cases they remain conscious—often entangled in the final scene of earth-life for a time, and unaware that they have lost the physical body—held in whatever region they are related to by the outermost layer of the astral body: their normal Kâmalokic life does not begin until the natural web of earth-life is out-spun, and they are vividly conscious of both their astral and physical surroundings.**

Annie Besant, *The Ancient Wisdom*



# Quotation from An Occultist

We are often asked how suicide affects a man's position in the other world. **First of all, it must be clearly understood that suicide is a wrong thing, and no man should end his life before its natural time,** unless it be in an act of heroism for the benefit of others.

...On the other hand men have committed suicide out of sheer cowardice, afraid to face the results of their own actions; in such cases there is unquestionably a moral wrong. **Such a man throws himself, in the fullest consciousness, into the lowest and most unpleasant part of the astral world, where a good deal of suffering may be his lot.** He often realizes immediately that he has made a mistake, that he has done wrong; but he has to bear the consequences of his rash act.

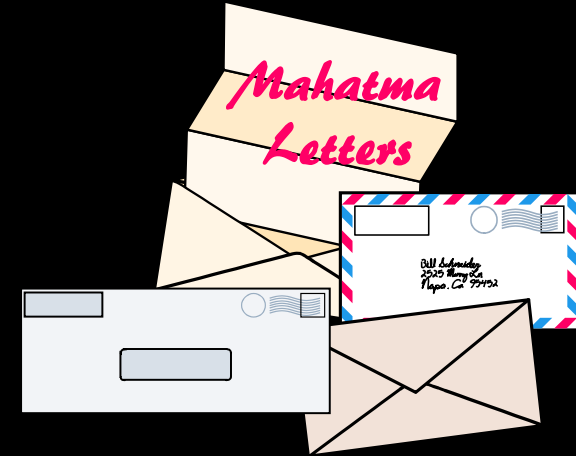
*C. W. Leadbeater, The Other Side of Death*

# Quotation from An Occultist

For it must be remembered that the population of **this lowest region** consists of the very scum of humanity, murderers, ruffians, violent criminals of all types, drunkards, profligates, the vilest of mankind. None is here, with consciousness awake to its surroundings, save those guilty of brutal crimes, or of deliberate persistent cruelty, or possessed by some vile appetite. The only persons who may be of a better general type, and yet for a while be held here, are **suicides, men who have sought by self-murder to escape from the earthly penalties of crimes they had committed, and who have but worsened their position by the exchange**. Not all suicides, be it understood, for self-murder is committed from many motives, but only such as are led up to by crime and are then committed in order to avoid the consequences.

*Annie Besant, The Ancient Wisdom*

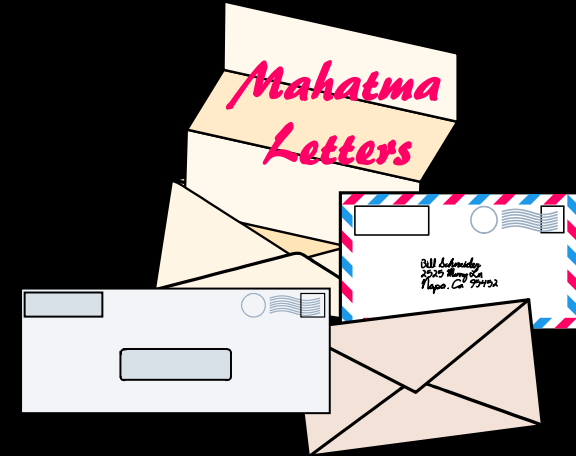
# Quotation from An Adept



The suicides, who, foolishly hoping to escape life, found themselves still alive, have suffering enough in store for them from that very life. **Their punishment is in the intensity of the latter.**

*Master K. H., The Mahatma Letters to A. P. Sinnett, ML 68*

# Quotation from An Adept



...with the exception of suicides **who are not dead** but have only killed their physical triad, and whose Elemental parasites, therefore, are not naturally separated from the Ego **as in real death.**

*Master K. H., The Mahatma Letters to A. P. Sinnett, ML 93B*

# Quotation from An Adept

As for the poor second victim, he has already learnt and will more fully learn that **suicide is always a mistake**, for although he is out of the physical influences, **he is not free of the personal associations, such as the addiction which will be felt far more deeply than in the body**, and also he knows the futility of his action and its terribly tragic effect upon his mother and other members of the family.

In addition, as you know, **his consciousness is restricted to the lower levels of the astral plane**, and he can only with difficulty be reached by his Ego and become aware of this.

**Master Polidorus Isurenus via Geoffrey Hodson, *Light of the Sanctuary***

# Quotation from An Occultist

The victims of accident are generally exempt from this curse, only those falling into the current of attraction who die full of some engrossing earthly passion; the SELFISH who have never given a thought to anyone but their own selves. Overtaken by death in the consummation—whether real or imaginary—of some master-passion of their life, the desire remaining unsatisfied even after a full realization, and they still craving after more, such can never pass beyond the earth's attraction to wait for the hour of deliverance in happy ignorance and full oblivion. Among the “suicides” are that class who commit the act in consequence of a crime, to escape the penalty of human law, or of their own remorse. **Natural law cannot be broken with impunity; the inexorable causal relation between action and result has its full sway, but in the world of effects—the *Kama-loka*; and every case is met there by an adequate punishment, and in a thousand ways which would require volumes to describe them even superficially.**

H. P. B., *Collected Writings, Vol. IV*

# Quotation from An Occultist

A suicide will repeat automatically the feelings of despair and fear which preceded his self-murder, and go through the act and the death-struggle time after time, with ghastly persistence.

*Annie Besant, The Ancient Wisdom*

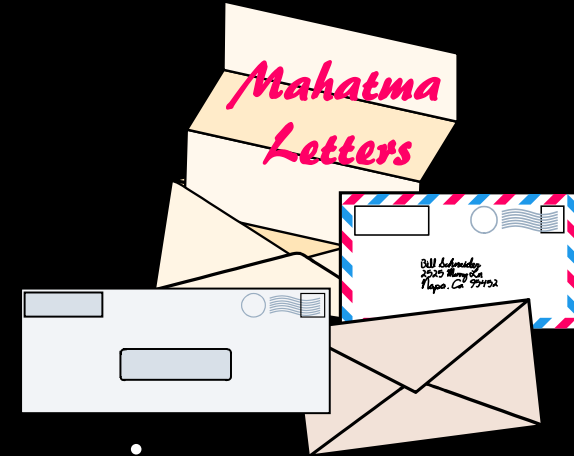
# Quotation from An Occultist

Gross and sensual, they have ended their physical existence in the full flush of life, driven by passion or fear. **Their strong desires then keep them earth-bound.** They can see the replica in subtle matter of the physical plane and **live in a half-world — between this one and the next.** Driven by desires and passions which they cannot satisfy, they seek gratification by entering places of sensual indulgence on the physical plane and trying to unite their consciousness with that of the drunkard or the sensualist indulging there.

*Geoffrey Hodson, Through the Gateway of Death*



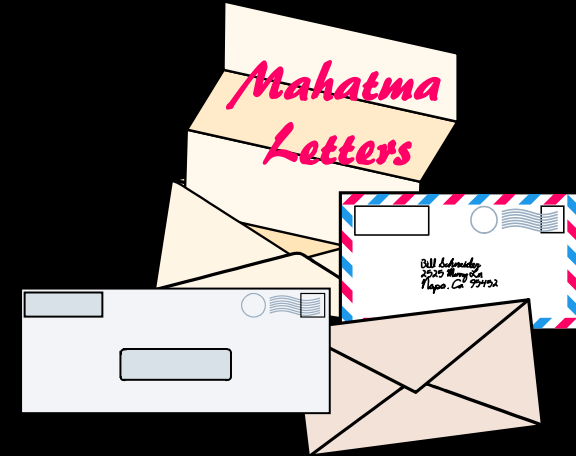
# Quotation from An Adept



Cut off in the full flush of earthly passions which bind them to familiar scenes, **they are enticed by the opportunities which mediums afford to gratify them vicariously.** They are the Pisachas, the Incubi, and Succubi of mediaeval times; the demons of thirst, gluttony, lust & avarice, – elementaries of intensified craft, wickedness & cruelty; provoking their victims to horrid crimes, and revelling in their commission!

**Master K. H., *The Mahatma Letters to A. P. Sinnett*, ML 68**

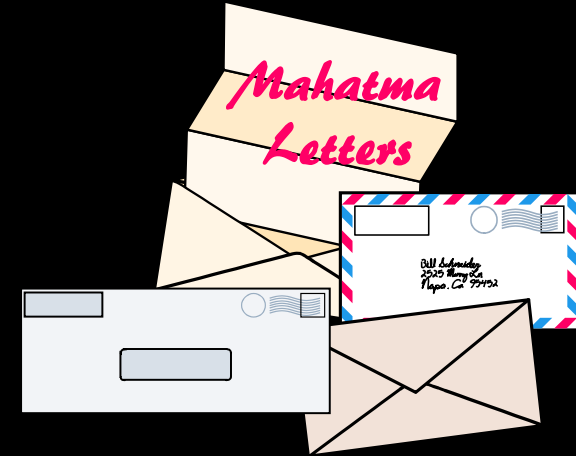
# Quotation from An Adept



In the *Kama-Loka*, the land of intense desires, they can gratify their earthly yearnings but thro' a *living* proxy; and by so doing, at the expiration of the natural term, they generally lose their *monad* for ever.

Master K. H., *The Mahatma Letters to A. P. Sinnett*, ML 68

# Quotation from An Adept



***Motive* is everything and man is punished in a case of *direct* responsibility, never otherwise. In the victim's case, the natural hour of death was anticipated *accidentally*, while in that of the suicide, death is brought on voluntarily and with a full and deliberate knowledge of its immediate consequences.** Thus a man who causes his death in a fit of temporary insanity is *not a felo de se*.

Master K. H., *The Mahatma Letters to A. P. Sinnett, ML 70-C*

# Quotation from An Occultist

The circumstances surrounding a suicide immediately after death are the same as they would be for the victim of an accident, since both of them arrive upon the astral plane with equal suddenness. But there is the enormous difference that the man who dies by accident, not expecting death, is thrown into a condition of unconsciousness, and usually passes through the lowest sub-plane without knowing anything of its varied unpleasantness. **The suicide, on the contrary, has acted deliberately, and is generally painfully aware of much that is horrible and repugnant to him. He cannot be saved from the sights and feelings which he has brought upon himself;** but he may often be helped to understand them, and may be inspired with patience, perseverance and hope by the good offices of some kind friend.

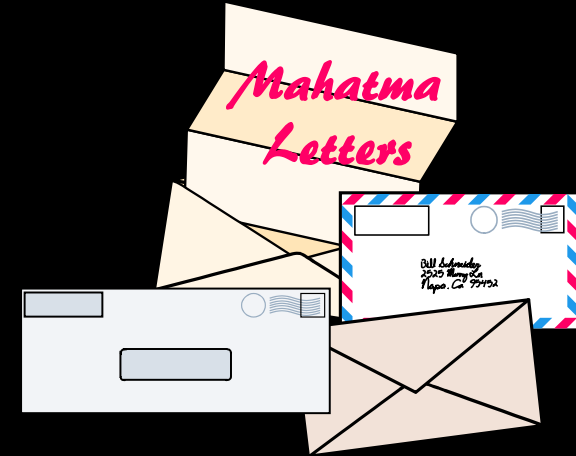
*C. W. Leadbeater, Inner Life II*

## Quotation from An Occultist

The position of the suicide is further complicated by the fact that his rash act has diminished the power of the ego to withdraw its lower portion into itself, **and therefore has exposed him to various additional dangers;** but it must be remembered that the guilt of suicide differs considerably according to its circumstances, from the morally blameless act of Seneca or Socrates through all degrees down to the heinous crime of the wretch who takes his own life in order to escape from the entanglements into which his villainy has brought him; and the position after death varies accordingly.

*C. W. Leadbeater, The Astral Plane*

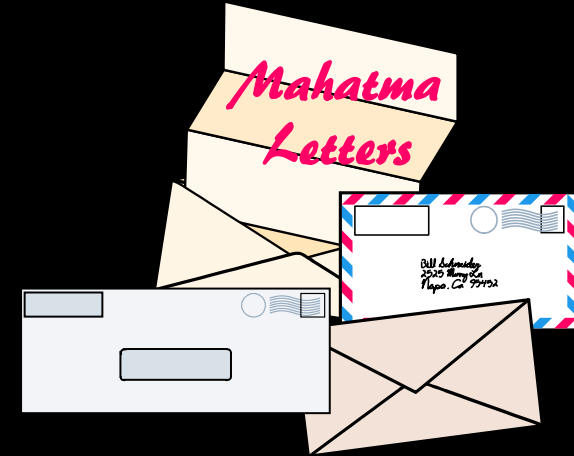
# Quotation from An Adept



They not only ruin their victims, but these psychic vampires, born along by the torrent of their hellish impulses, **at last, at the fixed close of their natural period of life – they are carried out of the earth's aura into regions where for ages they endure exquisite suffering and end with entire destruction.**

*Master K. H., The Mahatma Letters to A. P. Sinnett, ML 68*

# Quotation from An Adept



Remember still: even in the case of suicides there are many who will never allow themselves to be drawn into the vortex of mediumship

*Master K. H., The Mahatma Letters to A. P. Sinnett, ML 76*



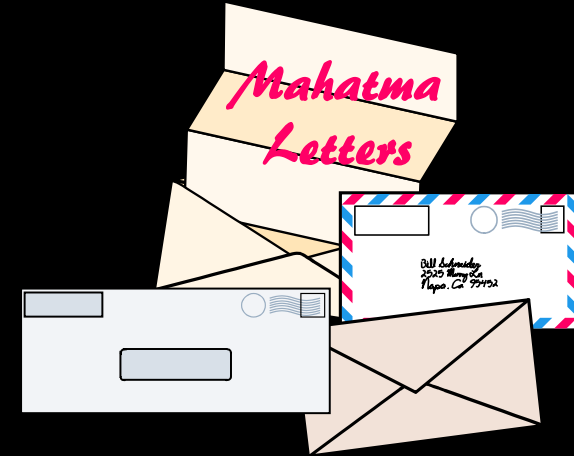
# Other Options?

Clearly Suicide Is Not An Option!





# Quotation from An Adept



“...The sky is black now, but forget not the **hopeful** motto “*Post nubila Phœbus!*” (after the darkness - the dawn) ...”

**Master K. H., *The Mahatma Letters to A. P. Sinnett, ML 130***

# When You Feel Suicidal

## ✓ Seek Help From

- ✓ Your Family

- ✓ Your Close Friends/Confidants

- ✓ Support Groups

## ✓ Seek Spiritual Refuge

- ✓ Your Religious or Spiritual Mentor

## ✓ Know About the Laws of Nature

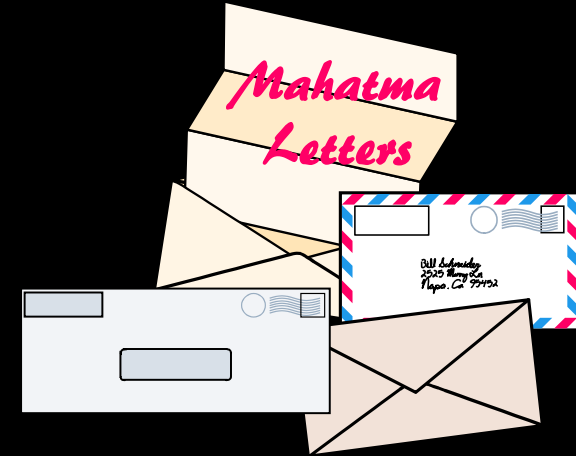
- ✓ Study Theosophy

- ✓ Know About the Law of Karma

- ✓ Learn About the Life After Death for Suicides

- ✓ Can This Be The Only Life?

# Quotation from An Adept



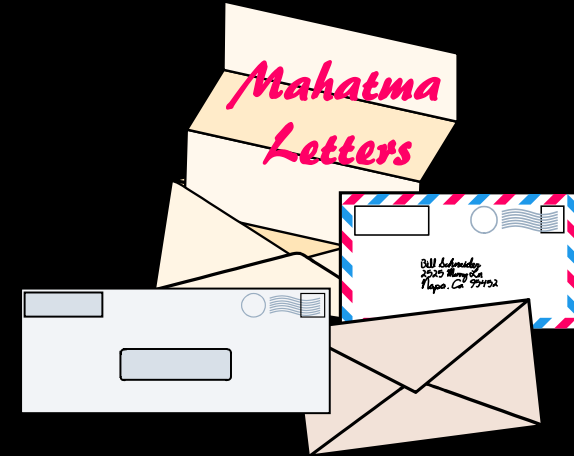
“...We cannot alter Karma my “good friend” or we might lift the present cloud from your path. But we do all that is possible in such material matters. No darkness can stay forever. Have **hope** and **faith** and we may disperse it. ....”

*Master M., The Mahatma Letters to A. P. Sinnett, ML 137*

# Nothing Justifies The Ending of Life

- ☑ Remember the wise saying “Even this shall pass” when life seems unbearable
- ☑ You will be surprised that what you are prepared to end your life for is not taken so seriously by others
- ☑ You are dear to many people, think of how they could ever come to terms with your suicide
- ☑ Life is precious and there is a purpose to living, it is just that you have not found it or realized yet
- ☑ Every life is worth living even though it may seem insignificant to you
- ☑ No darkness can stay forever - *“Post nubila Phœbus!”*

# Quotation from An Adept



“...At all events the holy lamp of spiritual light burning in you [however dimly] there is **hope** for you...”

*Master K.H., The Mahatma Letters to A. P. Sinnett, ML 12*

# Courage, Patience & Hope



Peace Be With You

<http://singaporelodge.org/pdf/Suicide.pdf>