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Assignment 3 Death and Dying Essay

Death is a very fascinating topic to discuss as its always a subconscious thought in our minds, but we always never know what to do the day it happens. Death itself is just the end of all biological functions in a physical organism. Does this mean spiritually a person lives on after death? This is a serious debate that can go both ways, some may say death is the end all be all for a person. On the other side of the argument, some may say your soul or spirit lives forever and can have many possibilities for an individual after death. It's not fun to believe that everything stops when a person dies, as there are so many possibilities if your soul lives on. My personal opinion about what happens after dying fluctuates greatly. The biological part of myself believes that all functions of life end with dying. The spiritual part of me believes heaven is a possibility and is a privilege for people who earned it with their time on earth. Other elements of me believe reincarnation is a genuine possibility and your spirit can live on forever in various beings. I don't personally have one perspective on what happens after death, but it's interesting thinking about all the possibilities when it's our turn to go.

In my lifetime so far, I have encountered a few deaths of closed ones or relatives. My experiences show I take death very differently than most people. I usually don't cry, and I normally don't feel an excessive amount of grief. I ordinarily can feel when death is coming to an individual due to their lifestyle and conditions they live with, so the thought of the death of them is already processed for me before they go. I haven't truly had any losses that were tragic

and unexpected. I can imagine if I encounter a death like that my grieving would be different. I would most likely go through an explosive feeling of sorrow and emotional rollercoaster. I think of death as another step of life and death should celebrate all that happened in someone's life. Rather than being sad and possibly even furious at a person's death, I feel we should all reflect on all the good things that happened and all that person did to influence the next generation of life. I want my death to be treated in that way when I go.

Throughout my life, I want to accomplish everything I can possibly accomplish. I don't know anything very particular currently, but I want a happy life, a healthy family and wife, a successful career, and earn respect from my peers and people important in my life. These types of accomplishments indicate a privileged and successful life full of happiness and hard work, which I couldn't ask for anything more to do with the time I spend in my life. I plan to accomplish everything in my life with hard work and support from close ones to truly have a successful life before death.

An epitaph that I would write for myself would go like this depending what I accomplish in my life. "A beloved Husband, Father, Grandfather, and Physician etc. In the Living Memory of..."