

Suicide in Buddhism

Hi everyone, this is Nancy. Today is Apr 10th 2021. How are you doing! Today, let's briefly talk about suicide. The reason I wanted to talk about suicide is because a few days ago, I listened to a TED talk. In the talk, a lady talked about how her mother chose to end her life with assisted pill. She named the process designing the death which were beautiful words. Though Euthanasia is legal now in ten out of the fifty states, that does not mean that it accords with the Cosmic Law, the Universal Law. In general, people think through Euthanasia, their suffering, either physically or mentally, can be taken away, and they think that Euthanasia is a way of liberation. However, this perception, according to Buddha Dharma, unfortunately is ignorant, not correct.

In the Brahma Net Sutra, the Buddha said, "A disciple of the Buddha shall not himself kill, encourage others to kill, kill by expedient means, praise killing, rejoice at witnessing killing, or kill through incantation or deviant mantras. He must not create the causes, conditions, methods, or karma of killing, and shall not *intentionally* kill any living creature.

As a Buddha's disciple, he ought to nurture a mind of compassion and filial piety, always devising expedient means to rescue and protect all beings. If instead, he fails to restrain himself and kills sentient beings without mercy, he commits a Parajika (major) offense."

Though these words are for disciples of the Buddha, everyone can use them as reference. In Buddhism, killing self is the same as killing others. In reality there isn't a separate self, and this body is just a tool for us to use.

According to the Law of the Cause and Effect, suffering is a process of eliminating karma. If the karma has not been eliminated, suffering does not end with death. Life is a continuously flowing river. It exists in different forms. The Buddha once said, "Even if hundreds of kalpas have past, karma will not disappear. When the conditions are ripe, suffering comes."

Extreme suffering means heavy karma. There is no way to avoid it. The positive way to face suffering would be to reflect, to repent, to reform. Face it bravely, observe it with a conscious mind, and surrender to it. Think again before choosing to do stupid things. All the 'I think it is the right way', or 'I feel it is the right way' may not be right. They might just be false thoughts, and most likely they are false thoughts, opinionated.

Suicide only add great offense to the already existing heavy karma. Especially, the reality is that the suffering after suicide is much greater than the suffering experienced when alive. Believe it or not.

They say that for those who commit suicide, they would go through this process every seven days;

They say that for those who commit suicide, they would not be able to be born in a short time because there isn't a body for them yet;

They say that for those who commit suicide, they would for sure stay in the three evil realms;

They say that for those who commit suicide, in general, their creditors in the invisible world are the instigators behind the scene.

So when one suffers, it's the right time to reflect and repent. If one thinks that suicide brings liberation and heaven, that would be just one's illusion. That just means that one does not understand the universe. Everything runs according to the Cosmic law, not one's good will.

Amitabha! Today's topic is heavy. Where there is Buddha Dharma, there is a solution. So don't give up. There is always a way out. Wish everyone a healthy, happy, and bright life. Thank you everyone for being here watching to the end of the video. I will see you next time. Bye.