

# Nietzsche's Eternal Recurrence (Eternal Return) In Relation To Lucretius

Post by "Kalosyni" of June 24, 2026 at 8:30 AM

## [Quote from Cassius](#)

Its purpose is to test your life-affirmation;

In other words, it is a test for your appreciation of whether you really find your life desirable, in that if you do you will want the opportunity to live life as long and energetically as possible.

## [Quote from Cassius](#)

Vatican Saying 38: "He is of very small account for whom there are many good reasons for ending his life."

The implication here is that "externals" are not important, but does this end up taking on a "stoic" flavor, especially as an aspect of "eternal return" is accepting what has happened no matter how bad.