

## Inspiration

In recent years, issues such as self-mutilation, suicide, and violence have **increasingly** drawn concern across society. The causes of these phenomena are complex, they stem not only from psychological struggles, life pressures, emotional setbacks, and family conditions, but also from the absence of **death education** and the lack of a grounded sense of life values.

In Chinese culture, "death" is a term many prefer to **avoid**. Yet it is often only at the **very end of life** that individuals begin to reflect on the meaning of life and mortality. This avoidance reflects a deeper difficulty in facing and accepting the possibility of **loss** and misfortune.

Life can only be fully appreciated when one recognizes its **finite nature**. At the same time, society must also ask why some young people choose the most extreme form of **resistance** that using death as a way of **expressing** their **will**. To avoid the subject of death is, in essence, to avoid reflecting on life itself.



## Death Education

Death education is a **developmental process** that provides individuals and society with knowledge and practical understanding of death. Its core purpose is to explore the **nature of mortality**, encouraging people to reflect on their **connections** with others, with society, with the soul, and even with the universe. Through this reflection, individuals are better able to **perceive** and **embrace** the ultimate meaning of life.



" We go to such lengths to avoid attending to a certainty that affects literally every single person, and that we regard this mundane certainty as an extraordinary tragedy . "

-- Leo Tolstoy

