

Forward vs Backward Momentum

Post by "Cassius" of September 24, 2024 at 1:40 PM

I am not prepared to say that this does or should work for everyone, but I know what works best for me. So in regard to this:

[Quote from Julia](#)

On some days, it is very tempting to give up, because the self-defeating backward momentum/pull to try less, work less hard, exert myself less is always there, and always easy - unpleasant results, but easy to do! - and the only reason I don't give up is because I know full well how painful things get down that road.

When I am in those moods, the thing that works best for me is to do something to remember that the clock is ticking (even something like looking at a clock!), that I will never get lost time back, that I have a very limited time to do what I want to do before I die. Some will say this increases anxiety and should not be done for that reason. I reject that assertion because I reject that Epicurus taught "tranquility" as the goal of life. I believe he taught "pleasure," which means a full life in which any pain is more than compensated for by the rest. Pain isn't always bad, and it's there for a reason, and in my case reminding myself of limited time may be temporarily painful, but it is the ultimate motivator.

So among the passages that I find most motivational in these circumstances are:

[PD02](#). [Death is nothing to us](#), for that which is dissolved is without sensation; and that which lacks sensation is nothing to us. (*Which I do not interpret primarily as a relief from fear of hell, since I already know from PD01 that any kind of supernatural hell is impossible. Instead, I see this primarily a reminder that after death there is nothing, so everything that I want to do has to be done in this life, before death.*)

VS14. We are born once and cannot be born twice, but for all time must be no more. But you, who are not master of tomorrow, postpone your happiness. Life is wasted in procrastination, and each one of us dies while occupied. Note 14. The Bailey version ends "without allowing himself leisure."

[VS10](#). Remember that you are mortal, and have a limited time to live, and have devoted yourself to discussions on Nature for all time and eternity, and have seen "things that are now and are to come and have been."

VS30. Some men, throughout their lives, spend their time gathering together the means of life, for they do not see that the draught swallowed by all of us at birth is a draught of death.

VS31. Against all else it is possible to provide security, but as against death all of us, mortals alike, dwell in an unfortified city.

[VS41](#). We must laugh and philosophize at the same time, and do our household duties, and employ our other faculties, and never cease proclaiming the sayings of the true philosophy.

VS47. I have anticipated thee, Fortune, and I have closed off every one of your devious entrances. And we will not give ourselves up as captives, to thee or to any other circumstance; but when it is time for us to go, spitting contempt on life and on those who cling to it maundering, we will leave from life singing aloud glorious triumph-song on how nicely we lived.

I am sure there are others but those come to mind first. And if I am missing some obvious ones please let me know!