

Reminder: You've Already Lost Everything

July 16, 2017 | 139 upvotes | by [WolfOfAnarchy](#)

[It's only after we've lost everything, that we're free to do anything.](#)

This quote did something with me after a long session of meditation. It, quite literally, changed my view on life.

The Unforgiving Game

I want you to imagine you're playing a video game. A game where you know that as soon as you perish, so will all of your memories and achievements. A little while after that, all the players you've played with will die, and so will their memories and achievements.

Then the whole game world you played in, will be wiped. Deleted. For ever. Your savegames, gone. All footage, gone.

Eventually, not a single trace will be left.

Now, you were playing this game, not knowing that. You found yourself very attached to your little house, guns, clothes and gear. But then, one day, as you started the game, you realised, deeply realised, that one day all of that would be gone. In an instant.

True Freedom Arose

After the realisation, the deep realisation that the deal was such, you changed your ways. No more skimping. *If I can die at any moment, in any instant, I must do all the possible things and see all the possible areas! How can I leave this game without having seen those things!*, you thought. You started appreciating the small details in the towns, the characters, and their backstories. You did things you've never done, and you saw things you've never seen before. You felt better than at any point during the game. You found that the moment you *knew* deep down that you had only one life, everything became better than it ever was. You were happier, bolder, wilder and more adventurous. You enjoyed the game like never before.

This is the end of your reminder. What are you going to do now?

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Comments

[deleted] • 24 points • 16 July, 2017 06:23 AM*

It's funny I actually just watched that recently as well. That movie combined with TRP & other reading has lead me to the same realization. I now feel a pure joy in everything I do. After you realize that you're insignificant and nothing you will do will ever matter everything else just becomes fun and games. Right now I'm studying for an exam in a course that's rather important for my degree. Before my realization I would study so maniacally because my mind would be telling me "I need to do well in this course to get this GPA, and to qualify for this designation, and to impress this group of future employers". After my realization I wake up and study it because it's something I wanted to do that day. I was able to study much more effectively because I knew that none of this mattered and I was doing this solely for my enjoyment.

WolfOfAnarchy • 13 points • 16 July, 2017 06:30 AM

I believe we're in the same boat! Instead of wondering what color my next phone should be I'm taking off to Asia to live there for 6 months. I don't even speak the language, I don't give a fuck. Fixed myself an internship and am going to dive head first into pure ADVENTURE. It feels amazing.

I don't think we're insignificant, though. Maybe in totality we are, but so far we are with such a massive margin the most intelligent species we know, and individually we can change a lot of lives (by getting into politics, as a quick example).

But yes, this mindset, TRP and especially meditation are great tools!

[deleted] • 1 point • 16 July, 2017 04:40 PM

Where are you heading , if you don't mind answering?

Psychocist • 1 point • 17 July, 2017 12:07 AM

Yeh, where you heading? I've got a one-way ticket to Chiang Mai late Oct. Hit us up if you're in the area!

WolfOfAnarchy • 1 point • 17 July, 2017 04:33 AM

Kyoto, Japan! Quite a distance, man!

Psychocist • 3 points • 17 July, 2017 09:58 AM

Japan! What a twisted place, would love to live there for a while.

CD_Johanna • 1 point • 16 July, 2017 10:57 AM

Any chance of being an actuary/accountant/CFA?

[deleted] • 3 points • 16 July, 2017 03:52 PM

CPA accountant is the goal

goldaxis • 21 points • 16 July, 2017 08:47 AM

I believe the opposite of this - that acceptance, not fear of regret, is liberating. Death and disaster can come at any moment. The scramble to "live" for sake of having one life is an exercise in fear. When you are at peace with yourself and what you are doing, you do not feel the constant anxiety and fear of death. You are here, you are you, and nothing else matters.

WolfofAnarchy • 3 points • 16 July, 2017 09:35 AM

My post has both. It both accepts that death is inevitable and will happen, whilst at the same time also saying '...so, get off your butt'.

This is not a fear of regret, this is a simple if X then Y conclusion: *If you're going to die one day, why not enjoy life to the max?*

Prophets_Prey • 1 point • 17 July, 2017 03:18 PM

This is an inspiring post. Thank you for sharing this with us.

pawoukcz • 11 points • 16 July, 2017 09:59 AM

great post but be aware of this nihilistic view of life...this kind of view is very dangerous for your goals and you do not want to spend your life as some 50 years old dude still living with parents because nothing in life matters and we all gonna die

yes, beware of death around you (memento mori), but make your life better every minute

WolfofAnarchy • 7 points • 16 July, 2017 10:10 AM

I guess I'm a positive nihilist. Because we've already lost everything, there's nothing left to lose. So have fun, put yourself first, achieve the most, and have an epic life!

pawoukcz • 1 point • 16 July, 2017 10:13 AM

I am also more aware how important it is to put yourself first

[deleted] • 1 point • 16 July, 2017 11:41 PM*

I think it affects people differently. My productivity increased tremendously because I was able to narrow my focus & not spend every waking moment worrying about shit that didn't matter.

Doing well in classes just becomes like a game.

vengefully_yours • 9 points • 17 July, 2017 02:59 PM

I'll go one step farther. That's the only time you get to play it. There isn't another game after that one, once it's done, you're done, no reward after, no glorious heaven awaits your presence. Done, just like it was before you were born. That's reality.

Everything else about the end of the game is wishful thinking.

Depressing? Sure, if you focus on the end. Terrifying? Maybe if you're so afraid it prevents you from doing anything.

I'm 48, I've been in two wars, the first one had three "hot" deployments for me, my job while not a door kicking lead flinging job, was inherently dangerous. You can get killed very easily and I've patched up guys who got fucked up with no war going on, a second of complacency around dangerous shit and there's blood everywhere. I lost friends in both wars, they're just gone, no goodbye, nothing, they aren't here anymore because what's left of them is charred along with the helicopter.

I've been in multiple car crashes, when I was a passenger. I've been severely fucked up, missing teeth, serious head trauma. I drag race, and a 135mph crash can kill you. I grew up on a farm around heavy equipment, I've been run over, slammed into shit, crushed, beaten unconscious, all before I was 18. Death has smiled at me often, somehow I'm still here. I stopped fearing it a very long time ago, before most of you were born. With the chronic pain I live with, I kinda welcome the idea now. Not in a rush to get there though, I still have shit I want to do. Pain means I'm alive. Alive means I can still do something fun.

Think of all the potential people who'll never be born. I'm only having two kids, they're 20+ now and I'm out of the pool. The rest of my potential kids aren't going to show up. All those kids of men who never got laid before they died. They lost without ever knowing it. You fucking won, you're here, you have opportunity, the chance to experience the world. What are you going to do with the time you have?

You only get to play this game once. No returns, no do overs, no save points. You'll probably not be as lucky as I have been in not being killed when others do every day, so do something with the time. Fucking enjoy it. No need to be a careless hedonist, live do you have no regrets, nothing left undone that you wanted to do, no goal not attained.

I've fucked 2 girls at the same time, rather often really. I have a 700hp 9 second street car I built along with slower just as fun cars i drive daily. I have been all over the world, something like 42 countries and a similar number of states in the USA. I've flown aircraft, full-size and RC. I've lifted heavy shit, done things most can never do, watched first hand while history unfolded right before my eyes, not on tv. I've fucked every color of girl on the planet. I've met some famous people and in other areas of my life I've become both notorious and famous with people getting excited to meet me.

When i die that experience dies with me. Know what though? I don't care because it was mine to enjoy, I did it and it doesn't matter if anyone remembers. I'm not so fucking vain I need people to think of me. I do evening I do for me, and my benefit. I tell you about it for your benefit.

Live for today and plan for your future, you can die tomorrow or 80 years from now. It's better to live than hide.

Shadehealer • 5 points • 16 July, 2017 10:58 AM

New here: Ever since I started living for my own goals and not worrying about stuff, I actually got a lot lazier. I've just started university, but I still don't feel like I have anything to worry about, even if I fail a course. It just feels so insignificant I don't feel like trying much. Of course it's not always like this, but it DOES backfire sometimes, at least for me.

RandalJulian • 1 point • 16 July, 2017 10:07 PM

I feel like if you were passionate about it, or something, you would care

WolfOfAnarchy • 0 points • 16 July, 2017 11:03 AM

Yes it does. Try to hammer it into your head that regardless of what I just said, life is a tremendous gift that deserves to be lived to the fullest.

[deleted] • 3 points • 16 July, 2017 07:11 AM

i agree with your post. seems very applicable on the life of steve jobs.living in the moment can eliminate approach anxiety and other sources of stress

NeoreactionSafe • 6 points • 16 July, 2017 11:24 AM

Ultimately the only thing of value is waking up to the Truth. (free will)

Material existence is temporary.

The houses you might have owned (I've owned two), the cars, motorcycles, boats or whatever else all wear out or lose their luster over time.

Life is consciousness trying to expand.

To have lived a good life is to have understood it's essence.

As the saying goes:

"You can't take it with you."

Amused Mastery is the goal... not the material.

LeanProducer1 points 16 July, 2017 06:13 AM [recovered]

For me it is perceived safety which allows me to be the most authentic.

Maybe the content of your posts works for you but it is too nihilistic for me.

To use your computer game analogy, if I play a friend's copy of gta, and all is already lost because it won't save, I will get bored quickly and engage in reckless illogical behaviour.

WolfofAnarchy • 2 points • 16 July, 2017 06:20 AM

To use your computer game analogy, if I play a friend's copy of gta, and all is already lost because it won't save, I will get bored quickly and engage in reckless illogical behaviour.

Because you've got real life as a reference point, and adding to that there's not a lot to do in GTA which does *not* involve breaking the law.

LeanProducer1 points 16 July, 2017 07:02 AM [recovered]

The point I am getting at is that I don't think you should use the fact you are going to die as your reason for living

WolfofAnarchy • 2 points • 16 July, 2017 07:20 AM

I'm not using the fact as a reason for my living. What I'm doing is, as I am living now, I'm unchaining myself of my anxieties, fears, judgments and expectations by applying this philosophy, thus improving my life tenfold.

RandalJulian • 1 point • 17 July, 2017 02:13 AM

I absolutely love posts like this. They are very true and can slap a man right out of his motionless, society-directed lifestyle. Even if it lasts just a day. I think its super shocking to come across things like this, it really propels ME anyways, in a new direction with the way I behave.

[deleted] • 1 point • 17 July, 2017 10:20 PM

You found yourself very attached to your little house, guns, clothes and gear.

I'm indeed very fond of my guns.

SamuraiPizzaCatz • 1 point • 18 July, 2017 08:11 PM

This post has helped me be okay with my underachievement. At the end of the day, my lack of achievements and the achievements of the most successful guy on the planet mean absolutely shit when we die. There is absolutely no point in me bettering anything because 'bettering' is a state of mind anyway. I could achieve the same happiness someone on top of the world has by just fucking with my brain chemistry.

Hell, I could OD on heroin and still have lived the same fulfilling life as someone with 10 successful businesses

and whatever else others define as success. People's idea of a fulfilling life is how much they received from a person, anyway.

WolfOfAnarchy • 1 point • 20 July, 2017 05:12 AM

Getting a strong dopamine release is not the same as a fulfilling life. But do what you want man.

SamuraiPizzaCatz • 1 point • 20 July, 2017 12:28 PM

How do you figure.

Objectively, not subjectively. Everything we do, we do for a dopamine release.

WolfOfAnarchy • 1 point • 20 July, 2017 05:12 AM

Getting a strong dopamine release is not the same as a fulfilling life. But do what you want man.

[deleted] • 1 point • 19 July, 2017 12:10 AM

That's the concept I've been trying to apply a lot, but how do you cope with the bits of nihilism?

Kylaia20 • 1 point • 21 July, 2017 12:23 AM

I'm not generally one to think this way, but I feel the need to point out the darker alternative - if everything we do is about to be deleted and wiped when we leave the world, then why should we continue to extend it? Whether life is a joy or a misery, the fact remains that hardships will exist at least once in a while, and for some, more often than others.

For instance - I could hop on a plane and head to a brand-new, foreign country (a personal dream of mine actually). But, if I didn't know the language, I would have a hard time communicating - hardship. Or if I didn't have enough money stored up to feed myself and find a place to sleep - hardship. And maybe I'd go and find a simple easy job to find that money, but what if I hated it? Hardship. And all those hardships create stress, and being stressed out and frustrated often result in feelings of anger. And more often than not, this anger is directed at the organization creating the rules and boundaries we have to live within. And with all this anger, I'd lose all the happiness I had hoped to gain by attempting to live out my own dream.

To be honest, I deliberately avoid thinking about what might happen after my death because I feel that I can't live without an end goal - and when that goal disappears, I get another one. Because I fear staying still and I fear any sort of listlessness. I worry no one will remember me when I die.

I truly admire that you've been able to realize and understand this fact of life in such a positive way. On a happier day, I usually ignore these darker thoughts, but you happened to catch me on a bit more of a grey day.

WolfOfAnarchy • 1 point • 21 July, 2017 04:12 AM

Hm! I definitely see where you're coming from. I'd like to see life as an incredible gift. You didn't have it and suddenly BOOM OH SHIT I'M ALIVE! and now you got the gift of life.

I think there is more after death due to personal experiences and those of close ones, but I very intentionally do not lean on those to make me feel good. Life is a tremendous gift which had like a one in a trillion chance of happening to us.