

- ① Human beings fear of death is provoked due to the negativity spread by telling how painful and restless the process of death is. On the other hand, children's fear of ^{darkness} death has been promoted by spreading rumors about ghosts & thieves.
- ② According to the religious and sacred view of death, the death should be familiarized as a way to enter into another world which is eternal and more peaceful.
- ③ Monks have written the painful experiences of self torturing and physical abuse to themselves for the sake of self purification from sins and errors. They did it as a punishment for the sins they committed to gain pardon.
- ④ According to Seneca, the rituals and ceremonies that are usually performed on the occasion of death have frighten the people more than the death itself. The person

gets panic and loss the stability due to these frightening and peril activities.

⑤ The various rituals performed like crying and weeping of relatives, wearing colourless, simpler clothes and burying or burning the dead bodies are some horrible activities that makes the death appear more horrible than it is. It should be introduced as relieve from agony and pain of worldly affairs.