



## On Letting Go...

"A contemporary American spiritual teacher, Da Free John, reports in his autobiography 'The Knees of Listening' how he overcame the fear of death by 'dying'.

When his fear of death became overwhelming he discovered the ancient wisdom of giving in (which is quite different from giving up). Here's what happened:

"I was lying home in the afternoon. It was as if all my life had constantly prevented this experience from going to its end. All my life I had been preventing my death.

"I lay on the floor, totally disarmed, unable to make a gesture that could prevent the rising fear. And thus it grew in me, but, for the first time, I allowed it to happen. I could not prevent it. The fear and the death rose and became my overwhelming experience. And I witnessed the crisis of that fear in a moment of conscious, voluntary death. I allowed the death to happen, and I saw it happen.

"When the moment of crisis passed I felt a marvellous relief. The death had occurred, but I had observed it! I remained untouched by it. The body and the mind and the personality had died, but I remained as an essential and unqualified consciousness ... There was just an infinite bliss of being."

*Excerpted from the Natural Death Handbook  
Produced by the Natural Death Centre*

