



Self-Loving Awareness—Prevention of Suicide

Twelve Reasons Not to Commit Suicide

By H.E. Dzogchen Khenpo Choga Rinpoche

NAMO BUDDHAYA

*I pray to the Long Life Buddha,
the Immortal Awakened Omniscient One.
For the true happiness of all beings,
I will become Buddha in this very life.*

*Therefore,
I will joyfully demonstrate why human life is precious.*

May you realize that you are present moment thinking only.

May you realize that the human body is precious.

May you realize that human life is precious.

May you realize that life is impermanent.

*May you realize that the nature of all beings
is True Happiness, Buddha.*

*Therefore,
Joyfully respect your life and the lives of all beings.*

Overview

All beings want happiness and do not want suffering; therefore, you should love yourself and all beings equally. I have heard there are over one million people who take their own lives each year, not including an estimated 10 to 20 million non-fatal attempted suicides every year worldwide. The World Health Organization estimates that suicide is the thirteenth-leading cause of death worldwide and is a leading cause of death among teenagers and adults under 35.

For these reasons, I want to give some heartfelt advice on the importance of protecting human life. I also wish to show how harmful suicide is, and to share some valuable methods for preventing suicidal thoughts.

The following message is not necessarily addressing just one person, but rather for various kinds of people who have different problems.

Disclaimer: I cannot guarantee that this message will benefit those who are on the brink of actually committing suicide.

This message is primarily aimed at preventing suicidal thoughts from arising or becoming stronger. My main goal is to destroy the wrong views and misconceptions that stem from negative thinking and cultural, philosophical, or religious beliefs that glorify suicide.

If you have the strong negative thinking that you really want to kill yourself, you should immediately calm down and pray to Buddha or your higher power. Deeply breathe fresh air and drink a lot of pure water. You must talk to your loved ones or call a suicide hotline. Do not hide your thoughts of suicide. Everybody needs help sometimes. Now is the time to ask for help!

Everyone experiences difficult times in their lives. Undergoing difficulties does not mean you need to kill yourself. You will overcome these challenges. Never, ever think you are absolutely bad because your nature is primordially Awakened Omniscience, Buddha.

Suffering is impermanent. If you improve your thinking, it is guaranteed that your circumstances will change for the better.

Please do not give up. If you do not give up hope, you will always find great help.

If you are feeling badly about yourself today, then do not read the rest of this document now. You should immediately calm down and pray to Buddha. Deeply breathe fresh air, drink pure water, then you must talk to your loved ones. Please do not give up. If you do not give up hope, you will always find great help.

Some resources about suicide can be found here: www.save.org
Each country has their own suicide prevention organizations. Please contact yours.

About This Document

In this document I use both sweet and bitter words because some people benefit from gentle words while others benefit from stronger words. Some people benefit from a logical message, others from a loving message. Therefore, this document contains all flavors and I am greatly hoping that these twelve principles will benefit people of different backgrounds and cultures.

I do not expect you to agree with everything I say. If you agree with just one of these ideas, you already have enough reason not to kill yourself. Even if you don't find anything here you agree with, you still should not kill yourself. Human life is precious and difficult to obtain.

Refuting The Twelve Wrong Views Regarding Suicide

1. Some mistakenly believe that suicide hurts only themselves, but not others.

First you should imagine that the person you love the most killed themselves. How would you feel in your heart? In reality, suicide is like a bomb of suffering for your family and loved ones. It is terrorism of the worst kind. If you commit suicide, your loved ones may suffer for months or even years, creating traumatic emotional and physical stress and disease for their whole lives. You are not relieving the suffering of others by committing suicide, you are creating more suffering for others.

If you love your family, please practice loving compassion and do not kill yourself. Human life is precious.

2. Some mistakenly believe that suicide relieves shame or guilt.

Have you ever heard of any suicide that relieved a family of pain? Committing suicide will not alleviate shame or guilt. In fact, it creates unbearable shame for you and your loved ones. Those who commit suicide are being dishonest with themselves and others. They have no consideration for the loving feelings of their family, friends, community, and country.

If you want to relieve shame or guilt, please purify your negative conduct and do not kill yourself. Human life is precious.

3. Some mistakenly believe that suicide is the right choice.

Suicide is an evil, selfish choice. It is always the wrong decision. It creates a huge burden for families and society. Those who commit suicide are only thinking about themselves, and do not truly care about their family, friends, community, or country. It is not an act of wisdom or generosity. It does not solve any problems, nor does it help anyone. Suicide only creates more problems and suffering for everyone.

If you want to make the right choice, please study Buddhist principles instead of killing yourself. Human life is precious.

4. Some mistakenly believe that suicide is heroic or honorable.

Suicide is cowardly; it is neither heroic, nor honorable. It is as disgusting as eating excrement. People who commit suicide do not even have the slightest quality of a hero and are not worthy of any respect. Suicide creates only fear, not peace.

We should not celebrate or publicize those who commit suicide by showing their image or mentioning their name to the public. Emphasizing negative activities has a detrimental impact on the whole world.

If you really want to be a hero or honor others, please respect yourself and others' lives by not killing yourself. Human life is precious.

5. Some mistakenly believe that suicide alleviates the burdens of others.

In reality suicide creates an even bigger burden for others. It is the most ignorant action on Earth because you are terminating all your potentially beneficial activities. Parents, family, friends, community, and country have all nourished you since you were a helpless baby. They fed you, washed your body, educated you and cared for you until you were self-reliant. Now, if you selfishly kill yourself, how can you repay their kindness and care for them the way they cared for you?

Imagine if you and your whole family were to spend many years whole-heartedly investing all your time, energy, and resources into building the most sophisticated hospital. Then, when it is finally ready to help many people, you intentionally destroy it. How stupid! If you kill yourself now, it is more stupid than that.

If you want to alleviate the burdens of others, please protect living beings and do not kill yourself. Human life is precious.

6. Some vengefully believe that suicide will give suffering to those who have hurt them.

In reality, suicide mainly hurts you. It is not so hurtful to those who want to hurt you, but it definitely hurts those who don't want to hurt you—those who love and care about you. It is neither logical nor rational to think that killing yourself is hurting those who want to hurt you. In fact, you are just fulfilling your enemy's wishes—just like taking poison and hoping your enemies will die.

If you don't want to fulfill your enemy's wishes, please do not kill yourself. Human life is precious.

7. Some mistakenly believe that suicide is a way of honoring one's responsibilities.

Suicide is an irresponsible action. Those who commit suicide are so afraid to take responsibility and do not care about their family or friends. If you kill yourself, all the people who love you or rely on you suffer, creating a social disaster.

Other people need you. You are important and your actions matter. Killing yourself is denying your duty to help others. It is your responsibility to help yourself and others, not to create suffering for yourself and others.

If you want to be a responsible human being, please practice Buddha's wisdom and do not kill yourself. Human life is precious.

8. Some mistakenly believe that suicide puts an end to bothering others.

Suicide disturbs many people's lives. People who commit suicide do so because they have been meditating on self-degradation. They often think that no one respects them or cares about them. They feel worthless. In reality, many people love them, like them, respect them, and rely on them. Those who want to commit suicide forget to care about others or see their own true human value because they are so selfishly fixated on their own problems. Suicide is an unthinkable disturbance to family, friends, society, and country.

If you do not want to disturb others, please practice Buddha Path meditation and do not kill yourself. Human life is precious.

9. Some mistakenly believe that suicide is not a negative action.

Suicide is murder, it is a criminal activity. Those who commit suicide are murdering many people's love and hope, including their own. They create a lot of misery for others. Suicide creates heavy negative karma, which results in miserable future lives in lower realms, including repeatedly committing suicide in hell. Even if you are reborn as a human, you may still experience great suffering from having committed suicide.

If you do not want to be reborn in the hell realms, please practice the Buddha Path and do not kill yourself. Human life is precious.

10. Some mistakenly believe that suicide will not negatively impact people.

Suicide is the worst example and model of how to deal with life. When someone commits suicide, that negatively impacts their family and society, and even their pets. It is like poison for innocent people's minds. Many people want to imitate them. People who commit suicide disgrace their family, race, and country.

If you want to be a good role model, please practice love and compassion and do not kill yourself. Human life is precious.

11. Some mistakenly believe that after they commit suicide they will become famous or legendary.

A) If you ignorantly believe there are no future lives, why do you hope that someone will talk about you or that you will become famous after you die? According to this wrong view, when you die you do not exist any more and will not exist again in the future. You are nothingness, so

whether or not people talk about you doesn't matter.

B) If you wisely recognize that there are future lives, suicide is the worst thing you can do. People who commit suicide burn in hell. Maybe people will talk about you, but you will be totally cooking in your suffering so it won't matter whether people talk about you or not.

If you want to be famous or legendary, please practice virtuous activities and do not kill yourself. Human life is precious.

12. Some mistakenly believe that suicide is an end to suffering.

Believing that there are no future lives is only ignorant guessing and conjecture. Killing yourself does not end your suffering or your fear of life. It is impossible to prove or have evidence, either philosophically or scientifically, that there are no future lives. You should not kill yourself because it will not end your suffering. Suicide will definitely create your personal hell. If you are impatient with a little suffering in this life, how will you bear the agony of hell? It is like jumping in the fire because you feel too hot under your blankets.

If you want to end your suffering, please end your negative thinking and negative karma so you can become Buddha, True Happiness. Do not kill yourself. Human life is precious.

Some Skillful Methods of Self Awareness

The best way to prevent problems in your life is by taking refuge in Buddha as your guide, Dharma as your path, and Sangha as your companions. It is very important to practice The Buddha Path consistently every day and join a weekly Buddha Path practice group.

In your daily life, you should visualize Buddha in front of you. Then, talk to Buddha directly and pray to Buddha every day with good intention. This will prevent many problems including suicidal thoughts. Recite the following mantra and prayer at least 108 times every day:

NAMO BUDDHAYA

May all beings be free from fear and the causes of fear.
May all beings have happiness and the causes of happiness.

Also, you should compassionately help and pray for those who are suffering because their loved ones have committed suicide. You should especially help those who are having suicidal thoughts by praying for them and giving dharma teachings.

I have been to many countries and have helped many people through the teachings of Buddha. In my experience, those who practice The Buddha Path daily have rapidly reduced their negative thinking, negative attitude, negative conduct, negative actions, and suffering. They have obviously transformed their lives into loving, compassionate, peaceful, happy, and joyful lives.

When you have the thought to kill yourself or harm others, it is the voice of evil; do not listen. Negative intentions are not good for you and all beings. They are very harmful for you and others. It is especially harmful for your loved ones and those around you.

When you overcome thoughts of suicide or of harming others, you are victorious. That is Buddha's blessing. When you reduce your negative thinking and negative conduct, you are helping yourself and others and are also encouraging others to not harm themselves.

I rejoice that these days there are many Buddhists who practice Freeing Live Animals that were to be killed. This is very virtuous, creates good karma, and benefits all beings. However, if you protect precious human lives or show that human life is precious, it is much greater virtue and creates immeasurable good karma that helps you and all beings to become Buddha, True Happiness. Therefore, we should help the people of this Earth through the sacred teachings of the Buddha.

Encouragement to Practice Buddha Dharma

It is estimated that there are more people who have killed themselves than who have been killed during any recent wars or natural catastrophes. There are also more people killing themselves than are killing each other. Therefore, we should learn, contemplate, and meditate on renunciation, compassion, faith, love and wisdom of Buddha's teachings and practice the Buddha Path to transform violence into peace, disease into health, starvation into wealth, suffering into happiness, and samsara into nirvana.

Please recite the following aspirations for world peace:

NAMO BUDDHAYA

May I realize I am single present moment thinking only.

May I realize that the human body is precious.

May I realize that human life is precious.

May I respect myself and all beings as Buddha, Dharma, and Sangha.

May I love myself and all beings.

May I have good health and long life.

May I create individual happiness and world peace.

May I care for myself and others with wisdom and compassion.

May I practice the Buddha Path diligently every day.

The Impact of Media

A lot of people commit suicide because of the constant flow of negative media. When someone does harmful things they often get free publicity locally and internationally. This publicity is an even more harmful action because it inspires many people to do harmful things.

If bad news or harmful education makes you feel paralyzed or hopeless, don't wallow in worry or fear. Instead, perseveringly engage in compassionate action and virtuous deeds and pray to Buddha Padmasambhava. If you want to help all beings or even one being you must first take care of yourself.

We should give free publicity locally and internationally for anyone who does helpful, virtuous things or for any helpful philosophy, message, idea, or technology. We should celebrate their beneficial contribution, respectfully publicize their name and image, and emphasize them again and again.

Please compassionately share this message with all your mailing lists and everyone you know to spread this positive message to all the people on this Earth.

Please wisely translate this message into your native language and lovingly share it in the newspapers and social media.

With your wise and compassionate support, this document can prevent 100% of suicides and human suicidal activities will become extinct.

I love all beings.
May all Buddhas bless you.

With love and blessings,
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