

Cherish Our Lives

Written by Tzu Chi Foundation
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[Morning Volunteer Assembly]

[2012/04/10 Cherish our lives](#)

According to the World Health Organization (WHO), Taiwan is a high-risk area for suicide. Every year, more than 3,000 people take their own lives and over 12,000 people attempt it; this puts Taiwan in third place in Asia for suicide rates. The rate is especially high for young people.

Hua Jian-you fell into depression after a divorce. For two years, he got drunk every day and spent all his savings; then he tried to take his own life. Fortunately, his mother found him in time. He now considers that being saved by his mother was like being re-born. He then joined Tzu Chi as a volunteer; it was the turning point of his life. In the morning volunteers' assembly, Master Cheng Yen reminded everyone to treasure the life of all. Only through loving oneself and others can we create blessings for society.

In Taiwan, suicide is the eleventh cause of death. Among people aged between 15 and 24, suicide is in second place; hence it is important to teach people to treasure and cherish their lives at an early age.

No-one can live alone in this world. We need people from every walk of life to provide us with the many things we need. So we must be grateful at all times, count our blessings and be content with what we have.