

Forward vs Backward Momentum

Post by "Julia" of September 24, 2024 at 2:34 PM

[Quote from Cassius](#)

[...] reminding myself of limited time may be temporarily painful, but it is the ultimate motivator.

You're right! Somehow I keep forgetting that. Now I remember the "let's not waste time in confusion" catchphrase of the podcast intro.

[Quote from Cassius](#)

[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 [PDO1](#) 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.)

I had not yet seen [PD02](#) from that angle, but this makes a whole lot of sense! Somehow, the group of thoughts which happen in that diagram remained unconnected to there being limited time only.

[Quote from Cassius](#)

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.

This brings to mind Theodore Roosevelt's Man In The Arena speech! I have always liked the eponymous middle section of it, but again, never quite connected it to there being limited time



[Quote from Cassius](#)

do something to remember that the clock is ticking

I wonder how I might go about establishing that habit. Since there's nothing I which could piggyback it, nothing that could serve to cue the thought when it's needed, it's probably best

to...

[Quote from Cassius](#)

[VS41](#). [...] and never cease proclaiming the sayings of the true philosophy.

...just learn the PD and VS by heart, then keep saying them over and over for a while, until they're so present they will come to mind as needed. I remember this method worked well with religious stuff (Once I had repeated it often enough, it kept coming to mind automatically at all the "right" times - if there were such a thing for religion...), so it should work just the same now. Hmm! 😊

Thank you!