

POINTS TO REMEMBER

There is a moment in time when you may realize something profound – that **the gravesite or casket or cremation center does not hold the one whose passing is being mourned.**

What a freeing moment it is when we realize that the grief we feel is not for them, but for ourself.

When we consider those military persons who have not survived physically, it can be a reminder of another group of **blessed souls whose earthly experience was terminated, not in war, but rather by their own hand.** Having lived a war within themselves, they decided to “end it all,” feeling the pain or difficulty of living was just too great.

When we learn of someone whose family member or friend has chosen this course, we have various thoughts and emotions:

Deep compassion for those left behind,

A sense that it **didn't have to be this way,**

A knowing loved ones will be **re-united** in the Divine Realm

We might sense a silent wish that someone had been able to persuade the person to ask God to take over for them, whatever challenge they were facing – because **some of us have never encountered a spiritually-grounded person choose suicide.** It has been said that the most surprised person in existence is the one who commits suicide only to discover life cannot end.

So many **Bible passages** direct us to **embrace Life (God).** For anyone living with depression or questioning if life is worth living, a simple **four-step process** can be life-changing:

- 1, Gain **Awareness** that this human experience is not all there is
- 2, Choose a path of **Availability** to God (like the seed planted)
- 3, Have **Awakening** all Life is of the journey, not the outcome
- 4, Decide for **Activation** so you live and apply these Principles

