

# Questions&Answers

Excerpts: Paul's replies to personal letters

## SUICIDE — NOT A PRACTICAL SOLUTION ...

### Question:

"I'm having a shadowy moment. Circumstances seem grim. I'm just watching as the mind gets agitated and angry and negative and suicidal. Sometimes I have the feeling that all that is not really me and sometimes I still forget and identify with those thoughts. Then I find myself crying and crying and unable to move. I feel so stupid that I haven't learned how to deal better with this situation that I've experienced my whole life. And now I wonder if there is something wrong with my brain. Something tells me not to give up hope yet. Somehow, I feel like happiness and compassion and love are possible and that it is possible to live in those states consistently, even for me. I know that what I really want is to be the best, kindest, most loving and giving human being that I can possibly be. And what I notice is that if the mind is occupied with finding ways to kill my body, it's challenging to do that."



### Answer:

Dear Friend,

Sounds as though you are going through an interesting time. Many people are. Changes are happening.

There is nothing to live for. There is no "point" to life. Life is about living - this very moment. Without the past or the future, this moment is exquisite.

You could experiment with that. Just sit and be there. When the mind goes to the past, or the future, disconnect from the process and come to your senses: see, hear, smell, taste, touch. And don't forget to breathe. There is so much more to life than we have been told and are experiencing. Life is in the present; it's vertical, not horizontal.

You say you wonder if there is something wrong with your brain. For sure there is something off with the programming - for all of us. You say you feel yourself unable to move out of the unpleasant experience. You are not supposed to move; you are having that experience because you are supposed to be having that experience. It is what you need to evolve to your maximum potential. So don't move, just experience.

I don't see suicide as a very practical alternative. In my experience, everything in life is here. If you end your physical life, nothing much changes.

You are the same person in another state, and have missed the opportunity of this one. It is the same as leaving a relationship, or a job, or any situation: You have left the circumstance but the person you are stays the same. It is your attitude that produces the discomfort, not the circumstance that produces it. Complaining is disastrous. Gratitude brings joy and freedom.

You are right in saying that the negative thoughts are not you. You are the person who wants to be the best, kindest, most loving and giving human being possible. Lovely! I made exactly the same declaration when I was young. I made it my absolute priority, and stayed with the process. I cannot tell you how much it is worth it. No matter how wonderful you think it would be to be in that state, that is nothing compared to how it actually feels. Free! It is so wonderful to live without anger, complaint, or judgment, and to feel love for every single person and everything. And it is not "you" that feels this love; it is coming through you. You are everything, and everything is love.

Experiment with what I have suggested and let me know how you are doing.

Sending you lots of love... Paul

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