

The Last Words of Charles Darwin

Post by "Pacatus" of May 2, 2022 at 2:00 PM

I recently acquired a chain bracelet engraved with the words "Memento Mori." I know this is a phrase generally adopted by and associated with the Stoics. But, for me, it is a simple reminder to enjoy the simple pleasures and enjoyments -- and to choose happiness -- now; especially when I am on the edge of succumbing to stress, anxiety, anger, etc. -- which I have long been prone to do (along with getting caught in loops of endless overthinking). I pair "memento mori" with "laetus nunc es": be happy now.