

Words of wisdom from Scottish comedian Billy Connolly

Post by "Don" of May 25, 2025 at 11:42 AM

Going off that article I added to the first post, it seems "respecting" death vs "taking death too seriously" are ways of expressing what I'm trying to get at. As Seneca wrote that Epicurus instructed people to "meditare mortem," we can to think or reflect upon, consider, contemplate, ponder, meditate (upon) death without it becoming an obsession, a neurosis, an overbearing fear. Acknowledge, respect it, realize it's omnipresence in our future, but get on with living.

I'm reminded of Gus in *Lonesome Dove*:

"You see, life in San Francisco is still just life. If you want any one thing too badly, it's likely to turn out to be a disappointment. The only healthy way to live life is to learn to like all the little everyday things - like a sip of good whiskey in the evening, a soft bed, a glass of buttermilk, or a feisty gentleman like myself."

and *Shawshank Redemption*

"I guess it comes down to a simple choice, really. Get busy living or get busy dying"

That last one encapsulates the sentiment in the letter to Menoikeus.