




SUICIDE PREVENTION

 HAPPY SCIENCE

The Happy Science Group  
has been conducting  
"SUICIDE PREVENTION  
CAMPAIGNS"  
since 2003.

# WHAT HAPPENS AFTER SUICIDE?

*Why suicide is neither an  
escape or a salvation*



*"I'm a Marine Corps  
veteran. This is how Happy  
Science helped me."*

*— Carlos (Special Testimony—see p.6)*



## WHAT SOMEONE EXPERIENCES AFTER SUICIDE DEATH

With the coronavirus epidemic, more and more people are committing suicide out of hopelessness. Economic difficulties are undermining people's freedom and purpose in life. Even without the coronavirus, there may be many people who have lost the meaning of life for various reasons.

**BUT** if you're  
contemplating suicide...



Do you know what the world is like  
after suicide?

Do you think that if you kill yourself,  
everything will disappear and you will  
be at ease?

**YOU CONTINUE TO EXIST**  
**EVEN AFTER SUICIDE.**



Master Ryuho Okawa is founder of Happy Science, a world religion from Japan. In his many lectures and books, he reveals the truth about what happens after you die. *Here are some excerpts...*

**People who commit suicide**  
**cannot return immediately to heaven**

*“It is true that, as a rule, a soul who committed suicide cannot ascend to heaven. The fact of the matter is that most of those who take their life before they could fulfill their mission cannot go up to heaven but cannot fall to hell either. They get stuck in a certain space on earth, such as the place where they committed suicide. In other words, they become a ghost (an earthbound spirit).”*

## **You will see the scene of your death over and over again**

*“Say a person commits suicide at age fifty. What does he experience for the next thirty years? He remains shut out of heaven and hell for whatever the number of years was that had been left to him. During that period, he will not be in the other world (the hereafter), but in this world. Here, he must watch his surviving family members grieve, struggle, and pass away when their time comes. In the midst of this, like a nightmare, he will see the scene of this death over and over again, day after day. He will see himself suffering over and over again.”*

## **Your surviving family members will suffer greater grief**

*“When a person commits suicide, the family members left behind are overwhelmed with further grief. Afterwards, that person becomes a ghost (a lost spirit) that relies on their family and relatives. When you are alive, you might think you are a burden to others. But if you kill yourself, you will become a ghost (a lost spirit) that haunts your family, causes disturbances, and brings suffering. In this way, you will bring more trouble to your family and others after committing suicide.”*

## WHY ARE YOU **FEELING SUICIDAL**?

Everyone has elements that can make them feel depressed or suicidal. Here are some of them, followed by what you can do about it.

### **BEING TOO MUCH OF A PERFECTIONIST**

*“People who commit suicide share a strong tendency to expect perfection from both themselves and from those around them, and it is this fastidious attitude that leads so many of them to rush into death.”*

— FROM “THE LAWS OF GREAT ENLIGHTENMENT”

### **BEING AN ELITE**

*“It seems that nowadays many of the people who commit suicide belong to the elite. The academic or business elite are usually on the fast track. When they lose out to colleagues of their own age, get demoted or encounter some kind of difficulty, they suddenly fall into despair and choose to put an end to their lives.”*

— FROM “THE LAWS OF PERSEVERANCE”

### **ECONOMIC DIFFICULTIES**

*“Others commit suicide because their business is about to go under, they cannot support the family financially, or they cannot do what they have planned for the future. In other cases, people commit suicide because they are in debt and want the insurance money. It is sad, but there are such cases.”*

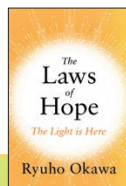
— FROM “THE LAWS OF PERSEVERANCE”



## WHAT YOU CAN DO

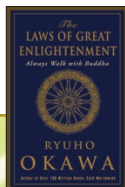
### PRAISE YOURSELF A LITTLE

*“Try shifting your view of yourself. Praising yourself every day may be too much, but once a week say to yourself, ‘I’m feeling rather depressed but I should compliment myself for a change.’ Ask yourself if there is something about you that deserves praise. At the very least, you must have made some progress, compared to the way you were in the past. No one fails at everything or is worse at everything than before. There has to be something in which you made progress. You might believe that you have zero good traits and that there is nothing good about yourself, but that is simply not true.”*



### ACCEPT YOUR CLUMSINESS

— FROM “THE LAWS OF HOPE”



*“What is important is trying to live a better life, not a perfect life. You must tell this to yourself.”*

— “THE LAWS OF GREAT ENLIGHTENMENT”

### THE PRELIMINARY STAGES OF MAKING PEARLS

*“Pearl oysters suffer when an irritating object like sand or a pebble gets trapped within its folds. However, the oyster covers the irritant with a substance it secretes, forming a magnificent pearl. From the outside, the pearl appears to have no flaws whatsoever. They appear to be flawless. That is the characteristic of pearls. But the fact is that the pearl oyster suffered from sand and pebbles in order to produce a magnificent pearl.”*

## OVERCOME DEPRESSION WITH HAPPY SCIENCE TEACHINGS

*"I've been in the Marines for 4 years. In those years, and also from my youth, I gained so much trauma which led to constant fear and anxiety. But once I found Master Okawa's teachings, my life changed. I gained hope to face my fears. Also, I learned how to meditate correctly to keep a peaceful mind, and the power to overcome my past to live fully in the present."* — Carlos Castillo



*"I was thinking of committing suicide because of my boss. I reached out for counseling but I continued to struggle. I was ready to die... then I found Happy Science. For the first time, I learned what happens after death. Counseling centers had only "listened," but I never understood why I shouldn't kill myself until Happy Science. The advice I received was to have gratitude. I used to think that I was alone, but every one of us has a guardian spirit who shares in every pain and joy and does not wish for us to commit suicide. Moreover, God is real and always with us."* — a caller

*"We get calls from people who say, "I hear voices telling me to die." Many people say, "I don't know why, but I want to die..." We ask if those feelings are truly theirs? We guide to take time for prayer and to feel grateful again."* — HS Staff



## MASTER RYUHO OKAWA'S GOLDEN SHIELD TO **PROTECT** **YOU FROM DEPRESSION**

*"If we can't change the facts, let's change the way we think. Change the direction of your mind. Change the thoughts in your mind. You can do that. It's up to each individual. Nobody can reach into your heart and make you love someone you hate, or hate someone you love. What goes on in your mind is completely up to you."*

— FROM "I'M HAPPY"

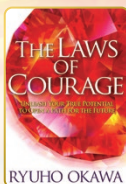
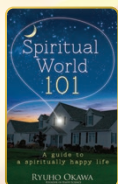
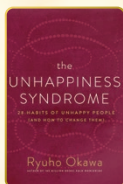
*"A person of faith is not weak. In truth, they are courageous, strong, loved by God, and expected by God."*

— FROM "AWAKENING TO THE TRUTH"

*"You should keep thinking every day, "Today I will be reborn. Today I will part with the self I was until yesterday, and become a new and different self." I truly believe that you will be reborn as a new and different person if you do this. You will become more and more marvelous."*

— FROM "ON THE MISSION"

If you are interested in learning more, we also recommend the following books:



(Available at all Happy Science temples, branches and at Amazon.com)



## Words of Light from MASTER OKAWA

*"I want you to remember that the angels will never abandon you, and will always be watching over you."*

— FROM "SEVEN TIPS FOR BECOMING 'I'M FINE!'"



Master Ryuho Okawa has given over 3,000 lectures to spark light back into people's hearts. He is the Rebirth of Buddha, the Modern-day Savior, and Messiah.

Contact one of our Happy Science temples today to learn more about his teachings.

## CONTACT US TODAY



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### Suicide—Why it's not worth it. ▶

#### OKAWA BOOK CLUB Podcast Series—Episode 26

Educational and inspiring discussion on Suicide from Spiritual Perspective based on the books by Ryuho Okawa, and explaining Why It's Not Worth It! Listen to this discussion and discover what happens to a soul after committing suicide. Physical death is not the end of this life...



### Suicide Prevention Campaign Online ▶

#### Happy Science USA Website

To find out more information about Happy Science's Suicide Prevention Campaign in the USA region, please visit our website.



# happyscience-usa.org

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