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Composition

1:- Childrens fear of darkness, basically, is the fear of invisible beings that attack suddenly and that of thieves who use darkness as a mean to disguise themselves. On the other hand, the fear of human beings of death is fear of pain and suffering experienced by the dying person. This fear of agony is elevated by reading the books of the monks.

2:- The religious and sacred view of death is that after death a person enters into another world. In this world, on the basis of deeds, reward and punishment is afflicted. The greater the sins, the greater the punishment, that's why, the monks endure physical torture to purify themselves of bad deeds.

3:- Monks describe in their books the personal experience of self-purification. They undergo indelible agony in the form of physical torture to cleanse their soul. This is based on their religious view that punishment would be inflicted on every sinful soul, so to prevent later suffering, they undergo and endure inevitable torture.

4:- Seneca thinks that the circumstances leading to death are more horrible than the death itself. Man fears death due to his visual experience of the sufferings, groans and pain of the dying person. In fact, the ceremonies make them cry and circumstances of death make them fearful. It is not the death the man fears, but the process.

5:- Death, itself, is not horrible, but the circumstances leading to it. People fear death, firstly due to their religious beliefs that sinful souls undergo punishment in the other world. Secondly, their fear is aggrandized by the monks who themselves undergo physical torture for self-purification. Thirdly, circumstances leading to death - the wales, groans, and agony of the dying man frightens them. Lastly, the death ceremony adds to their fear. If it wasn't for the above mentioned things, death would not be much frightening.
