

In His Own Words – People

Among Kostas Kartelias's reflections on human relationships, one brief sentence expresses a profound understanding of memory and personal influence: "There are people who make you forget, and people who help you remember." The remark suggests that our encounters with others shape not only our lives but also our ability to remain connected to who we truly are.

For Kartelias, memory is more than the recollection of past events. It is a living force that preserves identity, experience, and emotional truth. Some relationships distance us from those essential memories, while others awaken them, allowing us to rediscover forgotten parts of ourselves. In this way, memory becomes a shared human experience, sustained through meaningful encounters.

Read alongside his other reflections on memory and writing, this quotation broadens Kartelias's creative philosophy. It reminds readers that memory is not an isolated inner process but something nurtured through friendship, love, family, and community. The people who help us remember also help us understand ourselves and the stories we carry.