

Interview with acclaimed singer/songwriter and author, **Klaude Walters**

By [Arslan Fazal](#)



Klaude Walters is a multifaceted artist with an extraordinary career. Apart from being a singer and songwriter, Klaude is also an author who has recently started her writing journey with the book “Suicide Kills”. This book is close to Klaude’s heart as it is based on her personal experience of losing her brother to suicide, along with many other tragic incidents that have left deep scars within. Despite all the tragedies and challenges that life threw at her, she stood strong and eventually overcame all of them.

She is today in a position where she inspires thousands of lives with her stories and music. In her book "Suicide Kills", Klaude opens up about many issues that she has faced including abuse and suicidal tendencies. But this book is not another-victim-story; rather, it is about dealing with all these problems and pulling yourself out of your misery. It is about hope; it is about positivity; and most of all, it is about survival. This book is a perfect source of inspiration for anyone who has been through a difficult situation in life or is currently in a challenging space. If you plan on reading just one book your entire life, make sure it is this one!

Interviewer: Tell our readers a little about yourself?

Klaude Walters: Well, I am, at the core, an eternal optimist. I am an artist who loves the process of creating something out of nothing but most of all, I am someone who deeply respects courage and bravery and thrives to empower all those who surround me by showing them their own beauty, strength and talents. I am a songwriter and storyteller and I tend to escape my own outer world by going within where I have free range to create my surroundings. I find tremendous peace and joy in this exercise of introspection and strive to share this with others so that they may, in turn, experience some of the same joy I do.

Interviewer: What/Who inspired you to write "Suicide Kills"?

Klaude Walters: I first started contemplating the idea of writing this book after losing my beloved brother to suicide. I had had my own experience with suicide and had been spared by God to tell its story but had not felt the need to share. After losing Walter though, the immensity of my loss was too much to bare and I felt the need to tell the world the story of who he was and what the world had truly lost with his passing. For the first 10 years of that loss though, anger was much too prevalent in my heart and I didn't feel right about sharing all of that darkness with the world.

I needed my heart to start healing in order to come to a place of acceptance so that I could really tell the story and also share the lessons learned from that experience. I believed there was more value to that approach than another "Why Me" book. My need to share my brother's beautiful Soul is at the heart of what inspired me to write this book and share it with others so that in turn I could provide others with inspiration and healing if they were in the midst of their own experience with suicide.

Interviewer: Tell us the story behind the title of your book?

Klaude Walters: I chose this title because of its deeper meaning. Many people have sent me emails and messages stating "Of course Suicide Kills. Isn't that the very point of it?" to which I answer that yes, suicide does kill the person committing the act but we often forget the ravage and collateral damage that is left behind with each suicide.

What I am trying to convey with my title is that suicide kills families, marriages, relationships, communities, etc...it's ripple effect is far reaching and we often forget the

war zone that is left after the fact. The title serves to initiate conversations that may be uncomfortable but truly are necessary if we are to understand, accept and grow from this incredibly painful experience and to, perhaps, be of assistance to someone in need when the time comes.

Interviewer: How do you manage to stay positive and upbeat amid all the challenges that life throws at you?

Klaude Walters: Resilience. My unwavering belief in God and his unconditional love for me. My faith is what drives my sails through all stormy waters. Without it, I would crumble under the immense pressure of life. Having God reside within me, take host in my heart, provides me with deep inner peace and strength.

I also practice meditation to ground and center myself, affirmations to condition my limitless mind and mantras and visualization to remain focused on my goals. These daily rituals help me remain positive in the face of any challenge and even push me to welcome the constant changes of life's great journey.

It is the reason that I created the online course, "Powerless to Powerful", that accompanies the book, "Suicide Kills". I wanted to teach others my blueprint to re-condition the mind to a more positive vibration and be able to bring more joy and peace into your inner sanctuary. I want others to achieve this level of success in their own lives and discover their most authentic selves.

Interviewer: What message would you like to give to our readers?

Klaude Walters: Life is a journey. It is meant to be "experienced" to the fullest, not survived. Know that what happens "to you" doesn't define you. What does define you is your choices. Cultivating your inner world is a million times more important and more valuable to you than anything you do on the outside. Learn to center yourself through meditation so that you can have a clear mind when making decisions. Don't deny your emotions but don't give them free reign either.

Give them space to be expressed and absorbed and then step back and reflect on their reason for showing up. Learn from them but don't let them control your being. Detach yourself from results, expectations, assumptions, and ideals. They are nothing more than mirages. Instead, attach yourself to the development of your being and your character. Develop high standards of beliefs that you can commit to and live by for yourself and others.

Spend time in isolation to shed the layers of conditioning accumulated over time. It is only through spending time alone that you will discover what you genuinely love and what you're passionate about without the influence of others. And once you find that passion, hold on tight to it and build a life, a career, and a dream around it. Follow your bliss and joy will find you every time.

Most of all, I want my readers to deeply understand what a true miracle each one of us is. When you think of all the minuscule things that happen in synchronicity within us in order for us to be able to breathe in the morning air, listen to a child's laughter, taste the sweetness of honey, or see the vibrant colours of a rose garden, you cannot deny that we are truly an unexplainable miracle.

If you start taking inventory of everything a human being can do, feel, see, hear, etc...you become overwhelmed with gratitude that you are one of these miracles. With all of life's distractions, it is easy to forget who we truly are. My mission is to help others remember.



Arslan Fazal

Arslan Fazal is a student of the Aust Abbottabad University of Science and Technology. He started his graduation in 2016 and graduated in 2020. I'm a professional article and blog writer, has written dozens of content on different topics and worked with professionals all over the globe. Feel free to contact me for any assistance. hamzafazal43@yahoo.com