

The Tragedy of Suicide

Yes, I have come to go on with our book. It is nothing but a continuation of what I said about communication. Be sure that it is the result of an understanding of the nature of death. Be sure not to incur risk by shocking people suddenly into a new point of view before they have ability to grasp it. Because a man potentially can swim, he should not be tossed in over his depth as an initiation in swimming; he must begin in the shallows and reach the depths himself. So in communication go very slowly, always taking the utmost care to open no doors to those who should not enter.

There is tragedy in suicide. I have found out its terrible side. If it is understood suicide will unquestionably cease. It is not in the least a remedy, as people sometimes think. It is a tragic, farcical proceeding as a means of ending trouble, and I hardly can wait to describe the torture self-inflicted by attempting that so called avenue of escape. It is rather an entrance to an increased state of horror. Nothing can ever be alleviated thereby. I have a great presentiment that there is need for an understanding of this subject because there has been all too prevalent a curious attitude begotten by cowardice. The tales from prison camps are nothing compared to the experience of those who choose the possibility of suicide rather than the continuation of the proved discomfort and anguish of their days interned.

Pain and horror must be faced, though with terrific suffering. Pain must pass eventually. Each minute that goes by, goes by forever, and with it the horror and pain of it, but the courage engendered by each hour one carries on, is a sublime creation of permanent beauty. The creation of valor, the splendid achievement of long sustained fortitude is the significant result of days passed through with torment; and the personal distaste for carrying on must be dispelled by thoughts of God and Christ and eternity.

Suicide is spiritually degrading. What centuries have accomplished can thereby be lost and anguish is intensified rather than diminished.

Always remember that God can be reached, and reaching Him will mean alleviation. No matter what the pain and horror may be, endure heroically and think of God. As I have said, if God you cannot conceive, think of whatever influence has been the highest in your life, and that will establish the telepathic connection — if I may call it that — between you and the Source of all power. It may seem inconceivable, but always that brings help. It may act slowly, but always it acts, and you must have patience and faith. Sometimes to get results change of events have first to be impelled by long planning, and sometimes obstacles require overcoming. But know beyond doubt that help asked for by those who ask in the name of Christ or with love of what is fine in their hearts, know beyond doubt that help in some form will be at once directed to them.

March 9th.

Last night I described in a measure the horrible result of suicide. It is a gloomy subject at best, but with my new knowledge its aspect assumes still darker color. Remember always that prayer is indeed a means of alleviating every unbearable condition, whereas suicide only disintegrates completely the possibility of aid reaching you. It cannot be too strongly reiterated that suicide must never be contemplated.

Fear Not the Crossing - Gail Williams

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