

Unpaid_Landlord's personal outline

Post by "Godfrey" of July 5, 2024 at 4:38 PM

[Quote from UnPaid_Landlord](#)

Epicurean said "[death is nothing to us](#) " but he also said "think on death"

So always keep in mind these 5 remembrances, not to feel fear but to always remind you that this life is all you have, and to make best use of it :-

I am of the nature to grow old. There is no way to escape growing old.

I am of the nature to have ill health. There is no way to escape ill health.

I am of the nature to die. There is no way to escape death.

All that is dear to me and everyone I love are of the nature to change

My actions are my only true belongings and I can't escape their consequences.

(not a divine law like karma but mental anxiety, the fear of getting caught, the guilt etc)

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I've posted a potentially more Epicurean take on this here:

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[**Epicurean contemplation of death: write a will**](#)

This can be thought of as a different type of *memento mori* and a much more pleasant way to consider death than some Eastern methods, in particular the contemplation of the body in various stages of decay. Further, we have textual evidence that Epicurus went through this exercise, although that evidence doesn't provide particular context as I recall.

Writing a will isn't a one-and-done thing: it should be periodically updated as one's circumstances change. And it may involve the more...



Godfrey

July 5, 2024 at 4:36 PM