

## Community

# Free community talk on overcoming the fear of death

A new approach to freeing ourselves from the limiting effects of the fear of death

### SUBMITTED

Nelson Star

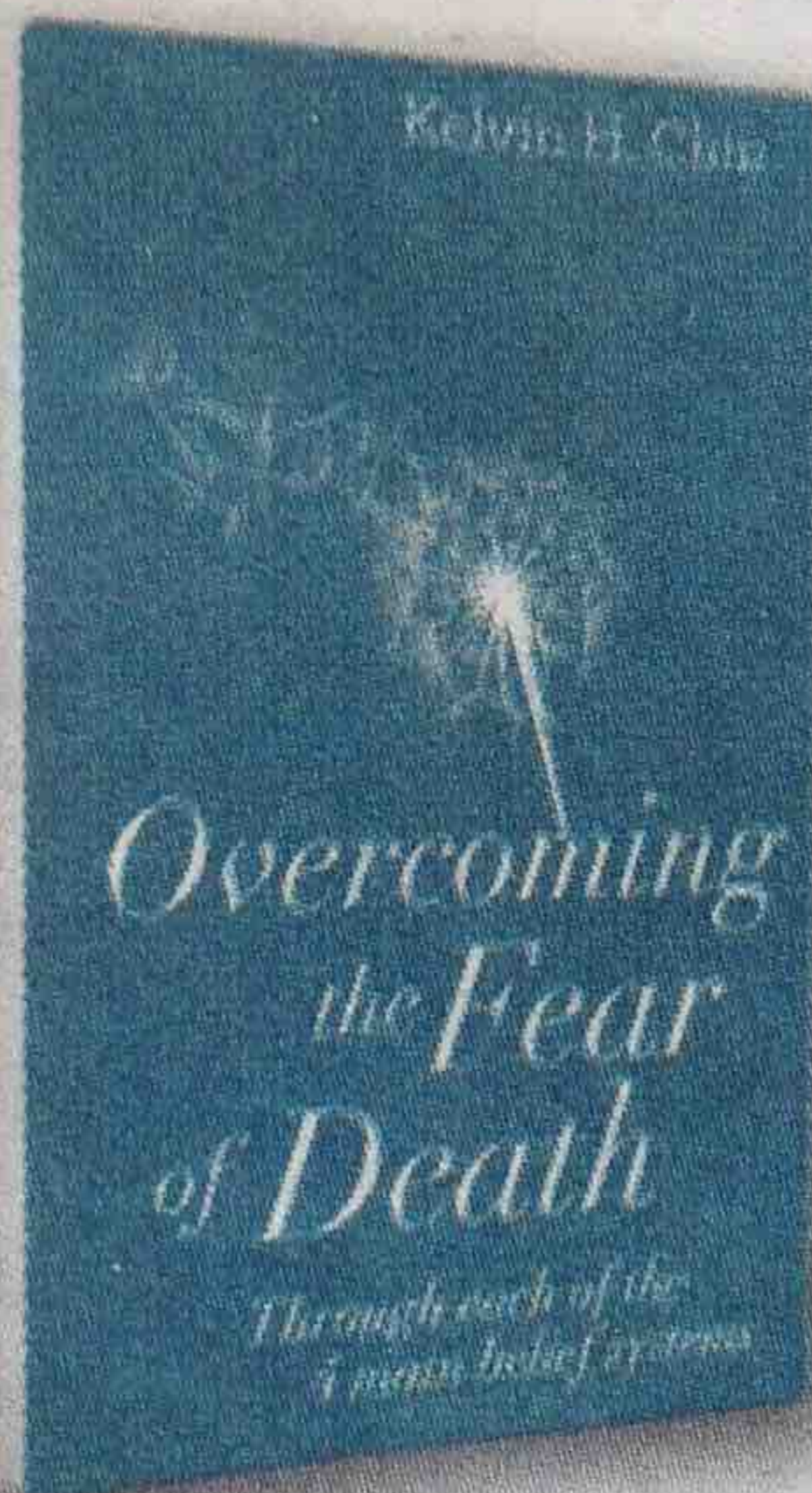
There will be a free talk held at the Kootenay Bakery Café titled "Overcoming the Fear of Death."

Sponsored by the Kootenay Society For Lifelong Learning and the Overcoming the Fear of Death Foundation, the talk will be given by Kelvin Chin, author of *Overcoming the Fear of Death — Through Each of the 4 Main Belief Systems*.

Kelvin Chin speaks internationally about "reclaiming the power of life over death" and his new approach is non-religious — it is for the devout, the agnostic and the atheist. Kelvin works worldwide, across all cultures and religions, and with all ages, from millennials to 90 year-olds.

During the talk Kelvin will answer such questions as, "Why are we so afraid of death?" "What is death?" and "Is it the end, the beginning, or a transition?"

He will help audience members rethink how we all respond to the



"Our objective is to help *all people* — no matter what their beliefs are — to reduce or eliminate their fear of death. So they can free up otherwise wasted energy to be refocused and better used in enjoying one's daily life. To live life more fully now in the present." — [www.overcomingthefearofdeath.org](http://www.overcomingthefearofdeath.org)

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death of a loved one and how we think about our own death. Kelvin will also discuss the four main belief systems about death:

1. No belief in afterlife

2. Afraid of heaven or hell
3. Looking forward to heaven
4. Belief in past lives

Kelvin is the executive director and founder of the Overcoming the Fear of Death Foundation, which helps people reduce their fear of death and dying so they can live life more fully.

He has worked with audiences on these issues since the 1980s and has also taught meditation worldwide to more than 1,000 people since the 1970s, including in schools, businesses, the US Army and at West Point Military Academy. Currently he lectures throughout the United States, Canada and five other countries.

Kelvin formerly held CMO roles at AmLaw100 law firms and was a VP for the American Arbitration Association.

He is a graduate of Dartmouth College, Yale Graduate School, and Boston College Law School, and lives in Austin, Texas.

Everyone is welcome to attend the event on Wednesday, July 27 from 7:30-9 p.m. at the Kootenay Bakery Café, 377 Baker St., Nelson.

For more info contact Kelvin at 202-870-9999 or visit [www.OvercomingTheFearOfDeath.org](http://www.OvercomingTheFearOfDeath.org).