

What is this Death Urge thing anyway?

Posted At : March 23, 2009 11:20 PM | Posted By : Michael Smith

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Some folks have asked what the Death Urge is. (I mentioned it in my newsletter that I sent out yesterday and it is part of the Sandbox presentation on 4/1/09
<http://abundantmichael.com/blog/index.cfm/2009/3/18/Wednesday-Gathering-in-Rockville--More-AlivePhysical-Immortality-4109>

We have a lot of subconscious beliefs or programming - from our parents, schools, churches, TV, radio, commercials and society in general. A lot of these beliefs hold us in a state of fear and victimhood. One of the beliefs is that we age, get sick and die. The belief that death is inevitable and beyond our control kills more people than all other causes of death combined. In fact, it kills approximately 2 % of the entire population on the planet every year. Sigmund Freud wrote an essay on the unconscious death urge called [Beyond the Pleasure Principle](#) and the founder rebirthing [Leonard Orr's](#) wrote a book "[Breaking the Death Habit](#)".

The Death Urge is similar in concept to the **nocebo** effect (the negative of the placebo effect - see <http://skepdic.com/nocebo.html> for more info). When a doctor or another trusted source tells someone that they will get sick or die the person will often do exactly that. If that sounds like Witch Doctors curing some one with voodoo that is because I think it works the same way - the physical body reacts to messages that we believe. If you are interested in the science behind this check out "[The Biology of Belief](#)" by Dr Bruce Lipton or the books by Candice Pert.

The flipside is that if we remove the negative programming we can be healthier and live longer. An extreme example of this is the [study of breast cancer](#) patient who were split into two groups. Each received the same medical treatment but the first group also joined a support group. The ones getting support (and I imagine helping in believing that the treatment would work) lived on average *twice as long* as the women in the other group.

What can we do about the Death Urge? The secret is in removing the death programming. There are many ways of releasing unconscious beliefs so that you can live a totally vibrant and joyful life without end. We will learn about some of them at the talk.

What messages I have noticed with a death urge message - ads on TV "selling" various diseases. Yes I know that they are advertising their medicines but to me the ads seem to be saying "Hey got this symptom? Then you have XYZ disease - go see your doctor and get our pills". Another one I have heard a friend say is "This job is killing me". What messages have you noticed either in ads or from friends talking?

BTW I have heard several reasons for folks coming to this event that I want to share with the group:

1. Physical immortality is possible now and investing an evening of time will pay off with an infinite return of happy and healthy years of life
2. Not sure if immortality is possible but it would be cool to live happily and healthy into my old age instead of being grumpy and sick.
3. Learning how to let of of negative thoughts, depression and suicidal thoughts would be great
4. Skeptical but at least I get to meet some interesting people
5. Anything that Laurie Handlers (Butterfly Tantra workshops) is into is mostly likely interesting and life changing