



# Thoughts of Suicide?

Here's what is going on, and going wrong...

Cindy Teevens

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# There is always a way...

Thoughts of suicide?

Here's what's going on, and going wrong...

It's not that you don't want to live, it's that you don't want pain. That is reasonable; nobody wants to live in pain.

## Nobody wants to live in pain

I know, I get it. I've been there. I've felt I was at the end of what I thought I could take, and had thoughts of suicide. Yet even from that alone, dark place, I found a way out, and I've since worked with many other depressed or suicidal people. And here's what I found...

I know you've seen that the thought of suicide does not arise first, it arises after other thoughts, and it arises because of pain--so much pain that thoughts like, "I can't take it anymore," or maybe, "If this is what life is like I don't want to live," arise. Then the thought of doing something to end it arises.

But what is "it"? What are we truly wanting to end? The pain. The struggle.

You may have been lost in that dark painful place so long that it seems like the thought of suicide arises on its own now. But that's not how it originally arose. It wasn't a cause on its own.

If you lift one or two weights a couple times, your muscles are not going to bulge. But if you keep lifting them, increasing the weight, and lose fat, eventually, one day you will notice muscles popping out.

And so it is with how the body-mind functions. That which gets a lot of practice and exercise becomes "top of mind," and grows, and now just effortlessly pops up. If you've been engaging painful thought-feelings, they will grow and start to appear automatically. This process, however, can be reversed.

But first, you need to recognize a few things.



## One thought leads to a feeling, leads to a thought...

It's super important to recognize the process of degenerative thinking. When you feel bad, bad thoughts come easily and effortlessly, right? And when you feel good, good thoughts come easily and effortlessly. (Though you may have to search your way back memory for that experience, I am sure you can find it.)

If you can't find a memory right now, then you can do an experiment--you can make a smile and have a nice thought, something you know is real and true, about some thing, person, or event. Do both--smile and have just that one thought. See what happens inside, for even a moment.

This is the nature of thoughts and feelings; thoughts trigger feelings and feelings trigger thoughts--they are so interconnected that I call them thought-feelings.

So when you feel bad, bad thoughts come, then you feel worse, and worse thoughts come, and you feel worse... And this is the spiraling downward of degenerative thought-feelings. You've probably noticed that thoughts are faster, and feelings tend to linger. Because thoughts arise faster, they can drive feeling deeper.

## A real-life example of degenerative thought-feelings

Here's a real-life example of a client of mine. She was in the grocery store, checking out, when she realized that she "used the wrong debit card." What's the wrong debit card? The one she and her husband agreed was not for groceries, but for other things.

The first thought was, "I used the wrong debit card." The second thought was, "I screwed up," (starts to feel bad). The third thought was, "he's going to be so angry with me," (feels worse, and now scared), the fourth thought was, "we're going to have an argument," (feels yet worse), the fifth thought was, "It's going to be just ugly," (feels even worse), sixth thought, "it's going to go on for days,"... Until finally she comes to, "that's it, WE'RE GETTING A DIVORCE!"

# There is always a way...

Meanwhile, reality check: she's at the counter, bagging groceries.

What if she goes home with this ugly state, fear, and belief? Perhaps on the defence--and so attacks her husband? There may be a divorce, and it wouldn't be because of the debit card.

That's not what happened though, she used the tools she learned and did the reality check, and the wisdom came to her to just transfer money from one account to the other. End of story. End of the nightmare that never happened in reality. Only in the mind.

## The degeneration of thinking

This is what I call "the degeneration of thinking," and it's not something you are doing on purpose. In fact it's not something you are doing. You are not doing the thinking. If you were, would you choose painful thoughts? Who would do that to themselves? Nobody. If anybody knew a bad thought was going to arise, and if they had any control over it, they'd chose to not have it.

So what is going on? You are not doing the thinking, but you are paying attention to the thinking. What you pay attention to, grows. As the story grows, the pain escalates.

Thinking can degenerate, if not interrupted, until the end of the story, which is the idea of suicide. There's not much more degeneration that can happen beyond that thought. And so you get stuck there.

We can become convinced by this degeneration of thinking that the only way to end the pain is to end your life. But this degenerative thinking is the same thinking that was causing your pain in the first place--so how can it be trusted?

So, you are not doing the thinking, but you are paying attention to it--you are believing it's true or real or important. And so, the body-mind does exactly what it's supposed to do--give you more of it.

## Would suicide be a relief?

Sometimes the thoughts that come after the idea of dying go like this: “the pain would stop, oh what a relief that would be...” And you start to feel better.

You might confuse these good-feeling thoughts for death itself, but you notice that that has not happened—it is not death that has brought relief.

It is your interest, attention, and authority on these thoughts that bring relief. Not death. In fact, in order to feel relief, you must be alive.

You see, the big error that has caused your pain in the first place, is the same error that can lead to suicide.

And that error is not noticing that it's the thoughts that cause our pain, not the content of the thoughts. What you're not noticing (and most people don't) is that the contents of the thoughts are unreal, and not happening. Like the woman having a divorce at the check-out.

All that's really happening is she is standing at the checkout, buying groceries.

The content of the thoughts--the divorce, is not happening. It's all imagination. Yet it hurts anyway.

It's just like going to a movie theatre and watching a movie about the end of the world. The whole story is playing, but only as a story. The world is not actually ending.

You can get involved (forget what is really going on, and that you are actually sitting in a theatre) and have anxiety and fear, and the experience as if the world is ending. But it's not happening.

At some point you may get so scared in a movie that you "wake up" out of the dream which appears real, and you realize the theatre. The fact of the theatre, and the movie. You realize what is. And you realize what is not.

## The voice in the head

Everyone is familiar with the "voice in the head" which seems to "tell you things." But few people realize it's not just a voice. It's a whole movie.

It's made of words, sounds, thoughts, images, videos, memories, smells, sensations, emotions, even tastes. It's what I call the "movie in the mind." In that movie it can seem as though you are in trouble, being attacked, or having an argument with someone.

But just like being in a theatre, none of it is actually happening.

The mind is a wondrous, creative capacity we have that is not tied to reality. If it were, nothing that didn't already exist could be created. We wouldn't have the light bulb. The mind is a tool that can be very useful.

But it is a weapon of mass destruction when we confuse it with reality. This utterly free creativity can concoct anything in imagination, and when we do not know there is a movie, what we do with it is, we confuse it with reality.

Nearly everyone is doing this—living primarily in their movie in the mind and not in reality, and that is a crucial part of why we have arguments, crime, wars, and atrocities. That's why we have 8 billion worlds, but only one earth.

Nearly everyone is living in the movie in the mind, and some people have a good movie, some a rich movie, some a poor movie, some a sad movie, a hurt movie, a judged movie, a not good enough movie.

All these movies are different, and so they clash. But the reality is the same. If we wake up from our movie, we will find common ground.



## The bad news

What is going on, and wrong...

Movies get really painful when they appear to strike at yourself, your identity, your value, your worth, your life. In your case, your movie has degenerated really far, and has become really personally ugly, a personal attack. When it becomes personal is when it has sunk to a new low.

The movie is not about other things, people, or events so much. For example rather than being about, "the idiot boss who fired me," it becomes, "I am a worthless failure." Both are movies that cause pain--but when the movies strikes at your self, the pain magnifies.

It's really otherwise no different from anyone else's less painful movie, the only difference between you and them is that your movie has "graduated," or degenerated, to an attack on yourself, and upon life itself. I know, there is no greater pain.

But the point here is that they are all equally movies. And so, equally unreal. Being unreal, doesn't it make sense that there is a way out?

And I know, even though they are unreal, still they are painful. So let's look at what's going on and going wrong.

What you give attention to, you experience. At the opening of this book I asked you to pay attention to the reason you are alive right now (you are, after all, breathing); your reason for living.

As you do so, how does it feel? Even a tiny bit better, for a fleeting moment? Nothing else happened, outside of you, other than a shift of attention onto a good-thought feeling. This is what happened to me.

# There is always a way...

This is what I discovered--that the single and direct cause of my pain was where my attention was. And that the single and direct cause of my love, joy, or peace, was where my attention was.

## Your power of attention

Can you feel or sense into your feet?

That was a movement of attention, your power of attention. Like the movie, most people also don't realize they have the power of attention, and so it goes on unconscious autopilot (because it's still there, and has a job to do, to protect you)...

And when it does that, it has "next shiny object" syndrome. It wanders and lands on whatever it finds, without discretion. If you are not interested in something, you won't keep your attention there very long. If you are, you will fixate on it, and that will magnify it.

If you fixate on a thought like "I can't take it anymore," or "I am always miserable," then you are magnifying that thought-feeling. You are getting better at practicing it, and the body-mind will get better and faster at presenting it for you. And, thinking and feeling will degenerate.

## Your power of authority

When you think, "I hate these thoughts and this feeling," you are interested in them, and are giving them your power of attention.

And so you feed them, and it spirals downward and degenerates.

When you say "But it's true, I have always suffered and always do," you are lending your power of authority to a movie in the mind from the past, and casting it into your present and future. Nobody and nothing can usurp your power of authority.

What you say goes, for you, in your mental-emotional experience of your movie--but it is not the absolute truth or reality, it's not all that is possible.

# There is always a way...

It only appears that way when you are absorbed in the movie.

When absorbed, you are not looking AT the thoughts, the movie... you are contracted onto and into the movie, looking through, with, and as if you and others are the movie characters.

Not seeing anything else other than the movie, it may look like whatever is in the movie is all there is.

The movie, not being reality, has no substance. It is only a pale and limited image of reality--and so things may look hopeless.

I love the Zen saying, “Painted rice cakes don’t satisfy.”

The movie will never satisfy you, and can never help you. It will starve you.

When you are unconsciously involved in the movie, you don’t know it. You must use your power of discernment to break away.

## Your power of discernment

When you are not discerning the movie from reality, is when you seem lost.

You have the ability to know the difference between thought, and reality, or what is—that is, what you are actually seeing, hearing, smelling, tasting, touching; sensing.

When you get involved in the movie by focusing and contracting all your attention and interest into the movie, you lose conscious awareness of the fact of sensing.

You have swapped reality for the dream.

However, there is good news...

# There is always a way...

## The good news

Here's what's going on with mental-emotional pain...

These are powers that your body was born with, but you didn't know you have.

Because you didn't know about these five powers, they functioned unconsciously, so you didn't understand what was going on, you were confused, everything you tried didn't work, and no matter what you tried, everything seemed to get worse.

Here's the good news: the pain is trying to wake you up out of the movie, and you cannot lose your powers of discernment, attention, interest, or authority.

Even though temporarily experiencing a movie (which, being unreal, they always come to an end), you still have your powers. You have them before, during, and after a movie.

And you can learn to take conscious control of them.

## The reality check

You can use the pain to stop, do a reality check, looking for the movie and the reality, and compare the two. You will realize the difference, and what is really going on. Then stay with the real. Practice staying with the real.

At first, this will be challenging, because you've practiced staying with the movie, and have the belief that whatever pops into your head is real and important. But now you are beginning to see through this lie.

Practice staying with the real, and out of the head movie. More often than not, at first you will have to do a reality check often, but eventually you will instead be more present to reality and less often engaged in a movie.

# There is always a way...

This will give your body-mind relief from suffering, opportunity to heal, and you might even notice that some happiness--your natural state--begins to appear here and there. It's like the sun, it's always there, just temporarily overshadowed by clouds at times.

## Two types of suicide thought sufferers

Having a thought of suicide is much more common than people know, and it's not a problem unless you become obsessed with that thought itself.

I've seen two types of suicide thought sufferers:

1) Those who've lost much or everything of what they valued, loved, and felt they needed the most in life, like relationships, businesses, careers, love, money and health. They have fallen into the movie that "I've lost everything," or "I'll never be able to recover."

2) Those who's thinking has degenerated and they don't realize it or know how--but know that no matter what they do (get a relationship, business, career, love, money, or health, etc.) it doesn't change their inner suffering. They know their pain is not about the outer material world because nothing of the world relieves it.

*What is needed is to step out of the movie altogether.*

All movies.

If you don't, in type 1, if you get what you (think you want) from the outside world, you will still be unconsciously attached and when you lose it you will suffer again.

If you don't in type 2, well then, you'll just continue to suffer no matter what you try to do.

## How to step out of the movies

Suicides have happened when it appears that the pain exceeds the resources to cope. “Appears” is the crucial word there. Because there is always a way. And there is nothing bigger than you.

Even when you say “I’ve tried everything,” or “She did this to me,” just who is saying it?

Is anybody making you say it? Yes or no. Please, this is very important. Take a moment to answer this truthfully. Yes or no, did anyone make you say it?

No.

So, do you have to say it? Stop again. And deeply consider this.... Because if you are about to say, “Well it’s my mothers voice,” or “I am just saying what I’ve seen...” or any such thing, the question again would be...

Did anyone make you say that? Did anyone make you say that it’s what you’ve seen? Did anyone make you give this your approval either? Did anyone make you say “Yes! That’s true!” make you stamp this with your approval, your authority?

Yes, or no.

No. Nobody did. Whatever the suffering, limiting thought is, no body did.

What happens if you don’t? Take some more time to contemplate this. What happens when you don’t speak these things? Where did the sense of a problem go?

When you stop doing this, when you don’t touch a movie or thought, the problem dissolves.

Even if you say, “It’s because of how my father treated me...” –who is saying it? Who’s authority is this? Not your Mother’s.



# There is always a way...

You can't abdicate, disown, refuse, renounce, relinquish, reject, or otherwise resign or step-down from your power of authority.

Your power of authority rules, so you must realize that there is no way out of your power of authority, but to accept that you make your rules.

## You have the authority to...

1. Not believe thoughts are real and true and important
2. Pull interest and attention away from thoughts
3. Put interest and attention into the senses
4. Put interest and attention into what you DO want, rather than what you don't want

When you do this, feelings, thoughts, and habits will start reversing.

## Pain is your friend

Pain is your friend, it's trying to alert you to what you are doing, it's trying to wake you up from the bad daydream. So I say...

*if it feels bad, don't accept it—suspect it!*

## Your natural state is peace, love, joy

Your natural mental-emotional state, your natural way of being is peace, love, joy. You need nothing for that. In order for you to have any other experience, any painful experience, you must have something that doesn't belong, like a bad thought-feeling, believed in.

The body is always trying to bring itself back into balance, with temperature, water, hormones, toxins, etc. It has a natural, healthy state that it wants to be in, and that includes mental-emotionally.

# There is always a way...

When we are interested in thoughts and movies that are bad for us and are giving them our time, attention, and interest, we feel pain. Like the pain from the hot stove, the message is: Don't touch.

But with mental-emotional pain, which is within us not on the outside, we are confused, we confuse this inner thoughts for outer things, or think the thought is real and important, and usually think the pain means we need to follow these thoughts further, to figure them out.

This is where we error drastically. We must stop 'touching' them like this. You don't actually have to do anything with bad feeling thoughts, you can put your attention elsewhere, and the pain will ease, then stop.

This does not mean to control thoughts--not at all! It means to give up thinking you can or must control thoughts. The brain is like a reflex organ, just spewing out whatever thought was triggered.

Just because a thought arose doesn't mean anything about the content's validity. And it doesn't mean anything about you.

So what do you do? Put attention into the senses, and learn to return there, again and again, until you learn to stay there. I call this "coming to your senses" and when you do it, you are withdrawing your powers of attention, interest, and authority from the painful thoughts.

Yes, it will take effort at first, but you will notice that you get some immediate relief, some quiet, some space, and so this effort is worthwhile and encouraging. In those ways, it is easier than continuing to suffer, which will only degenerate and get worse.

In time, coming to your senses will become habitual, bodily organic we could say.

## In a crisis, who can help you?

In a crisis, only a trained professional can help you.

During a crisis, call a crisis line or take yourself into the hospital.

- 1) If you are at risk right now, please call one of the crisis numbers in the back of this book.
- 2) If you are aware of the movie in the mind about how to do harm to yourself, please disable it. Whatever the object you were going to use, please get rid of it, throw it out or give it to a friend.
- 3) Call someone and tell them what's going on, ask for company 24/7, do not be left alone until the crisis passes.
- 4) Make a plan to be safe until this movie stops, and then make a plan to start reversing degenerative thought-feelings.

## Who can help you with everyday suffering?

I know you've likely tried to get help from friends and family, but they are not equipped to help you. They don't know how to deal with suicide ideation and they have their own movie in the mind about this problem, and their own problems.

You may have, after weeks, months, or years of trying to share your experience and get help, found yourself alone. Rather than believe the untrue thought that nobody cares—realize the simple truth is that none of those people can help you get out of pain.

## You need professional help

If your car is broken down you don't take it to the dentist. You must get the right help from the right resource at the right time.

When you break an arm, do you ignore it, or do you get it medical attention? You may have an actual broken organ: the brain.

## The damage dumping on friends does to you

Many people I've worked with have been trying to cope by telling friends and family all about their problems. What they are really doing is repeating the movie in the mind, over and over, suffering the ugly movie over and over, digging deeper, making themselves suffer worse and worse.

When they've done that for a few hours, or the day, and they stop, it feels good.

MAKE NO MISTAKE: It feels good because you stopped *--not because you dumped*. Notice how you feel while dumping, and notice that it's the stopping that feels good.

Otherwise you form a very dangerous, futile coping strategy of engaging the movie and suffering more, believing that what hurts helps. It's like banging your thumb with a hammer over and over, then feeling better when you stop. Was the banging necessary?

You may have thoughts afterwards, like "they listened, they care," and your powers of attention and interest go onto these good-feeling thoughts, and you feel better. And you miss what actually happens. You miss exactly what is really causing you pain and giving you relief.

This dumping that you believe you need to do with others, who are not professionals, pulls them down, possibly depressing them, and nobody wants to be around that, so then you find yourself alone.

# There is always a way...

Not only that, but as long as you use friends or family this way, you are not getting the help you need. Don't waste any more time, take that energy and get real help.

## Getting help

When there's no crisis, get yourself to a doctor for help, ask for a referral. And keep looking for help, don't stop until you get help.

You will probably hear thoughts like "nobody can help," "I've tried before..." And you must use your powers of discernment to know that this is a movie in the mind, just a story, and you must not act on the story, you must act on the reality.

## What you can do yourself

Use the whole body-mind, everything you can think of, to begin uplifting yourself. Science has proven that "self-induced mood changes" alter the brain chemistry in a positive way. Do all you can to support that now.

Get outside, get sun, walk, eat well, engage in good-feeling movies as a temporary antidote and to lift you up, take supplements as needed, eat something regularly, even if not hungry, and again, see your doctor.

The reality is you are in pain and you need help.

To get that help, you must take the movie in the mind of suicide off the table. Decide that no matter what thoughts appear to "say," it's not an option. Like I did. Thoughts cannot stop you from putting one foot in front of the other. Test it and see! Take the steps, the actions, to get help now.

There is always a way...

## You are and have the ultimate power

Only when suicide is not an option will you begin to see the other options that have always been there.

There is another way to be in this life. You were once like that, and can return to your natural self.

## About Cindy Teevens



Hi. I have also been fed up with the negative, nagging voice in the head. So I can relate, however my suffering was suddenly transformed by and into love and joy. Months later, an explosion of love ended the imaginary separation of self and other, and all I could do was laugh at the cosmic joke.

Now I am a spiritual facilitator and speaker who helps people realize their absolute freedom, facilitating fundamental and final spiritual, mental and emotional breakthroughs.

NOTE: I wrote this booklet not to get more clients, but because this information needed to be shared. My own father died by suicide, as did some relatives of friends. I've been depressed, had thoughts of suicide, and I've worked with suicidal people, and learned everything here from them. While I am trained in suicide awareness and intervention, I do not work with people in crisis, with suicidal ideation, or severe anxiety. You must have these resolved first. *Please get professional help, now.*



There is always a way...

## Emergency crisis numbers

### **In Canada**

Crisis Line 1-866-996-0991

Kids Help Phone 1-800-668-6868

Deaf Hotline (TDD) 1-800-567-5803

or in an emergency dial ~ 911

### **In the United States**

Suicide Line 1-800-784-2433

Talk Line 1-800-273-8255

Deaf Hotline 1-800-799-4TTY (4889)

or in an emergency dial ~ 911