

To Fear or Not to Fear Death

I am 77 and have led a good and meaningful life. My interests have been multicultural and many-denominational. I am still not sure what I believe about "God" and wish I did. A few years ago, I went through cancer and it brought up a huge fear of death that has not gone away. It terrifies me. Do I have to believe in God for this fear to stop consuming me? Is there another way?

Our perception of everything we experience ultimately comes down to what we believe. If you can't buy into an idea of God that fits your heart and intellect, then explore what it is you *do* have trust and confidence in. How about life itself or love, beauty and compassion? What do you regard as true about fear, especially the fear of death? Is it wrong, weak or unenlightened? Or is it a natural human experience and therefore acceptable?

The word *fear* is defined as "an unpleasant emotion caused by the belief that someone or something is dangerous, likely to cause pain or a threat." Your frightened feelings around death may be connected to the painful way you imagine it might come or because you think it will be the end of *you*. Your resistance to your fear must be exhausting. Consider that the effort to somehow manage or overcome it could be keeping it in place.

I find it fascinating that our technological, scientific and even conscious advancements still cannot provide clear, indisputable evidence of what, if anything, happens to the essence of *us* after we die. Questions of an afterlife remain the great universal mystery. Perhaps this question itself is a key component in the process of our evolution.

Turn toward your questions and trepidation with curiosity. Become willing to embrace the inevitability of your own death, even with its unknowns, thereby gifting yourself with being present to your life right now. Perhaps this matters more than what takes place at the end of (and after) this ride is over.

May you love and enjoy the miracle of your current journey as the mystery continues to unfold. Love and peace to you. ❀



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