

Forward vs Backward Momentum

Post by “Pacatus” of September 24, 2024 at 3:54 PM

[Quote from Cassius](#)

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.

I wear a bracelet inscribed with "memento mori." It was [Don](#) who pointed out to me that this could be taken as much (maybe moreso) in an Epicurean vein as a Stoic one (where it seems to usually show up).