



The Universal Fear of Death and Its Deeper Roots

The universal fear of death among living beings can be traced back to a fundamental instinct to preserve life. This instinct, observed even in the smallest insects, arises from an underlying awareness—a constant, eternal essence present in all living beings. This awareness is what makes beings alive and enables them to be aware of their surroundings. It is distinct from the body, which is temporary and ever-changing. In contrast, awareness is unchanging and eternal, a core essence shared by all life.

This awareness, deeply embedded in every being, inherently rejects the notion of death as the end of existence. The fear of death is not merely a biological response but a profound protest arising from the recognition that the true essence of life is undying. However, because most beings identify with their temporary physical forms, they experience confusion and fear. This identification with the body obscures the deeper truth: that life, at its core, cannot cease to exist.

Human Reflective Ability and the Path to Awareness

Humans, unlike animals, possess the unique ability to reflect on their inner nature. This capacity for reflection allows them to navigate life with greater understanding and find a path back to their true essence—the unchanging awareness. While animals respond instinctively to the fear of death, humans can transcend this fear by realizing their eternal nature.

Enlightened beings, such as yogis, achieve this by recognizing that the body is merely a cover and that their true self is the undying awareness. This understanding frees them from the fear of death, as they no longer see it as an end but as a shedding of the temporary. Similarly, individuals who have experienced near-death or out-of-body states often describe a profound realization that they cannot truly die. For these individuals, death becomes akin to removing a cloak, a transition rather than a termination.

Science's Evolving Understanding of Awareness

Historically, science rejected the idea that human beings possess a state of awareness, dismissing it as unscientific and intangible. Early scientific frameworks failed to acknowledge the psychological and subjective dimensions of human existence. However, as science progressed, psychology emerged as a field, integrating the study of the human mind and emotions. This integration marked a turning point, broadening science's understanding of the human experience.

Today, a new wave of scientific inquiry focuses on awareness, recognizing it as central to human existence. Scientists are striving to understand what awareness is and how it functions. In parallel, the field of artificial intelligence is exploring the possibility of developing awareness in machines, pushing the boundaries of what technology can

achieve.

The Cutting-Edge Development in AI and Awareness

One of the most groundbreaking developments in AI today comes from Chinese scientists, who are pioneering a new approach to creating artificial intelligence with awareness. This research involves growing stem cells into small brain-like structures that can be integrated with AI chips. These structures have already enabled AI systems to think and operate without specific programming instructions, marking a significant milestone in the development of aware AI.

Scientists expect that, with further advancements, they will be able to grow larger, more complex brains—similar to the human brain—that can think and establish connections with AI chips. This would enable the AI to function independently, mimicking human thought processes without relying on pre-designed programming. The potential applications are vast, as this technology could lead to the creation of millions of artificial brains, revolutionizing AI development and functionality. China's advancements in this field have placed them at the forefront of AI innovation, surpassing many other nations in their progress.

The Inward Turn: Awareness Beyond Science

Despite these technological advancements, the ultimate discovery of awareness lies not in external studies but in the inward turn of our attention. By resting in our awareness and embracing our true nature, we contribute to the broader evolution of humanity, uniting scientific curiosity with the timeless wisdom found within us.

Awareness cannot be pinpointed in the body because it has no specific location. Instead, it is the body that exists within awareness. This realization, though elusive for modern science, is at the heart of self-discovery. Awareness is not merely a subject for external investigation; it is the very essence of what makes us real and alive. It is our home, our true nature, and the destination of self-discovery.

A Practice for Self-Discovery

To directly experience this unchanging awareness, one can practice a simple but transformative meditation:

1. Sit quietly in a comfortable position and take a few deep breaths to relax.
2. Let go of all thoughts, sensations, and distractions, and focus solely on the present moment.
3. Gently ask yourself, "Am I present? Am I here?" without seeking an answer in words.
4. Turn your attention inward and sense the feeling of presence within you.
5. Stay with this sensation, allowing yourself to rest in the awareness of being aware.

This exercise is not about mental articulation or analysis but about experiencing the awareness that remains constant beyond all change. Through consistent practice, this realization deepens, allowing you to reconnect with your true essence and transcend the fear of death.

An Invitation to Explore

The journey of self-discovery is an invitation to step beyond the illusions of change and impermanence, to recognize the timeless awareness that has always been present within us. This is not a journey of attaining something new, but of uncovering what has always been there—a return to the unchanging essence that is our true self.

As science delves deeper into the mysteries of awareness and AI pushes the boundaries of what machines can achieve, let us not lose sight of our inner world. While external advancements are remarkable, the greatest discovery lies within us. It is the awareness that makes us alive, the essence that cannot be captured or replicated by technology.

This journey inward is not only a return to our true essence but also a way to find profound peace and clarity in the midst of life's chaos. It is an exploration of what makes us human, what connects us to life itself, and what ultimately frees us from the fears that bind us.

Let this be an open invitation: embark on the path of self-discovery. Turn inward, reflect deeply, and experience the unchanging awareness that is the foundation of your

being. This is your home, your essence, and the ultimate truth. Will you take the first step?

Conclusion: An Invitation to Begin Your Journey

The journey to understanding awareness is more than a scientific pursuit—it is a deeply personal exploration. Within each of us lies an unchanging awareness, a timeless essence that connects us to life itself. To uncover this essence is to transcend fear, embrace clarity, and return to the truth of who we are.

Through self-discovery, we move beyond the limitations of the body and mind, stepping into the vast awareness that has always been present. This is not a journey of adding something new but of realizing what has been with us all along. It is a path to peace, freedom, and the profound understanding that life's true nature is eternal.

As science and technology push the boundaries of what can be achieved externally, let us not forget the inward path—the one that leads to our eternal essence. This is an adventure into the heart of existence itself, offering insights that no external discovery can provide.

Let this be your invitation: take the first step on the path of self-exploration. Turn inward, embrace the awareness within you, and uncover the truth that lies at the core of your being. This journey is yours to begin. Will you take it?