

Time & Change: How in Society We Often Repress the Fact That We Will Die

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A Spotify playlist featuring songs mentioned in this thesis are found at:

https://open.spotify.com/playlist/3B07G57GCMEBYgyYe7nzKT?si=igVm06YdTguqtB4XEYQ99w&utm_source=native-share-menu

Summary of topic

The idea of death can be scary to most individuals regardless of their faith or age as we can all die in several ways no matter the circumstances. In society, most people are educated that departure from life is a bad thing which eventually leads to the fear of death being developed.

This text will be exploring different perspectives on how death affects us in different ways, possibilities on why we might fear death, different perspectives and our mortality.

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Introduction

Death, a topic that is usually very depressing to talk about ... but this could be for many reasons; one of which could be due to society creating the fear of death so we do not make any decisions that cut our lives short. In society, we are taught not to run away from our problems and to face our fears. But we are also taught that death is just around the corner and that it is important to be constantly afraid of death. Why are we taught to be afraid of death? Instead of fearing death, why are we not taught to accept the fact that we will all die someday?

Death can either be a time of celebration or a time of mourning (depending on different circumstances regarding beliefs and theories). Could there be different beliefs and theories because some people have accepted the fact that death is a part of life? Or could it be that most people are afraid of what waits for us after death?

The subject matter of my work is time and change, in this text I wanted to explore death in particular as we are all going to die someday. At some point in our lives, we do wonder when and how we die. We choose to either ignore/accept that thought and live in the moment, or we spend the rest of our lives worrying about the future.

Fears

Fear of death can link to the fear of nothingness as nobody genuinely knows what happens when we die. I would personally say this can also lead to xenophobia, but the meaning of xenophobia has seemed to evolve its meaning to the fear of strangers or foreigners even though the psychological definition is fear of the unknown.

We all are going to die someday, we do not know when, where, how and especially why we all die. We all die in the end but that's a part of life we must accept at some point in our lives.

The realisation of not knowing when and how we die can be quite daunting on someone and can affect the decisions they make in life.

There are many factors that could be the cause of xenophobia (fear of the unknown) such as lack of control and predictability:

- Not enough predictability means that you have not gathered enough facts to make accurate predictions which can cause your anxiety to rise.
- If someone feels they have no control regarding uncomfortable and unfamiliar situations is bound to cause your anxiety level to rise.

There are many reasons a person can have thanatophobia (fear of death): fear of the unknown (when being uncertain about what happens to us after death), fear of loss of control (we all like to have control of different things in our lives, but death is out of our control), Fear of abandoning loved ones (not everyone is afraid of dying, some are afraid of what happens to their loved ones after they die which could be how their loved ones cope and continue without you in their future) and the fear of suffering, illness or loss of dignity (this includes a slow death) [*When the fear of death keeps you from living*, 2022].

Realisation of Our Mortality: The Choices We Make

The choices we make can affect our lifespan by shortening or prolonging it. Any other outcomes (that also impact the length of our lives) that are not caused by our actions are outside of our control and is not our fault.

It is inevitable for every human being to make certain decisions that can affect their lives and others. The choices we make are either healthy or unhealthy; unhealthy choices can be habits involve smoking, drinking and unbalanced diets. I drink alcohol (but only in between one to three a month) and I drink energy drinks (which is not healthy) since I have been doing nightshifts. But I also eat healthy food to have a balanced diet.

The choices we make can lead to potential health problems in the future such as heart disease, diabetes, cancer (such as lung cancer which is caused by smoking although specific career choices can lead to this), visual loss (partially) and hearing loss (partially). This can then cause certain choices being made due to health issues which could then cause different outcomes such as not seeing or hearing a fast-moving car heading towards you being driven by a careless driver.

There is a possibility our deaths are caused from other people's decisions whether it is euthanasia, murder or injuries from an attempted murder.

Of course, suicides can be caused from other people's actions and words. The actions we do and the words we say can have repercussions such as knowingly/unknowingly being the reason a person ends their life. In England, 5219 suicides were registered in 2021 according to the Samaritans website [[Media.samaritans.org](https://www.samaritans.org)].

Omens About Death

There are many superstitions about death:

- Breaking a mirror can mean seven years of bad luck or an oncoming death.
- A dog under the front porch that howls four times foretells a death.
- If a rooster crows near the doorway and someone is ill in the house, death is coming.
- To see a person's doppelganger (double/twin) is one of the omens of death

- The sound of a death-watch beetle in the house foretells of an impending death
- To sweep under an ill person's bed is to bring on death.
- A cradle that rocks on its own foretells death in the family.
- Three knocks mean death is coming.
- Hearing a shriek or scream nearby is an omen of death (this relates to the Irish legend of the banshee's scream).
- The bark of a dog or fox near an ill person's room signals death.
- Black cats
- Crows

[*Omens of death & old American funeral superstitions*, 2022]

Beliefs of What Happens After Death

Personally, I am not afraid of my death. It doesn't matter to me how and when I die nor the realisation of what could happen after death. Perhaps that could be another idea of why most people are scared of death, none of us actually know what happens after we die ... there are only theories and beliefs. There are many ideas and beliefs that are based on whether you are a person of God or a person of science.

For Christianity, it has different practices depending on different Christian denominations. The Protestant churches tend to emphasise the distinction between body and soul and the assumption is often that the soul will proceed to heaven while the body is of little importance and can be permanently disposed of by cremation. Roman Catholicism and the Orthodox Churches still strongly favour burial over cremation due to a belief in the physical resurrection of the body. The Roman Catholic Church has permitted cremation since 1963 as long as doing so does not reflect a lack of faith in bodily resurrection. For this reason, in 2016, the Vatican banned the scattering of cremated remains or keeping them in a non-sacred space. Roman Catholic and Orthodox funerals tend to focus strongly on a ritual and liturgical formula and may not include a eulogy, or much focus on the life or

character of the deceased (this is generally left to memorials or gatherings following the funeral). This is because the main purpose of the funeral is often seen as intercession on behalf of the person that has died in order to ease their passage into heaven. All Christian churches teach that after death a person is subject to judgement although far less emphasis has been placed on hell in recent decades. The Roman Catholic Church still teaches that the dead may undergo a period of purification in Purgatory and that this can be shortened by the prayers of the living. Some evangelical churches have traditionally used funerals as an opportunity for preaching about their beliefs regarding what happens after death for the benefit of those in attendance who are not believers [*Factsheet: Death and funerals in world religions*, 2022].

Islam teaches that the body resides in the coffin until the day of Judgement. This is a period of trial where angels will question the person about their beliefs and practices. The coffin will seem like a paradise for the righteous whereas for the unrighteous it will be torture. Muslims believe that a horn will be blown and the dead will be resurrected to face final judgement on the Day of Judgement. Where possible, a dying person will repeat the *Shahada* or declaration of faith as their last utterance. Cremation is against the Islamic faith as Muslims believe in physical resurrection. It is important that the burial should take place within 24 hours of their death, the body must be positioned towards Mecca and the grave must be raised. In many countries, a coffin is not used, but in the UK, where this is often forbidden, a coffin is permitted. Women are usually discouraged in some Islamic countries from attending funerals as their mourning may be excessive [*Factsheet: Death and funerals in world religions*, 2022].

Hindus believe that the *atman* or 'self' of the person who has died will be reincarnated, or will reach *moksha*. In different Hindu traditions, *moksha* may be interpreted either as becoming one with the ultimate (*Brahman*); or as being with a personal God. Funeral rituals are based on the *Vedas*, an ancient set of scriptures, the oldest layers of which (the *Samhitas*) deal with the correct performance of ritual. Most Hindus are cremated. In Vedic ritual, fire (often seen as the fire god, Agni) is the means by which things are moved from the realm of mortals to the realm of the gods and this is true of the human body as well. The exceptions to this rule are very young children and Sanyasi (renunciants) who are not thought to require purification in fire. Some Hindus believe that to die in Varanasi, or to be cremated there, ensures instant access to *moksha*. In the UK, most Hindus use the local crematorium. Tradition dictates, however, that the oldest son of the deceased should be the last person to touch the coffin and so Hindus may ask to be allowed to charge the cremator. A small but increasing number of crematoria in the UK are accommodating this by having an area around the front of the cremator designed for public access. Some Hindus (and Sikhs) are lobbying for open-air cremation on funeral pyres to be fully legalised in the UK. The legal status of open-air cremation in the UK is ambiguous and problematic. Ideally, cremated remains should be placed in the

Ganges River in India, although as all rivers are ultimately connected, any river or sea is acceptable [Factsheet: *Death and funerals in world religions*, 2022].

Judaism has no clear and unambiguous teaching about life after death. Jewish scriptures describe God as 'The God of the living.' Righteous behaviour is rewarded with long life, prosperity and children. Where a post-mortem existence is mentioned, it is a shadowy half-life in the underworld. Belief in physical resurrection and judgement followed by Paradise or *Gehenna*, a place of punishment, begins to enter the scriptural record in around the 4th century BCE. The resurrection of the body is believed to be part of what will happen with the coming of the Messiah although the specifics are vague and contested. Because of the belief in resurrection, religious Jews tend to be buried rather than cremated, although Liberal and Reform Judaism permit cremation. The deceased is never left alone between the time of death and the burial. Most synagogues or communities have a burial committee, or *Chevra Kadisha*, whose members undertake to wash and shroud the dead and to sit with them until burial takes place. Women will take care of women who have died and men will attend to men. Burial takes place as quickly as possible following a death, although delay is permitted if an investigation is required. Liberal and Reform Jews may be less strict about this. Some Jewish men (and women for some traditions) may be buried wearing their *tallit* or prayer shawl. The knots surrounding this represent the various scriptural laws and the knots at the corners may be undone prior to burial to show that the person is no longer bound by the law. For seven days following the funeral a family may sit *shiva* (literally seven). During this period family members are released from many religious obligations. Mirrors may be covered and candles may be lit. Friends often visit bringing food, and stories of the person who has died may be said. During this time, and at other times following this, a version of the *kaddish*, a prayer in Aramaic rather than Hebrew, is recited. The period of 30 days following the funeral, and the year following the funeral, also have distinct practices. The anniversary of the death is marked by the lighting of a particular kind of candle and the reciting of the mourners' *kaddish* [Factsheet: *Death and funerals in world religions*, 2022].

Like Hindus, Sikhs believe in reincarnation, with the atman passing through different births until it achieves *Mukti*, or liberation. Most Sikhs are cremated after death. As with Hindus in the UK there is some pressure to allow the full legalisation of open-air cremation. When a Sikh seems near death, the family may gather with them and recite the Hymn of Peace (*Sukhmani*). The person who is dying will try to respond by saying the name of God (*Waheguru*). The body is washed and dressed in traditional Sikh clothing as soon as possible after death. If possible, cremation should take place within a day. The body is placed in a coffin and taken to the *gurdwara* where it is placed in front of the *Guru Granth Sahib*. This is the sacred book, regarded by Sikhs as the eleventh Guru. Prayers are said and readings from the *Guru Granth*

Sahib are recited. The coffin is then taken to the place of cremation. The evening prayer, the *Kirtan Sohila* is recited during the funeral, while the cremation is taking place, and/or at some other appropriate time. The cremation ceremony is known as the *Atam Sanskar*, or ceremony of completion. Where cremation is not practical, burial is permitted. Cremated remains may be either buried or placed in water. In the 10 days following the funeral, Sikhs may observe a period of mourning during which they do not go to work. During this period, a *Saharan Paath*, or recitation of the whole of the *Guru Granth Sahib* may be arranged either in the home or the *gurdwara*. Extreme displays of grief, or actions designed to help the atman of the deceased (such as lighting candles or carrying out austerities) are discouraged since Waheguru is the perfect judge and does not require human intervention [*Factsheet: Death and funerals in world religions*, 2022].

Death in The World of Art

We don't talk about death as much as people may expect as it is a sensitive topic for a few people who have suffered a loss of a loved one or themselves have a terminal illness. The topic of death is usually avoided but is brought to attention in the world of art.

Not many people are art appreciators, could this be due to how a topic is acknowledged and is seen in the eyes of others? The society I have grown up in has taught me to push boundaries but at the same time not to push boundaries ... it is not straightforward. In my opinion as a person in their 20s, the affect society has on the younger generation has complicated our ways of approaching a topic whether it is a delicate subject or not. This subject matter is morbid so it can affect a person's mood for a while.

Poems and Fairy Tales About Death

Poems

Death can be expressed through different mediums. One of the ways death is acknowledged, and in some cases, educational is through poetry.

A small section of a poem *Exposure* written by Wilfred Owen

“Tonight, His frost will fasten on this mud and us,
Shrivelling many hands, puckering foreheads crisp.
The burying party, picks and shovels in the shaking grasp,
Pause over the half – known faces. All their eyes are ice,
But nothing happens.”

This selected section of the poem *Exposure* is about burying their fallen comrades [Pearson Edexcel GCSE Poetry Anthology, 2014].

Section of *The Charge of the Light Brigade* by Alfred, Lord Tennyson

“Forward, the light brigade!
Was there a man dismay’d?
Not tho’ the soldier knew
Some one had blunder’d
Their’s not to make reply,
Their’s not to reason why,
Their’s but to do and die:
Into the Valley of Death
Rode the six hundred”.

[Pearson Edexcel GCSE Poetry Anthology, 2014]

The Charge of the Light Brigade is a poem commemorating the hapless, hopeless charge of 600 British light cavalry against Russian troops on Balaclava Heights, October 25th, 1854. Under the misdirection of the incompetent Lord Cardigan, the Light Brigade lost 157 men. Tennyson, wrote this poem on 2nd December 1854 however, used the occasion to create a poem of nationalistic pride and passion. Tennyson, writing six weeks after the fact, names no names to blame in his paeon to bravery, saying only "Someone had blunder'd." He disregards the negligence of such commanding figures as Lord Raglan and Lord Lucan, who mutually confirmed the order to attack without knowledge of the extent of the Russian forces. Tennyson immediately shifts from blaming the commanders to commending the fixed and unalterable obedience of the brigade: "Theirs not to reason why / Theirs but to do and die." This commendation sets the tone of the entire work. The poem was published in *The Examiner* a week later, on 9 December 1854 [*What is the meaning of "the charge of the Light Brigade"?*, 2022].

Fairy Tales

Death's Messengers is a German fairy tale collected by the Brothers Grimm which is about a young man who helped a man who was Death. Death was grateful that the young man had helped Death and promised the young man three warnings before it is time for him to die. The young man over time started getting ill and then death tapped his shoulder and told the young man his time had come to which the young man accused Death of breaking his promise. Death responded: "Have I not sent one messenger to thee after another? Did not fever come and smite thee, and shake thee, and cast thee down? Has dizziness not bewildered thy head? Has not gout twitched thee in thy limbs? Did not thine ears sing? Did not toothache bite into thy cheeks? Was it not dark before thine eyes? And besides all that, has not my own brother Sleep reminded thee every night of me? Didst thou not lie by night as if thou wert already dead?" The young man accepted his fate and went away with Death [*Death's Messengers*, 2019].

The Duration of Life is another German fairy tale which starts with when God created life and was going to fix the length of each creature's life, each creature (the donkey, dog and monkey) asked God to take a few years off their lives. When it was man's turn, man was greedy and asked for more years. God gave man each of the years that were taken by the creatures but man was still not satisfied. The following quote explains what happens to man: "So man lives seventy years. The first thirty are his

human years, which are soon gone; then is he healthy, merry, works with pleasure, and is glad of his life. Then follow the donkey's eighteen years, when one burden after another is laid on him, he has to carry the corn which feeds others, and blows and kicks are the reward of his faithful services. Then the dog's twelve years, when he lies in the corner, and growls and has no longer any teeth to bite with, and when this time is over the monkey's ten years form the end. Then man is weak-headed and foolish, does silly things, and becomes the jest of the children" [*The Duration of Life*, 2019].

Music About Death

Danse Macabre is a classical music but the translation is French for 'Dance of Death'. The music is jauntily but also having a serious tone in the composition. At the beginning of the music is gentle and slowly starts to build into the song at 0:24 of the song (*Danse Macabre* is included in the Spotify Playlist, the link is at the top of the page). At 0:28 is almost as a 'things are going to start getting real' point of the song. At 0:39 of the song starts to have a light tone but slowly starts to build up with more instruments in the background and a faster pace to 1:20 to which the tone of the song becomes exciting and starts to go subtle at 2:04 and picks up the pace more. At 2:46 the song builds up and repeats more notes similar to a 'but wait, there is more' to create an emotional rollercoaster type of feeling for the person listening. At 2:56 expresses a melancholy feeling in the way the pitch holds but sounds shaky which can also sound like crying and fear. At 3:03 another instrument joins and sounds calm like a voice that is trying to reassure the voice that is crying. At 3:15 both of the instruments start to sync together almost as 'it is all going to be okay, there is no need to be afraid'. At 3:26 the pace starts to fasten to which I could imagine resembles fear starting to seep through. At 3:35 the song becomes more dramatic to address the mixed feelings about the realisation about dying which could also represent denial. At 3:46 the tone sounds more serious which could represent the voice of reason 'it is unavoidable, it has to be accepted'. At 3:50 the two instruments are contrasting each other which could almost resemble 'I do not want to die' and the other with a serious tone 'but I know I will'. 3:52 with a faster pace the tone starts to sound like panic repeating as if saying three times 'I do not want to die'. At 3:55 the tone is serious but calming as if saying 'stop panicking, it is a part of life'. At 4:28 the tone of the song sounds more calming with another subtle fast-paced sound in the background which could resemble slowly becoming more

accepting. At 4:47 is a build up which could represent the fear trying to creep in. At 5:14 the song becomes more dramatic and serious as if the person is trying to overcome their fear and it becomes like a battlefield of emotions. At 6:04 a deep but slow tone is expressed which could represent the person fully accepting death [Spotify Playlist, 2022].

Dumb Ways to Die by Tangerine Kitty is a song that went viral on the internet and it lists stupid ways of dying. I personally think this song is catchy and is hilarious as it has a happy tone but the subject matter is serious. This song is both playful but getting the message across that 'there are many ways to die and death is okay, but try not to do anything stupid' [Spotify Playlist, 2022].

I Can't Decide by the Scissor Sisters is almost cheerful but also sinister as if an emotional message to a person they know as if saying 'I want to kill you but I do not want to because I care but I also feel angry'. The person feels conflicted as suggested by "I'm not a gangster tonight. Don't want to be the bad guy. I'm just a loner, baby. And now you've got in my way" [Spotify Playlist, 2022].

Films About Death

Old is a horror/thriller film directed by M. Night Shyamalan in 2021. There was a group of people suffering from different illnesses staying at a resort. The group were taken to a beach and were having fun. However, things started to take a turn for the worse when a corpse floated towards one of the children. They try to leave the beach to go get help but they all passed out when they tried. The group of people realise that they are aging rapidly and one of the people in the group gets paranoid and stabs someone repeatedly. As the film goes on, the adults start to contemplate their life and all of their health conditions worsen. The children grow up very fast and give birth but the baby dies instantly. Each person starts to dies trying to leave the beach or their health declines. In the end it is revealed many people died on the beach as part of research to cure different illnesses. I find it interesting how their fears of death are portrayed in this film suiting different personalities of the characters in the film [*Old*, 2021].

The Sixth Sense is a thriller/horror film made in 1999 which begins which begins with Malcolm, a child therapist, celebrating his reward but is interrupted when a man broke into his home and reveals himself to be Vincent, Malcolm's former patient. The former patient blames Malcolm for failing him and shoots Malcolm in the stomach and then turns the gun on himself. The next scene skips ahead to a few months later which Malcolm begins working with Cole. Cole sees ghosts but some of the ghosts do not know they are already deceased. After the incident at a party when the bullies locked Cole in a cupboard where a spirit was, Cole confessed to Malcolm that he sees ghosts, to which Malcolm does not believe Cole and starts to think Cole is delusional. Malcolm looks through his old files from his sessions with Vincent, he finds an audiotape that picks up the voice of a man pleading for help in Spanish and Malcolm realises that Cole was not lying about seeing ghosts. Malcolm supports Cole in trying to talk to the ghosts and help them with their unfinished business. A ghost girl shows up in Cole's tent and she is covered in vomit. Cole and Malcolm arrive at her funeral and go to her room, the ghost girl gives Cole a box containing a videotape. Cole gives the videotape to the father who watched the tape, the tape then revealed the girl's mother poisoning her food to save her little sister from suffering the same fate. In the end of the film, it is revealed that Malcolm did not survive from getting shot by Vincent. Malcolm says goodbye to Anna, accepts his death and departs. This shows how Malcolm accepted the fact he was dead and was able to move on knowing he may never see his wife ever again [*The Sixth sense*, 1999].

Unbreakable is a thriller/mystery film made in 2000 and is part of a trilogy directed by M. Night Shyamalan. In the beginning of the film, David (played by Bruce Willis) is the only survivor in a terrible train accident. As the film goes on, we see David using his 'superhero' powers for good and he gets visions of all the bad deeds anyone has committed just by touching them. But we soon discover his weakness is water. Near the end of the film, he almost drowns in a pool but is rescued. Eventually he realises that the very same person who helped David be a hero, is the true villain of this film who had caused many deaths including the train accident David was involved in. David, who hides his weakness of water would seem unbreakable. However, when we the audience find out his weakness, we remember that he is just a human being that happens to have super human abilities [*Unbreakable*, 2000].

Death Becomes Her is a comedy/fantasy film made in 1992. This film is about Helen and Madeline, a writer and an actress, that despise each other but have a crush on the same man. They lead to have very different lives but are both not satisfied with the outcomes. They both drink a miracle potion that prevents aging and death. The writer and actress try to murder each other but they both realise that both of them are immortal from drinking the miracle potion. Ernest is tired of them both and prepares to leave. Madeline and Helen try to stop Ernest from leaving as they

realised only, he could repair their bodies regularly. They try to persuade Ernest to drink the potion of everlasting life and is tempted until they mention it will make him have everlasting life. He refuses the potion and tries to escape but as he hangs on to a pipe for his dear life, he takes the potion out of his pocket and drops it before he falls. Ernest survives the fall by into a pool and escapes. Thirty-seven years later shows Madeline and Helen at Ernest's funeral which revealed how changed his life for the better. Madeline and Helen laugh in mockery of the eulogy but as they leave show that they are decaying and cracked. This shows different perspectives of death, Ernest who accepted his fate knowing he might not survive the fall and the two women who were afraid of growing old and dying [*Death Becomes Her*, 1992].

The Lost Boys is a horror/comedy film made in 1987. *The Lost Boys* is about Lucy and her two sons moving to a small town in California where there are many cases of missing people. One of the two sons, Michael, becomes a part vampire after unknowingly drinking a bottle of blood. The group of vampires also known as 'the lost boys' try to make Michael kill so he can become a full vampire just like them while his brother, Sam, tries to find a way to cure Michael. On the cover of *The Lost Boys* says "sleep all day. Party all night. Never grow old. Never die. It's fun to be a vampire." This quote itself shows that the person saying it refuses the fact that they will die and would rather live forever by drinking blood to avoid their destined fate to die [*The Lost Boys*, 1987].

Notes

As part of my research, I created a poll on my public social media account to everyone to vote. My goal was to see how many people would choose immortality and mortality to see how many people have not accepted the fact they will die someday. Additionally, to make the realisation of their mortality ponder in their minds. I did not tell anyone my reasons for asking the question "would you want to live forever"? I carefully worded this question to sound casual (more likely to get responses as I thought that asking informally would sound more friendly and open) and as a possible-but-still-hypothetical question. I wanted to see how many people would reply to the poll and the options they would pick. 24 people saw the story on social media but only 12 people voted on the poll (in total), 42% (5 people) voted 'yes' and 58% (7 people) voted 'no'.

I put this poll on Instagram at 5pm on the 5th of December just before my night shift started so I could see who viewed the story containing the poll and the votes outcome whenever I was on my breaks and finished my work shift. During the time I

was using social media, I noticed that most of the social media followers were usually more active at night to the early hours of the morning based on the consistent number of posts and stories from their accounts on my feed. This is also part of the reason I posted the poll on the story at 5pm before my night shift.

One of the 5 people that voted 'yes' sent me a message but sounded almost uncertain with the answer they chose. This was suggested by their choice of words and how they only listed a few faults and no positives "I would want to live forever, but I'd never stay in one place and I doubt I would ever want to fall for someone". The use of the word 'but' already proves that the seeds of doubt had started to grow and the person probably began to realise what living forever would entail. The part 'I would never stay in one place' suggests that the person is started to think of the problems regarding immortality one by one starting with boredom. Learning something new and achieving goals adds excitement but, hypothetically a never-ending life would become a 'been there done that' cliché. And lastly 'I doubt I would ever want to fall for someone' could suggest they were at this point thinking about their friends and family growing old and dying while the person (also hypothetically) cannot which then could create envy for not having the ability to die or lead to preventing themselves from getting close to anyone to avoid getting themselves hurt.

Even though I never asked for the viewers to give me an explanation to why they voted yes or no, I believe that the person who gave their explanation in the message unknowingly reassured me that my goal was successfully completed.

We are all going to die someday. We may not know when or how but that is just a fact we all must accept at some point in our lives.

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