



DR SHOBHA RAJU

# “Aatma Hatya Mahaa Paapam” ...Suicide is The Greatest Sin

Suicide is called “Aatma Hatya” in Sanskrit. Even in Telugu it’s called so...a derivative. Usually “Aatma” means soul. “Aatma Hatya” means murder of the soul?

Krishna says in Bhagavadgeeta:

नैनं छिन्दन्त शिस्त्राणि नैनं दहति पावकः ।

न चैनं क्लेदयन्त्यापो न शोषयति मारुतः ॥

The soul cannot be cut into pieces by weapons, cannot be burnt by fire, cannot be drenched by water, cannot be withered by wind.

Einstein says, “All the energy of the universe is constant and it can neither be created nor destroyed”.

What Krishna spoke about the soul came out as the law of Physics from the great scientist, Einstein.

Let’s put both of them aside for a while and look into the facts.

Same parents give birth to two kids. They are raised in the same atmosphere, same ambience, same opportunities, same food etc the same. Just observe the distinctive characteristics of those two kids. One will be mild, the other will be aggressive. One likes one variety of food, the other ...another. One likes

Indian classical music, the other pop.

I was surprised to see my 5/6 year old nephew, born and brought up in USA, drawing Lord Venkateswara’s pictures, doing Pujas, chanting Sanskrit stotras, being interested in Indian classical music, singing devotionals....much into Indian traditions and arts. The other two kids are also very good by heart but their aptitudes and attitudes are much different though some commonality is there because of being raised in the same conditions by the same parents.

Recently I saw one baby silently shedding tears as his mother was singing an English song. It felt as if he is moved by some memories. I saw one baby joyfully clapping when a Bhajan was sung and started crying when any other song was played. I have seen another small boy singing like an Ustad.

I sang my own composition on Lord Krishna at the age of four or five. By then no one told me about Krishna. How was that possible?

All this support the theory of “Punarajanma” (Rebirth). Unless “something” carries forward the traits of the previous birth to the present birth, how can kids be so distinct in their aptitudes and attitudes? How can baby me sing my own composition on Krishna when no one spoke about Him to me?

Most of the people have called that “something” as “Aatma”... some have called “Prana”... some have called it Energy... so on. Whatever the name could be, there is some unseen “substance” that bears the some total actions, thoughts, words, tastes, indulgences etc as a seed and carries it forward to next birth. That seed unfolds as a child grows into a man. When those previous birth’s traits are very strong, we find them unfolding in the early childhood itself.

So that “something” within every human body can be believed to be eternal. Why? Here comes some more logical base :

Our ancient spiritual scientists renounced everything and volun-

tarily chose to know their real identity not to be the body but that "something" which doesn't perish. We have to trust their thesis for they didn't do the research for getting funds or doctorates or positions. It was the outcome of pure inquisitiveness to know "Who am I?". They also shared their wisdom with the deserving ones with similar "Shraddha" (devout interest) without expectation of any fees of any kind. The wisdom was about that "substance" that was discussed in all the spiritual texts like Vedas.... Upanishads... Puranas..... etc., like what is that "Something"? How is that "Something"? How to realize that "Something"?

All our art forms, branches of education, different professions were based on this single quest "what is that something?" They all helped one to be in tune with the quest. That honest quest helped some to accept the truth like a child accepts his father upon his mother showing him; some believed the truth as they could have a hazy experience of that "Something"; some could believe as their masters demonstrated unbelievable energies and miracles and some could realize that "something" as a result of their own Sadhana.

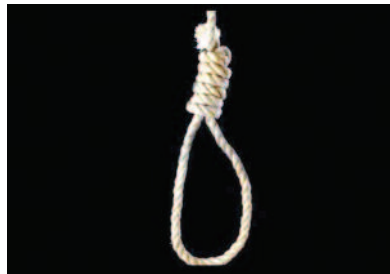
The association with The Masters of yester years, who mastered the mind, gave the aspirants at least that mental strength to withstand the the highs & lows in life.

When one could realize that the one is that eternal "something", and the life on the planet is transitory, people had the right kind of association with the world, not allowing their mind go hysterical about the mundane bonds, though they loved all with their full hearts.

Even to cry over a loving bond, you need a healthy mind. The cry becomes a piece of poetry. To that matter, all the heroines and heroes of our classic texts like "Megha

Sandesham", "Abhignyaana Shaku nntalam" and so on, experienced the pangs of separation with their counter parts. Even Rama and Seetamma in Ramayana experienced the pain of separation. They have become beautiful pieces of poetry. When we read, eyes dampen with ecstasy. They go to the extent of saying, "Why doesn't this life leave my body without him/her ?", but didn't commit suicide.

In India, even a beggar of yonder years, had enough of philosophy, as to handle his way of life with grace. Each one involved in his respective profession with so much devotion and commitment. The monetary returns from the profession was secondary. Doing the



duty in the best possible way to them was the prime.

Checking one's actions whether were right or wrong was done by one's own conscience at every step. Because they new Law of Karma. If not compassion, the fear of this Law of Karma which would get us back the equal result of our actions was mostly keeping a check on people from committing sins. They took their bad situations as the results for their past sins and went through with their mind fixed on God with mental equilibrium.

Harischandra was an emperor who ended up to be an attendant in a burial ground. He didn't commit suicide. Went through with the awareness of truth.... that "Something" though he reacted like human to the situations in life.

The girl didn't accept the boy's proposal. Commit suicide. The girl

didn't get rank in the tenth class. Commit suicide. Father shouted for coming late to the house. Commit suicide. Friend didn't talk for a few days. Commit suicide. From such silly reasons to so called very serious situations.... nothing is ineligible for suicide nowadays.

Why are they taking life so cheap and living so serious?

"Atma" in "Atma Hatya" is not meant to be the soul.... for no one can kill the the soul, which we referred to as "something". Atma has another connotation.... self. "Killing one's own self" is "Aatma Hatya". Why do they resort to end one's own life?

Because they wrongly identify themselves with the temporary body and limit the unlimited inner powers to superficial mind. The mind plays ego games and makes them commit suicide. "I failed tenth. What would other friends think of me? How insulting is it?" How foolish is this thinking? Ok. Don't they think that you have failed if you die? You immortalized your failure by committing suicide.

If you were alive, you could had the chance of attempting second time and come out in flying colors. Or could do something better than that. How many people did try this path? How many people restarted from zero and reached the zenith of success? By committing suicide you didn't escape the insult. You aggravated it. Additionally you have earned the great sin of committing suicide. How pained your parents would be? Is that the reward you give to the parents that have sacrificed their own comfort and convenience for your sake and toiled day and night for your sake? Can't you bear a bit of anger from the angels called your parents? How sad your friends feel? Are you walking out on them?

What if the girl didn't say "yes" to your proposal? First of all who

said its love? If it's love, why it's not been said to an old person? Only to a young person of opposite sex? Then how could it be just love? It's the play of hormones. To satisfy the hormonal urge, you could wait for another suitable person. Why ending life deliberately? If you really love the other person, why would you give the stress of your death to the other? If you love the other person, why would you not allow the other person to have his/her choice and be happy?

Some people end life with financial stress. I am sure world has enough opportunities to make a decent living. Death isn't the solution. When avarice or mental fixation of certain standard is present in mind, may be its difficult to make a living.

Steve jobs started Apple Company in a car garage and could create jobs to so many. How many amazing stories do we listen in social media? An auto driver turning out to be successful businessman.... another auto driver making his auto innovatively equipped and making a better living.... how a molested woman turns out to be a social activist and runs a home for the destitute and enables them to make a decent living .... how a person with special needs strives to learn skills and turns out to be a big entrepreneur.... so many instances to inspire you to live life lively.

Some big wigs have escaped repaying the huge bank loans. But the Branch of The Consciousness Bank is in every atom of the universe. The Banker is very smart to impose the law of Karma and get you pay off your Karma. None can escape It. The "Something" carries your Karma to next birth and makes you pay it again from there where you ended in previous birth.

In schools and colleges, I see

students burdened with bundles of information. Everything concentrated on procuring a job for livelihood. The art of living is not taught. The courage to face the tuff times isn't taught. Right from the class one, the students are taught to be in competition and get the rank and get seat in prestigious colleges and jobs in big MNCs. People have forgotten the joy of living. They have forgotten to feel the joy of looking at the moon, sunrise, moving clouds..listening to the birds.... they cannot smile naturally at people.... it is cinematic.

Give the students the wisdom-gems of life right from their KG and expose them to nature as much as possible. Teach them Viveka nanda. Talk to them in a friendly and understanding way. Teachers should involve more in personal Tete-a-tete with students more trying to identify their psychological issues. Parents ..no doubt are Gods...providers for children. But it shouldn't give them right to be boss over them. Friendly dealing with them helps a lot in knowing their mental inadequacies and correct them.

#### **A piece of suggestion to friends:**

Friends are prime in one's life once one becomes an adult. One confides most in friends than siblings if they are open and genuine. Please give value to the position of a friend and try to be genuine in your dealings. World is so cruel. In the race of life, co-runners are ruthless. They don't overtake by merit. They look for foul means like dashing a prospective winner & make him fall ,doesn't matter even if he doesn't win. That particular person who is likely to win shouldn't win....is the philosophy. There are many foul ways to pull down a winner. So friends play a great role in being moral support to their winning friend. If friends themselves get stung by jealousy, the

winner would loose the morale. Frustration leads to thoughts of dejection and ultimately suicide. What for you are called a friend if you cannot say a word of encouragement and stand by at the testing times.

The recent suicide of Sushanth gave a big jolt to the country. He looked very happy person. He isn't in such a position that he has to search for means for livelihood also. A friend's comforting and encouraging word at the right time could have saved his life.

Society! Please don't sulk under jealousy and easily cause damage with your words and actions. I liked a dialogue in good old "Shiridi ke Sai" movie. "Karma yog ke bhakti me sabhee ko jalnaa padtaa hai". Don't snatch the plate from the other person from which he is eating. Please mind...What goes around comes around. Don't be cruel to people. We don't know what's they are going through. Please be righteous and loving in your approach to life.

Friends with suicidal tendencies have to know that if we separate the body from that "Something" deliberately, say by suicide, the something or the subtle body or the soul will wander in pain without a physical body to express itself...an unimaginable and disastrous situation! I don't know if the soul gets the human birth again. Please do not spoil the valuable human birth. Put it to good use. If your mind isn't obeying your "Buddhi" (guiding aspect of the conscience), take psychiatric help. That's the least. Right kind of spiritual process puts you to peace in life.

"Deh binaa dataa! Bhatke naa praan!"

May no soul wander restlessly without a body God!

*(Author is a well-known musician, Devotional singer, writer and composer.)* 