

"most useless observation ever made by an ancient Greek philosopher"

Post by "beasain" of June 11, 2022 at 7:23 AM

[Quote from Don](#)

Living in the moment

This made me think of my own experiences. I was once ambitious and highly stressed, till I had a series of panic attacks. For those who never had a serious panic attack, it feels like a heart attack with similar symptoms, but it is quite innocent, although you have the impression of dying. First pills etc and then psychologist. It became soon clear that I projected my whole life on the future, I postponed happiness to the future, and at the same time I feared the uncertain future. So the ideal cocktail for anxiety, high blood pressure and panic attacks. The therapy consisted among other things in graphically imagine a time line and situating your thoughts on that time line, when in the future, you move the lamp (¿cursor?) to now. After a month moving my thoughts to now, and thinking at the moment everything is OK, my level of anxiety became lower than ever. This was for me a kind of wisdom experience.