

Article 229: Suicide -part 2

You are a wondrous spiritual being right now, you are not evolving into one, ...thus you think less of yourself and your life than you should. Your distorted selfimage and vision of life have you confused, ...it is time to see yourself fully and more-accurately. You are someone others can rely upon, so stand up before the world for what you believe. Others' thoughts, judgments, and actions do not affect you, only your own thoughts, judgments, and actions affect you. Just be yourself! ...and your new life will be what your beliefs•thoughts•attitudes•emotions•expressions want it to be. Your most wonderful dreams can come true!

[What visions do you have of your own future?](#)

If you are concerned about someone who may be considering suicide ...or who is living a life of judgments, there are many things you should know. Though a common cliché says that *people who judge ...or talk about suicide usually do not do it*, this is not true, many people follow through, ...therefore, it is wise to understand some of the common behaviors of those who try to commit suicide through acts or judgments ...and those who succeed. These individuals frequently become moody or silent ...for almost no reason at all, and they tend to withdraw, physically and/or emotionally from people and activities around them, especially from previously important individuals and events. These actions are usually accompanied by a sudden change in nature, personality, and interests; unexpected crises, traumas, burdens, illnesses, and difficulties arise and create depression or aggressive reactions which seem to last; these individuals speak of or exhibit attitudes of hopelessness ...which they usually attempt to conceal; and they often speak of or exhibit a disregard or unconcern for their life or safety, the lives of others, and even the lives of pets, though they may attempt to conceal these attitudes under a covering of great concern.

[Look carefully and wisely!](#)

Having made a decision or following their judgments to a fatal conclusion, these individuals may exhibit a false sense of happiness ...which leads others to believe that nothing is wrong. Is this individual uncharacteristically giving gifts or personal belongings to others? Do you see that these individuals are having difficulty coping with highly emotional issues ...or are deeply concerned about normal or trivial matters? Do they speak of feeling unwanted or unneeded or of being a hindrance to others? ...of feeling a failure? Are they having unusual problems at work? ...or in

other activities? Does life seem overwhelming or intolerable? Do they threaten others or speak of punishing them?

Additional signs may include uncharacteristic anxiety and worry, defensiveness, panic attacks, and/or obsessive-compulsive disorders. Eating problems are common ...as is alcohol or drug abuse. These behavior changes are frequently blurred, concealed, rationalized, or seemingly explained or justified, ...therefore, if you even *suspect* that someone is considering suicide or judging his/her life to death, do not be casual, ...take it seriously! Are you following any similar feelings or actions? Seeing these behavior changes or suspecting suicidal thoughts or judgments in another, know that this situation is an emergency, so speak up, ...but treat the person and subject and behaviors with serious respect, ...do not make fun of the person ...or light of their thoughts. Regardless of that person's answers, watch carefully and seek professional assistance, ...however, since most people constantly judge ...and feel that judging is normal, natural, and necessary, you will have difficulty finding assistance or guidance in dealing with and individual who is suiciding on judgments.

Stretch your mental muscles and visualize
the self and life you have, up until now,
only felt or sensed.

Does caring about others create an awareness of self from beyond self? ...or does an awareness of self create a caring beyond self? What qualities and assets within you make you an individual? ...or is it possible that you as an individual use your qualities and assets to express differently ...but those different expressions do not make you different? ...nor do they make you stand out in your own mind. Isn't it possible that what is so unique and maybe even extraordinary about you to others is so naturally you that you don't feel unique and extraordinary? Well, think again! ...for the actions of great artists, musicians, teachers, scientists, or technicians are so natural to those individuals that they frequently wonder why everyone else doesn't have similar abilities and understandings. Maybe uniqueness and being different are of being at odds with the "normal" order of thinking, believing, and acting, ...are you willing to step out of this "normal" view of perceiving and living to be truly unique? It is time for you to think, live, and act uniquely outside of others' beliefs and norms, ...and though this may, at first, stress you somewhat ...and set you in doubt, this is only temporary, ...and as you change and see and live life

from an entirely different, judgment-free point-of-view, your very existence will threaten others who have thought and lived~lifetime after lifetime~by language's judgmental beliefs and rules.

Doesn't it seem that you have become only what the language of your beliefs and thoughts allow? ...that they determine or limit what you see and experience? ...and what you believe you are? ...and what you think and do? ...and how you feel? ...yet, through it all, don't you sense that you are much more than all of that? ...that maybe your beliefs and thoughts were holding something back from you? Well, that is true! You are far greater and finer and other than what your thinking language let's you believe ...and believe about your self and life. This is not a different self, a non-self, or a spiritual or higher-self, **it is you!** ...the you that your language-thinking has forbidden you to see and know, it is a view of your self and life that is never seen and known through the clouded limitations of duality-language believing, thinking, and perceiving. Are you willing to know this self and life?

If so, the first thing to remember is that your parents and teachers did not viciously blind you ...or impose their blindness on you, they felt they were teaching you the "truth" of life as it was taught to them. Ohh, they didn't investigate the truth of their beliefs and thinking, ...but then neither did you, everything seemed normal and natural ...essentially as they described the universe to be, and though you may have disagreed with many issues, you accepted their view of the universe and way of believing and thinking ...just as every generation has unquestioningly accepted their forefathers' views and ways essentially without question, but you are beginning to see through the falseness of duality thinking•believng, ...aren't you?

Your life is not ending,
it's just beginning!