

# PD02 - Best Translation To Feature At EpicureanFriends?

**Post by “Kalosyni” of November 14, 2024 at 2:35 PM**

Yes, there is a certain point at which you are dead, and the neurons stop firing.

Regarding the word "death" - first of all we see death in movies but often times it isn't depicted realistically --sometimes the person either dies peacefully or suddenly or the pain is minimized.

Also, some people may cognize "death" as a verb and a process - for example "he had a painful death".

And it is important to think about how Epicurus was talking about the state of being dead - so to rephrase it: "once we are dead, that state of being is nothing to us,..."

And here is something to consider: I think there could be a parallel between the experience of birth compared to the experience of death. Often when a person dies they have knowledge and sentient awareness which is different than when a baby is born, and yet there is a process that must occur which takes time and is passage into death.

Another article, here is an excerpt:

## Quote

Although death has historically been medically defined as the moment when the heart irreversibly stops beating, recent studies have suggested brain activity in many animals and humans can continue for seconds to hours. In 2013, for instance, University of Michigan neurologist Jimo Borjigin and team [found](#) that rats' brains showed signs of consciousness up to 30 seconds after their hearts had stopped beating. "We have this binary concept of life and death that is ancient and outdated," Parnia says.

<https://www.science.org/content/article/burst-brain-activity-during-dying-could-explain-life-passing-your-eyes>

My belief, and after reading the article -- if you've lived a wise and pleasant life, there isn't anything to fear about the 30 seconds (or however long it takes) for consciousness to fully dissipate.