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Thread: [Just wrote something on the topic of death. Constructive feedback is welcome](#)

cookieblock - January 21, 2019, 1:33 pm

As the saying goes, "Nothing is certain except death and taxes." Death is an integral part of life. Before you were born you were already dead waiting to be born amongst others. Death can come to you at any time, any day and any age. Do not think that you are invincible from death. you are not guaranteed tomorrow. I urge you to visit your local graveyard and look at the age of when people parted this earth. You will come across a diverse range of ages, races, and religions. Do you still think you can outlive death? Do not be scared of death, it is a part of your life and always will be. In order to truly live a life that is not filled with regrets, you must embrace death.

Only then you can live life to its fullest. Death is only scary if you make it out to be. Your imagination is a powerful tool. You can use it for good or bad, yet you decide to stress yourself out by worrying about things that are out of your control. So why stress yourself out? Death is not scary. The grim reaper is not going to come to you unless you actually believe in him. Every action creates a reaction. For example, on your death, someone will be born. Think about how many people died on the very day you were born. Fascinating, is it not? You should look at death from a different perspective.

Your death is like a sacrifice, you die and someone is born to explore the world. It is a bit like reincarnation. You were never taught about death. Maybe it is your parent's fault, maybe the school system's. Death will teach you how to live. Death has subtle ways of telling you that your time is coming and there is nothing you can do about, nor can anyone else. It does not matter if you are poor or rich, black or white, death does not discriminate.

You will grow older every year which means, you are closer to your death. You start to have white hair meaning, you are closer to death. You develop a serious illness, another reminder death is coming. Your bones start to become weaker. Then you will finally die and death has caught up to you. You will be carried by your relatives to your grave that they paid in advance for. You will be placed six feet under and then dirt will cover your coffin. You will be forgotten. Perhaps, visited once a year, if you are lucky. Death comes in stages as I have outlined for you. Death will make you want to achieve your dreams, goals, and aspirations. You do not want to be the person who die with no achievements. What will others think of you? What will they say at your funeral? There are people on hospital beds, who are given death sentence. Those very people who would love to be in your shoes.

Death is everywhere if life, whether you like it or not. I know thinking about death is not the easiest thing to think about, but it is a must. You must accept the fact that death is a part of your life and time is only limited. What you do in your life will make your death an easy one. Doing this, will make your death a memorable one.

People will share memories that they had with you and share these with your children to comfort them with the death of their father. Your legacy will live on through your next of kin's, like a flame that never dies out. You will be visited regularly at your grave, perhaps even weekly basis. Everyone will know what you stood for and what you were like when you were alive and well. People will mourn at the news of your death. They will mourn at your funeral and they will mourn after you have been buried. You will not have another chance at life. What you do in life is what people will

remember you for. It will be the deciding factor as what people will remember you by. You have an opportunity to change people's view of you. You have the choice to turn negatives into positives.

In order to this you need to take action, without taking action you will never truly be the best version of yourself or live the life you have always dreamed of living. Do you really want to be on your deathbed looking back at your life with regrets because you did not take action. Not taking action is killing your life and robbing you of your true potential. Death will remind you of what you could have become, but you decided to never leave your comfort zone. The comfort zone is what I call the death zone.

All your goals, ambitions and dreams die in the one of comfort. You must remove yourself from your comfort zone as nothing good comes from it. People did not become successful from staying in the comfort zone.

Name me one person who got rich and successful by staying in the comfort zone. You can't, can you? I mean it, you must regain control of your life and not fear death. Death is a natural process of your life. Death will come to you and sooner than you think. Why fear death when there is nothing in your power you can do? Every year people die and their relatives mourn the death of a loved one. One day that will be you, maybe you have already mourned the death of a friend. You have experienced death, but you have not died. Think about how you felt when you got the news. Death changes you as a person. It makes you look at life at a different perspective.

Death is not scary, you have just been looking at death in the wrong way, but I suggest you change your world view of death and what it means to die

hose10 - January 21, 2019, 1:44 pm

I am not scared of death .. i am scared of the way i grew up and the fact that is so difficult to change myself.

Dope - January 21, 2019, 2:04 pm

I do agree with your thoughts. However I think this would be good for people that are probably paranoid or scared of death to the point where they find themselves anxious in regular day to day life situations.. I wouldn't recommend going to the graveyard though, we're gonna spend a long time there too.. :)