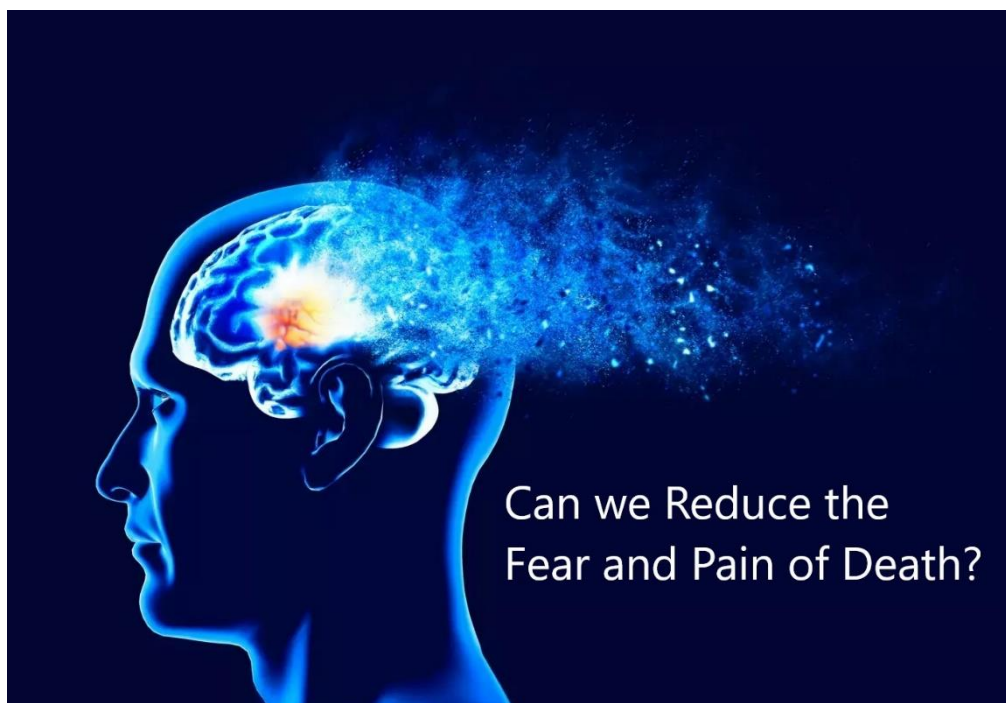


Can we Reduce the Fear and Pain of Death?

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Introduction

Death is the most certain thing for any living entity and yet we know so little about it. It may come earlier or later in life but the inevitable always happens. Yet we carry out our actions and behave as if we are immortal and death does not enter into our scheme of things. In a way that maybe a good thing because the fear of death may not allow us to be bold enough to do lots of things in life. Nevertheless, if we understand death then we will really understand life, and this will help us to live it fruitfully and happily.

As we grow older death does appear more often in our vision field. Hence a curiosity arose about what is the nature of death and why we fear it. I wrote my first book [“Nature of Human Thought”](#) in 2004 and one of the main chapters in it [was on death](#). It was based on the basic tenet of Indian philosophy and how it pertains to death. Most of the material was therefore heuristic in nature and death was explained in general terms.

Death is a very physical process and is the final exit of the body. Hence, I felt that it should be governed by physical, physiological and neurobiological laws. This thinking has led to this small essay.

Fear of Death

All living entities from the smallest to the largest fear death. *In fact fear defines an entity as living.* Fear is ingrained in our DNA from time immemorial and is a part of the evolutionary process. Death is very necessary for the evolution and rejuvenation of genetic material.

The fear of death comes from [fear of losing form](#) and from the fear of unknown. Loss of form means losing lifetime memories and this probably produces both emotional and physical pain. The combination of present form and with it its unique memories cannot be replicated in any reincarnations and that is what we fear to lose.

There are two types of memories in human beings. One is the [brain memory](#) which is the sum and substance of all our living experiences and other is the [body memory](#) which resides in cells all over our body and consists of storage of life long experiences of the forces acting on our body. During death both these memories are shed. The shedding of brain memory produces emotional pain whereas [body memory shedding produces mostly physical pain.](#)

Brain memories are fairly well understood. However cellular or body memories are not, and I feel they play a major role in the fear and pain of death.

Cellular Memory

We exist because of cells. [Cells are the basic building blocks](#) of all living things and every part of body contains cells. There are [about 40 trillion cells in human body](#) (including those in the gut bacteria) though the exact number is not known. They vary in size depending on their function but

have an average size of 20-30 micrometers (microns). By comparison human hair is about 20-200 microns thick.

[Cells are basically mini factories](#); they take material from surroundings and convert it into energy; create new materials (genetic information); create structures like bones and muscles; and also replicate themselves. Thus they take part in managing every aspect of the body function. [Cells also have memory](#) which they acquire through the system of [epigenome](#), and it can be conjectured that the combined memories of all cells form the part of body memory.

Some of the cells [also have long term memory](#). There have been many instances where [organ transplantation has resulted in change of behavior in the organ receiver](#). Scientists speculate that this could only happen due to body memory embedded in the organ.

For smooth running of the body cells communicate with each other. Communication among them takes place mostly by chemical means (by exchange of molecules). This exchange of molecules also produces biophotons as a byproduct of chemical reaction and [helps the cells to communicate photonically](#). Photonic communication is the fastest way for the cells to communicate with each other and with other parts of the body.

[Cells communicate](#) to help in growth, development, differentiation, etc. and also to transmit danger signals (during certain cell death). Besides they also communicate to activate the immune defense system when injury or infection takes place.

Pain

This reaction by cells to danger [sometimes results in producing inflammation and pain](#). Inflammation helps in the healing process but sometimes it goes out of hand (nobody knows why) and this leads to runaway events like cancer and tumor formation and other situations where

cell production gets out of control. Thus the pain in the body is an outcome of the inflammation caused by cell death.

Emotional pain during death comes from losing form and memories and physical pain comes from the inflammation in the body. Though [both pains excite the same centers in the brain](#). It can be conjectured that during normal death (due to old age, disease, etc.) there is a frantic conversation between brain and body memories but ultimately the brain decides when to end the existence and that results in brain death.

However when the death is sudden and painless for e.g. during sleep, due to accident, by heart failure, etc., etc. the body memory does not have the time to interact with the brain which then becomes the overriding entity to decide about the exit. This is very evident in the case of suicides. The body may be healthy, but the brain is distraught and in tremendous emotional pain and decides to take drastic action.

The pain and fear of death is therefore inevitable, but it may be possible to minimize it. If by some means death can be made painless then people may not be afraid of it.

Tomes have been written in philosophical and spiritual literature all over the world and in different civilization on how to reduce this pain. In fact [Sidhartha became Gautam Buddha](#) when he saw an old man dying and resolved to discover the process by which this pain could be reduced or removed. This is how he discovered the Middle Path.

Pain Reduction

Most of the pain signals from the body reach the [brain through the spinal cord](#). Ancient Yogis knew how to stop these signals reaching the brain by the practice of [Kundalini Yoga](#). It is a very difficult procedure [but the possibility exists](#). Pain reducing agents or opioids do the same thing quite

easily in modern medicine! However opioids have serious side effects and [large number of deaths occur because of their overdose.](#)

The greatest effort of mankind therefore should be in developing pain reduction technologies and systems which are easy on the body and with very few side effects. This will have a far-reaching effect on the physical and mental well-being of mankind. Unfortunately because of greed, [big pharma companies all over the world are putting very little resources in this area.](#)

Reducing Fear of Death

Fear of death has also been reduced in people who have experienced [near death experience \(NDE\)](#). NDE seems to happen when a person is declared clinically dead but after some time returns to life. Quite a number of people during NDE episode have reported that their whole life flashes by and almost all their past actions become visible. In majority of the cases tremendous positive change in attitude towards life and death takes place after NDE episode. They are not afraid of death anymore.

Thus if we think of death as a part of continuum (as evidenced from NDE episodes) where [part of our memories get reincarnated](#) then we may be less afraid of death. However reincarnation is by chance as [Sage Patanjali has stated](#) and could be in any form. When that happens, our memory processing and evolution (depending upon which form we are incarnated into) may be disrupted. That could also be the cause of fear of the unknown after death.

It is also a sobering thought to ponder that nobody really knows what happens to our memories after death. [Mostly are based on speculations.](#) Many deep discussions in Indian philosophical systems like [Mahabharat](#), Upanishads, [Brahma Sutras](#), etc. therefore veer towards instructing people to live a good life since they cannot provide a satisfactory answer to this conundrum.

The reality therefore is to reduce the pain of death by consuming safe pain relievers and reduce the emotional pain by living a good and happy life. Tomes have been written on how to live a good, healthy and emotionally satisfying life and this essay is not a place to describe all those possibilities. One possibility to have a good life is to live in harmony with nature and all the surrounding forces.

One of the strongest force surrounding us is gravity. Our [body and mind can interact with earth's magnetic and gravity fields](#). If right from childhood, we are taught meditation and [Sanyam](#) then it can help us in tuning our bodies to these fields and create calmness and happiness in us so that death may not be fearful and painful. This process will also make us live sustainably in this world. We can then rightly be called *Earth People*. Our happy [memories which will remain attached to the gravity field of earth after death](#) will then guide us to a brighter future.

[HOME](#)

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