

# Thought experiment - A vacation without lasting memories

**Post by "Kalosyni" of October 3, 2024 at 11:22 AM**

In last night's Zoom we briefly talked about this thread, and it was helpful for me. It seems that the above scenerio was not translating to others in the same way as it happened in my own thinking.

I was attempting to isolate and produce a sense of awareness of how mortality is complete - that any and all sense of "who I am" and "what I have done" is gone when consciousness ends. What remains after my death is: 1) an ephemeral memory within the minds of people who still live 2) some essence of what I have taught others through my words and my actions 3) written books or other creative endeavors which may last beyond my death, but which will at some point in time be destroyed or lost.

And now a slightly different scenerio:

Imagine yourself having just come out of having lived an entire year, but you cannot remember anything that happened. But other people can remember what you did during that year, and you also still experience any consequences of what you did. The point of this exercise is to bring into focus the choices around pleasures of the body and what you will pursue and what you will reject (and as in the Letter to Menoeceus not the pleasures of a profligate).

Also, so that after you die will it have mattered if you were an astronaut, a college professor, a parent, a retail sales worker, an internet blogger, etc. etc. - but more that as you lived you went through life with a clear mind and "an enjoyable smooth sailing".