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Human beings feel afraid of death just as children feel afraid of darkness; and just as children's fear of darkness is increased by the stories which they have heard about ghosts and thieves, human beings' fear of death is increased by the

stories which they have heard about the agony of the dying man. If a human being regards death as a kind of punishment for the sins he has committed and if he looks upon death as a means of making an entry into another world, he is certainly taking a religious and sacred view of death. But if a human being looks upon death as a law of nature and then feels afraid of it, his attitude is one of cowardice.

However, even in religious meditation about death there is something a mixture of folly and superstition. Monks have written books in which they have described the painful experience which they underwent by inflicting physical tortures upon themselves as a form of self-purification. Such books may lead one to think that, if the pain of even a finger being squeezed or pressed is unbearable, the pains of death must be indescribably agonizing. Such books thus increase a Man's fear of death.

Seneca, a Roman Philosopher, expressed the view that the circumstances and ceremonies of death frighten people more than death itself would do. A dying man is heard uttering groans; his body is seen undergoing convulsions; his face appears to be absolutely bloodless and pale; at his death his friends begin to weep and his relations put on mourning clothes; various rituals are performed. All these facts make death appear more horrible than it would be otherwise.

Fear of death

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A man is scared of the incident of the death. In fact, certain events of a dying person let a man's fear rise. Moreover, a man's perception about death comes as consequences of his offences and reality of a new world let him seek for a religious idea. But, unfortunately, some religious perception increases confusion. In certain books, priests have described death as a painful situation of a body that increases fear of death further. According to senses, culture and customs of a dying person is more painful than death itself. As a silent body and his surroundings make environment fearful.