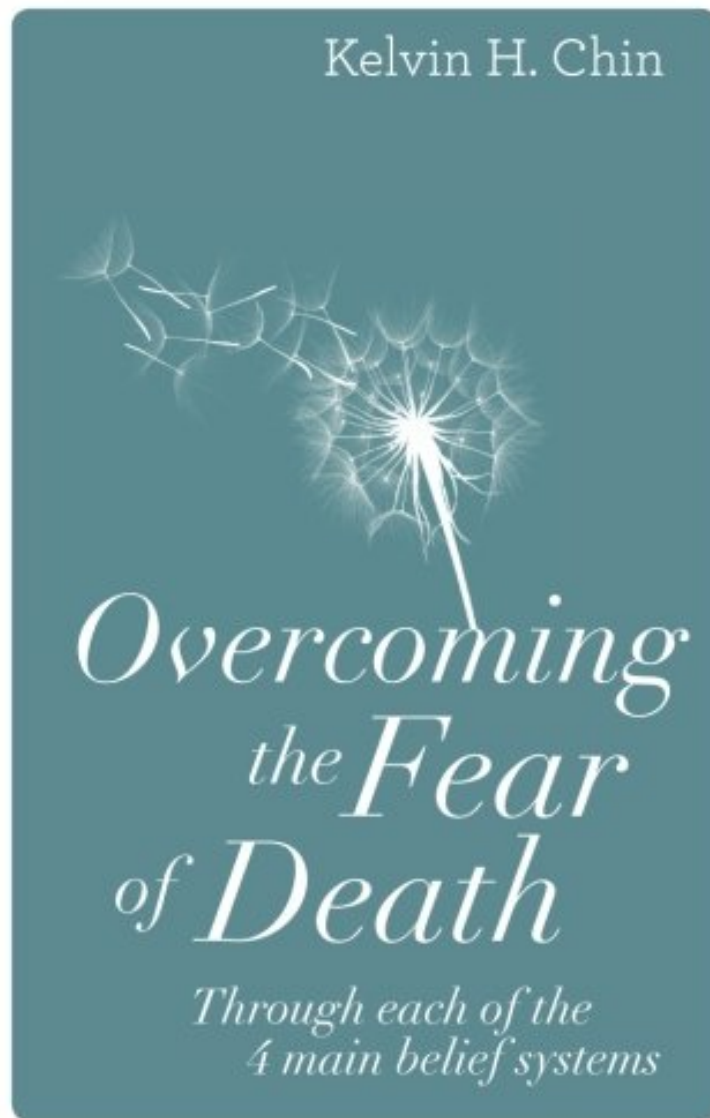


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# Overcoming the Fear of Death: Through Each of the 4 Main Belief Systems

*Kelvin H. Chin*

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#737250 in Books Kelvin H Chin 2016-08-03Original language:English 8.50 x .44 x 5.50l, #File Name: 0997717408194 pagesOvercoming the Fear of Death Through Each of the 4 Main Belief Systems | File size: 21.Mb

**Kelvin H. Chin : Overcoming the Fear of Death: Through Each of the 4 Main Belief Systems** before purchasing it in order to gage whether or not it would be worth my time, and all praised Overcoming the Fear of Death: Through Each of the 4 Main Belief Systems:

6 of 6 people found the following review helpful. Clear, Compassionate ThinkingBy George HammondOvercoming the fear of death requires clear, compassionate thinking, which Kelvin Chin shares with readers throughout his new book. Kelvin draws on his strengths as a storyteller and a popular lecturer to explain why we don't need to be afraid of death no matter what we believe about it and Kelvin covers the whole range of beliefs, from the totally materialistic to the most exotic versions of an afterlife. Since death is as normal a part of life as birth is, Kelvin effectively encourages us to stop scaring ourselves silly about it.

2 of 2 people found the following review helpful. being more balanced and effective in one's thoughts and actions after meditation lead to a happier, more fulfilling lifeBy Gotta SayWhen examining consciousness, we would be remiss not to speak of death and what we think happens to our consciousness when we make the final transition in this plane.I looked beyond the dust jacket to find out a little about the Author.As a teacher of meditation for 40 years, Kelvin has deep experience in the field of self-development, and brings a refreshing "pragmatic idealist" approach, grounded in "knowing oneself," to his work in legal services, business development, mediation, meditation, and overcoming the fear of death.He has been working with audiences on death and dying issues since the 1980's and has taught numerous seminars for the healthcare industry, was a Long Term Care Ombudsman for the California Department of Aging, and a co-founder of the Center For Medical Ethics and Mediation.His book is unique. He outlines 4 belief systems regarding death that underlie all religions and cultures. His approach is nonreligious and aims to increase readers' understandings about death through their own lens of belief without creating a need to modify their individual belief structures to reduce their fear of death.He explains 4 Main Belief Systems About Death:1) No Belief in Afterlife2) Afraid of Heaven or Hell3) Looking Forward to Heaven4) Belief in Past LivesHe walks people through the process using personal stories from friends and family in a way that humanizes the subject, making the book a fun read.Kelvin has taught meditation in living rooms, schools, businesses worldwide for 40 years and does work with individuals in person and via phone, Internet, and Skype. Kelvin has taught more than 1,000 people from extremely diverse socio-economic groups an easy-to-learn technique of naturally Turning Within with no concentration or religious affiliation required.He recommends a process of 'Turning Within' when he speaks on "Overcoming the Fear of Death". By this he means the ancient Greek sense of going within, 'knowing oneself'; being more balanced and effective in one's thoughts and actions after meditation lead to a happier, more fulfilling life.To share a bit more about Kel's extensive background:He was a test subject in the first medical studies on meditation conducted by Boston cardiologist Herbert Benson, MD (published in Scientific American, 1972). He taught the first meditation classes at West Point Military Academy in 1974, and in the US Army on the DMZ (De-Militarized Zone) in Korea. He is a graduate of Dartmouth, Yale, and Boston College Law.Kelvin studied at the Universit de Strasbourg, France. In addition to Dartmouth, Kel has degrees from Yale Graduate School and Boston College Law School. He has lived and worked in 6 countries and has 25 years experience as a global business manager. He has held CEO, EVP, SVP and CMO positions in companies ranging from start-ups to large established organizations and has trained 500 mediators to do Alternative Dispute Resolution in the last 20 years.He has created a nonprofit organization dedicated to helping people overcome the fear of death.In addition to Dartmouth, Kel has degrees from Yale Graduate School and Boston College Law School and studied at the Universit de Strasbourg, France. He has lived and worked in 6 countries and has 25 years experience as a global business manager. He has held CEO, EVP, SVP and CMO positions in companies ranging from start-ups to large established organizations and has trained 500 mediators to do Alternative Dispute Resolution in the last 20 years.He has created a nonprofit organization dedicated to helping people overcome the fear of death.

**KELVIN'S TM MEDITATION HISTORY (1970 - 1978)**In the summer of 1971, Kelvin attended the one-month teacher training program at the University of Massachusetts, Amherst taught by Maharishi Mahesh Yogi. After graduating early from Dartmouth, Kelvin completed the TM teacher training program in La Antilla, Spain with Maharishi and returned as the New Hampshire State Coordinator for the TM movement. He continued to lecture, teach TM, and lead advanced TM residence courses, including a one-month in-residence program to 600 participants on the Science of Creative Intelligence (SCI) at the University of Maine, Orono.At Yale Graduate School, Kelvin continued teaching TM at the university and throughout Connecticut. In 1974, on behalf of the TM movement, Kelvin successfully renegotiated its lease with Yale University. He also taught the first TM meditation courses at West Point Military Academy, which involved lectures and meditation classes to several hundred cadets, officers, and staff.Within days of graduating from Yale, Kelvin got a phone call from Maharishi saying that the TM organization had a free first class round-trip ticket on Swissair's inaugural flight to Hong Kong and that he would like Kelvin to go there to teach TM.As the first National Leader of Hong Kong and Director of Expansion in East Asia, Kelvin established the TM organization and lectured to all sectors of Hong Kong society including business, education, and government, and was a guest speaker on television shows, at universities, and was featured in many newspaper articles in the South China Morning Post, Hong Kong Standard, Sing Tao Daily, and others. He also lectured and taught the first TM courses in the US Army in South Korea teaching on all the bases, including on the DMZ (Demilitarized Zone) between North and South Korea.The last official TM project that Maharishi asked Kelvin to lead involved the training of Chinese American meditators to become TM teachers to prepare them to teach in the People's Republic of China. This special project was based at Maharishi International University (MIU) in 1978. Kelvin no longer teaches TM meditation, but credits Maharishi for revolutionizing the

practice of meditation worldwide by bringing attention to the fact that any meditation can and should be effortless. Kelvin teaches both private sessions and group classes worldwide including Asia, Australia, Europe, Africa, and the Americas. Although his days are occupied with teaching and speaking he is still very accessible to help people seeking insight into meditation and/or removing the fear of death. 2 of 2 people found the following review helpful. Your life will be better after thinking about death! By Sultan Salah I've thought deeply about death since I was a young girl, simply because I was given to thinking deeply about life and could see from an early age that life would flash by in the blink of an eye. And yet, "death" was so obviously a taboo subject that I developed the habit of keeping my thoughts and concerns about it to myself. As I read through this book, I felt a great sense of relief. I had the experience that a skilled and compassionate teacher was guiding me through my own thought processes. The result is that I have developed a healthier attitude about death. Also - interestingly enough - I've noticed that the more I am at ease thinking about death, the more I am able to enjoy the present moment. I now think that avoidance of the idea and reality of death prevents the full acceptance of life, because the full value of one cannot exist without the other. Aoki, Karen

Woody Allen once said, "I'm not afraid of dying. I just don't want to be there when it happens." For those of us who will be there when it happens, Kelvin Chin is providing insight, caring support and a warm life philosophy. A much needed book on more than fear, but of really living. - Pen Densham, Oscar Nominated Filmmaker ARE YOU AFRAID OF DEATH? What is death? Is it the end, the beginning, or a transition? Why are we so afraid of death? After all, death is inevitable. "Overcoming the Fear of Death: Through Each of the 4 Main Belief Systems" helps us reduce and overcome our fears without having to change our beliefs about death. It is written for: The Devout, the Agnostic and the Atheist Baby Boomers, GenX'ers and Millennials Everyone! What you will discover: The 4 Main Belief Systems About Death that cover all religions and cultures How to overcome your fear of death through your belief system Kelvin Chin is a speaker, author and meditation teacher. Executive Director and Founder of the Overcoming the Fear of Death Foundation and TurningWithin.org, he has worked on death and dying issues since the 1980s. Born in Boston, he has lived in 6 countries, and lectures worldwide. "I couldn't put it down. Very insightful. Loved the personal stories. Everyone can benefit from it. Because one thing is certain. We are all going to die." - Donna Carpenter, Caregiver

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