

OVERCOMING THE FEAR OF DEATH

By Dr. Dia Lynn, Certified Grof Breathwork Facilitator

I recently returned from two months helping my mother achieve a conscious, orderly and graceful transition. Unlike most of the residents in the extended care facility, I do not fear death. This changes my approach to life.

This peace of mind is credited to my teacher Dr. Stanislav Grof and Holotropic Breathwork. In 1988 when I first signed up for a breathwork weekend on Maui, I was afraid of what dark secrets might be revealed in my psyche. Most people are initially cautious about putting their body to rest on a pad on the floor in a darkened room and listening to music while deep breathing. The intention is to release conscious control of the physical vehicle and trust the mysterious process to your inner healer and the facilitator to deliver you through a feigned ego death into a spiritual rebirth. The context provides the potential to relive your own birth and heal any trauma associated with your birth and how your parents received you.

For 26 years I have been lovingly and willingly surrendering the illusion of personal control of my life to a Higher Power, fully trusting that I shall always emerge safely. My inner journeys have been filled with indescribable depth, archetypal adventures in consciousness, profound revelations, exquisite beauty, facing primal challenges and emotional catharsis resulting in less psychic baggage. It is the best show available - and it is all inside! Nothing in the 3D world of form poses a serious challenge to my absolute faith in my immortal Being. Once my nervous system was purged of grasping and fear of the unknown, going through life's various death-rebirth transitions has become a normal operating procedure.

As a holistic body worker and Medical QiGong practitioner, I continuously invoke deeper breathing to direct healing energy to areas of constriction. I consciously breathe for myself, with my clients, family and friends. It was tragic to behold my 91 year-old mother gradually suffocating from decreased lung capacity and lack of Prana (life force energy). At that point, nothing I could remind, instruct, prompt or heal would overcome a lifetime of smoking, stuffed feelings and postural collapse. It was her time and the Holy Spirit withdrew her last breath and returned it to where it originated. We all accepted this and released her to her higher good.

Rebirthing guru Leonard Orr teaches that it takes about 70 years of emotional toxicity, entertaining death wishes and exhaling more than inhaling to accumulate sufficient carbon dioxide to kill cells and begin the slow process of disease leading to death.

How old do you feel? Were you part of the generation who would never get old? How often and how fully do you remember to take deep breaths? Inhaling is “spirit in” while exhaling is “spirit out.” We can continually cleanse our cells and our psyche of accumulated stress and worry (fear) when we use our full capacity to take in more life force with oxygen, which is abundantly provided by our Creator for our pleasure and longevity.

Our cells were designed to perpetually regenerate themselves, provided we supply clean air, water and nutrients and eliminate waste deposits. There is no time like right now to begin these environmental cleansing processes. Participating in yoga, pranayama, QiGong, Tai Chi, aerobic exercise, organic vegetarian diet, affirmative prayer treatments, and regular bodywork will regenerate vitality in all your organs, systems and mind. Thus we are practicing life extension and potentially immortality if that is your path. It is never too late to begin youthening and working on conscious living and preparing for a conscious spiritual departure. Just ask the Dalai Lama.

If you want to begin this journey or revive some practices, plan to attend a **FREE INTRODUCTORY TALK - FRIDAY APRIL 20th**
SEASIDE YOGA SANCTUARY. SALINAS (upstairs rear) 6:30 – 8:00 PM
44 Plaza Circle, Salinas (Star Market Center behind Ace Hardware)



I will facilitate **Holotropic Breathwork** in Salinas **Saturday April 25**
Call me at **831.998.7400** for details, or email dia@dialynn.com for an application. Space is limited. \$150.00. Discount for early registration.