

**Quit The Competition**

**Not Life**

Dear child,

Suicide is not the solution to any problem. It is a whim or a sudden impulse from within that destroys the precious life. What is the sense in condemning life when no life can ever escape the world of sufferings even after death? By way of suicide, man cannot get rid of sorrows. Remember, the mind-set and all its impressions play vital role during commission of the crime as well as sin like suicide; and the same mind-set and impressions are carried forward to the next life after suicidal death. It simply means that one who commits suicide due to sorrow or frustration, cannot get liberated from the burden of living. Escaping from difficulties or problems means escaping from oneself. As all difficulties or problems are to be inevitably faced by every body born, no escape can make one free. The wisdom lies in facing the difficulties or problems boldly, with courage, for there is solution hidden in the difficulty or problem itself.

The idea of suicide cannot provide solution to the problem of competition or race. It is by mistake you consider suicide a necessary part of life. Whenever you want to choose anything, first choose yourself, and kick the competition or race. Go to green fields or green forest to find peace and solace. Start a life without any competition. Forget not that there also is a life, sans joys and amenities of life, sans affluence or prosperity, living in the lap of nature and is full of joy. Consider yourself a part of the vast nature around you. William Wordsworth has rightly pointed out, 'Nature is our best friend in the situation of grief or sorrow. If we approach it, we are entertained by it, and our heavy heart and restless mind become light.'

Just realize how beautiful place the world is to live in! The world is full of its unique beauty, and it is not the place to escape from or live in isolation. If you have a clear

vision, it will help you in building and shaping the circumstances to suit to your need.

Spare some time and see, how lush green as well as beautiful the earth is! The more close you remain to it, the happier you will be. Mix up with nature and enjoy its company.

Have you ever turned back and examined yourself? Never compare yourself with others; it is foolishness to do so. The comparison develops inferiority complex which is the worst enemy of any one. It defiles one's vision and also corrupts the mind and conscience. The competitive tendency begets jealousy, enmity, cruelty, inhumanness, over ambitiousness and loss of moral values. Due to all this, there breaks out clash, conflict and war, for no good to others as well as to the self. The educational system must also be sans any competition or high ambitions.

It is advisable to live a life without much concern to success or defeat. You should live detached from loss or gain It is possible only when you keep on doing your duty without expecting its result since its beginning. Do any work or act with love and dedication that is all.

Dear Anand, become humble and exhibit humility. Your strength lies in remaining flexible or adjustable, and not in being strong, hard and rigid. Be watchful to the thought process within, and stick to the healthy thoughts. Criticism, that too destructive criticism is a dangerous habit one inculcates. Develop healthy or constructive criticism and tolerance for others. Your mind should be pure and simple, and disallow any evil design to creep into the mind.

Child, become independent and free. Living with the memories of the past is necessary, but do not struggle with the past. It however does not mean that you should remain stuck up to the past, for the past is past, a gone by factor of time; it

cannot become present in which you have to live. Be careful about the life and its ways and do not get misled by whims.

Start clearly understanding your intentions and feelings; you will find that the complications get sorted out easily. Remember, external beauty is never permanent, unlike the inner joy and enthusiasm. We must pay attention to inner existence and inbuilt personality as well as inherent qualities. The inner force has strength to outwit the external force, like self-confidence has strength to withstand or defeat external attacks. Dhyān-samadhi may prove very supportive factor in this direction. Develop self-confidence and will-power.

The mind I am repeatedly referring to is a wonderful thing. It is easy as well as complex. We make it complex by innumerable psychological pressures, and there sprouts a tree of inner conflicts and various types of sorrow, revolt and tendency to amass more and more. Keep your mind under control to derive peace and satisfaction. Peaceful and ever awake mind is a boon for the life. But, if you possess a mind which does not generate comparison, competition and criticism, etc, you are blessed with all sorts of progressive qualities.

Remain hard-working and drive away the laziness or sloth or indolence, for all these constitute a sort of violence which is self-inflicting. Laziness brings death for a living being. Hard work will always maintain your health of mind and the body as well.

Remember, limited wants are joy for ever while unlimited wants and uncontrolled desires lead to ruin. Never hate the lowly people, love them, serve them and help them, for every one is born low or poor, if not in wealth, at least in terms of mental or physical health and the mindset. Be careful about your health and let not your emotions overpower you and make you slave.

Never fear, fight against fear with courage and overcome it. Eat well, exercise well and discipline yourself well. Remain vigilant about the role of your body and that of the mind which is like a monkey.

I am sure by now a tremendous transformation must have taken place in you, keep it up. May you live long!

With sincere feelings,  
Unfortunately yours,  
Premchand Atmaram  
(Suicide victim)

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Writing all this, the pen slipped off his hand, and he got freed from a tightening hold and a hypnotic spell, and he suddenly landed into deep sleep, laying his head on the writing desk, while the noose still kept hanging above his head, and drifting in the air.

Alas! Passing through a gloomy dark night, he was heading towards a new dawn. The dark night had come to devour a depressed life, but there pierced through his room a beam of life-giving light, a force, and his life-ferry got on to the shore. Let us note here that life is a precious gift to any human being, and the life must be saved at all cost.

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