

## CHAPTER 57

### OVERCOMING THE FEAR OF DEATH

#### **Overview:**

Give these pages to your client to read and discuss their feelings about this in detail.

Death instantly makes us all the same – our form returns back into the elements of nature from where it came as our consciousness returns to its Source. Like a ray of the sun which had traveled to the earth and forgot its Source, the light of consciousness we are returns to the origin of our Being. In death, the life we are immerses itself back into its core and no longer clings to an individual mind or body while the elements of the body are recycled. *Yet until you KNOW your True existence as immortal spirit through meditation and deep inner work to have an experience of this—not just an intellectual hope—the **fear of dying** can cause such great anxiety that the **fear of living** dominates you to end up living life as if you're heartfelt desires are already dead!*

**Contemplate:** How would your priorities change if you knew you had one month to live? Would you treat each one as precious? This is what death asks you.

If the Angel of Death appeared tonight and said “*This is your last night,*” what would you say to the Angel? “*NO, you must give me a warning first!*” Or, “*I need another week to get things in order!*”

The Angel of Death will laugh and say, “*Another week? I gave you 52 weeks in the last year and look what you did you wasted them with meaningless worries and unreasonable demands. You felt being right was more important than being happy. You ignored the present life had given you each moment as you were stuck in your head planning the future thinking all the time how you’ll be happy when... Why give you one more week when you wasted the past 52!*”