

Forward vs Backward Momentum

Post by "Julia" of September 24, 2024 at 4:33 PM

[Quote from Cassius](#)

I think orthodox Epicurean focus is partly to blame for this. I don't think Epicurus was focused on running from pain like a frightened cat. He was setting the playing field so we can *begin* the analysis of how we spend our time, and after we discuss supernatural interference in [PD01](#), there's really no reason to look back and continue worrying about heaven or hell or anything after death. The focus is on what we do during life!

I agree. This makes more sense; otherwise [PD01](#) and 02 would be repetitive. I never noticed it like that. Thing is, I'm not frightened or anxious of my eventual end, but I'm also ignorant of it 99% of the time, which I really should change. A healthy sense of urgency would certainly do me some good!

Bit of a tangent, but I've been wondering for a while: Which adjective (like "orthodox") would best describe the Epicurean philosophy predominant here, on EpicureanFriends? Is there a list contrasting the main branches of Epicurean philosophy somewhere?

[Quote from Cassius](#)

A number of years ago I worked in an office building right next to a very old cemetery, and many days at lunch we would walk through the cemetery to get to restaurants downtown. I miss doing that because looking and at reading the tombstones is one of the best reminders that we will be there someday too!

I can see how that would help.

[Quote from Pacatus](#)

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).

I agree with Don's perspective that it should be seen in more of an Epicurean than a Stoic light, but to me the phrase "Memento Mori" is too - and this is subjective - to me it is too closely associated with Christianity; but I hear what you're saying: I'll try and see if I can get a nice NFFNSNC ring or pendant somehow.

[Quote from Eoghan Gardiner](#)

Not much to add but I like to use the limited time to ask myself "I'm gonna be dead soon, is this really worth being anxious about?" Sometimes it is but a lot of the time we are anxious about silly things, at least I am.

Similarly, I tend to seek out things I cannot change but will get mad about; mostly that's politics. I used to not follow daily news at all. Through various ways, I slipped into this, and am now slowly, step by step quitting the vice again. The constant, instigated series of scandals and drama isn't worth my time and attention; it's just silly.