

LOOKING AT SELF THROUGH THE LENS OF MEMENTO MORI

HECPS

A series of several parallel white lines of varying thicknesses, slanted diagonally from the bottom left towards the top right, set against a blue gradient background.

- ▶ **Memento mori:** Latin phrase that means “remember, you must die”
- ▶ **Mortality:** the state of being subject to death
- ▶ **Contemplate:** to think profoundly and at length; meditate
- ▶ **Legacy:** the long-lasting impact of particular events, actions, etc. that took place in the past, or of a person’s life.
- ▶ **Impermanence:** the state or fact of lasting for only a limited period of time.

SOME VOCABULARY

- ▶ Memento mori is a Latin phrase meaning 'remember you must die'.
- ▶ It is the ancient practice of reflection on our mortality (our death)
- ▶ So, you take time to think about the fact that one day you will die, and what are you doing to live a full, rich life until that time comes?

WHAT IS MEMENTO MORI

- ▶ Talking about death has been deemed morbid, taboo, or even pathological. But in order to fully embrace life, scientists, psychologists, and spiritual leaders all agree—contemplating death is the key to living a life with meaning.

WHY TALK ABOUT MEMENTO MORI

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- ▶ You are going to contemplate four areas of your life.
- ▶ You will choose a question to respond to for each area.
- ▶ Your written responses will be turned in during our next class.

- ▶ The Four Areas Are:
- ▶ Life's Preciousness and Purpose
- ▶ Values and Legacy
- ▶ Impermanence and Acceptance
- ▶ Action and Improvement

YOUR ASSIGNMENT