



CRUISE
ERIC KIM

2019 // RICOH GR III



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AIRPLANE MODE



Federal Law Prohibits Sale or
Possession of this Gun for
Transporting into the United
States without a License

Open Door Slowly
Abrir despacio
la puerta

**NO SMOKING
IN LAVATORY**

**NO FUMAR
EN LOS BAÑOS**



WHAT IS THE POINT OF LIFE?

My current thought:

The objective of life is for you to advance your artistic innovation, insight, creativity.

And how to do this?

Optimize your life which prioritizes your artistic evolution and thriving.

1. Apex nutrition

I am sympathetic to my vegetarian/vegan friends for not eating meat for ethical reasons, but for myself [I think beyond morals/ethics] I have been thinking and asking myself:

What is the apex nutrition in order to maximize your artistic growth, and bodily vigor and strength?

It seems to me the logical conclusion is a meat-heavy diet, with higher fat content.



Why does fatty rib-eye steak taste so much better than white chicken breast?

My theory:

Meats with higher fat content are more nutritious than meat with lower fat content.

Perhaps our taste-buds have evolved to prefer more nutritious foods. This is why fatty steak is superior to non-fat chicken breast.

Thus if your goal is to optimize your physical and bodily vigor and strength, eat lots of fatty meats. I prefer ribeye, beef/pork belly, eggs, dark chicken meat, lamb, etc.

2. Why I fast

In my personal quest of obtaining the supreme/apex of my personal strength, energy, vigor, focus, and power -- it seems that 'intermittent fasting' is beneficial.

My theories:

1 Intermittent fasting as starving off pre-cancerous cells [thus I will live longer, or less likely to die from cancer].

2 **Intermittent fasting strengthens my body:** Learning to deal with hunger pangs strengthens and focuses my mind. Furthermore, SIRT-1 hormones and other forms of human growth hormone being expressed through intermittent fasting.

3 When I eat too much food in the middle of the day [breakfast or lunch], I fall into 'food coma', and thus am less energetic and vigorous throughout the rest of the day. Considering my end-game is to maximize my energy throughout the day, not eating breakfast and lunch is the smartest strategy.

3. Expanding your modes of creative out-expression

I like the notion of artistic and creative 'outpression' (not "expression").

Why? To 'express' yourself seems to be a bit overplayed as a word. Essentially it just means to "express



how you feel" [via your words].

The word ex+press means to press outwards (out+press seems like a more apt definition).

My thought is that you have all this epic innate energy within you, and the goal is to use tools to draw that energy from within you, and to PRESS IT OUTWARDS into the real world.

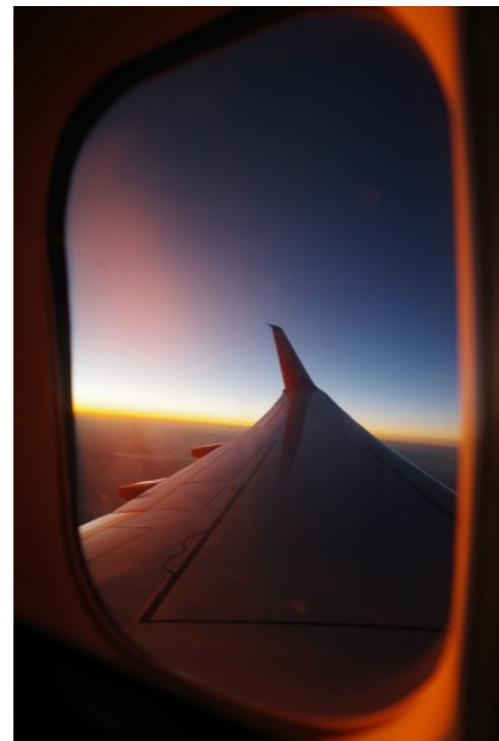
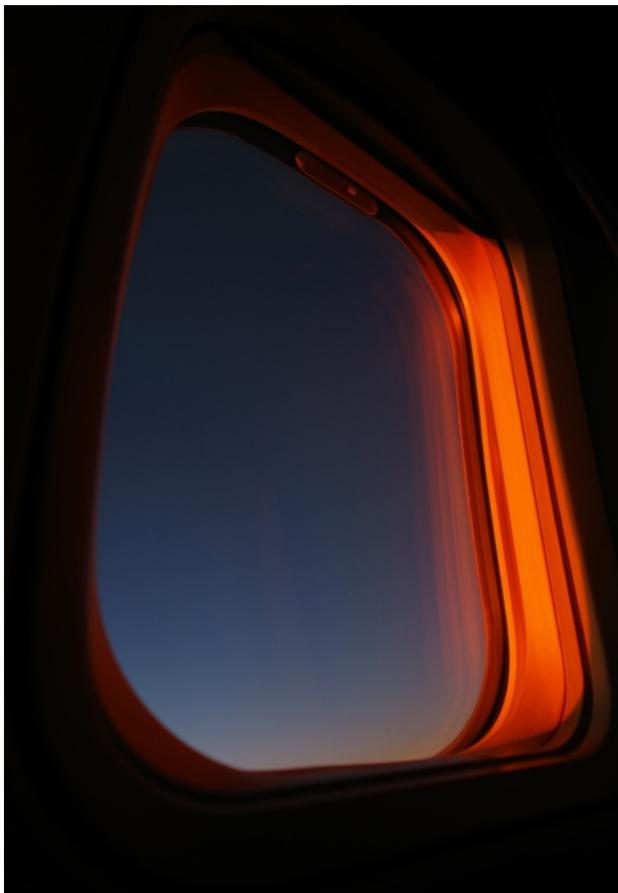
How can you express or outpress yourself artistically? Anyway! You can make photos, make music, make

poetry, write, make pottery, dance, sing -- it is all good!

And this is the big thing I advocate for:

Never limit yourself in terms of your forms of artistic outpression.

This means let us say you like to make photos. Don't constrain yourself to only photography. You can do any form of artistic outpression; make videos, films, music, draw, calligraphy, etc. You can use digital, analog, whatever. Whatever tool, device. It is all legitimate. Use your





iPad, phone, laptop, a scrap of paper, etc. It is all good.

4. Never stop evolving

I think the ultimate aim is for [all] of humanity to evolve. But questions:

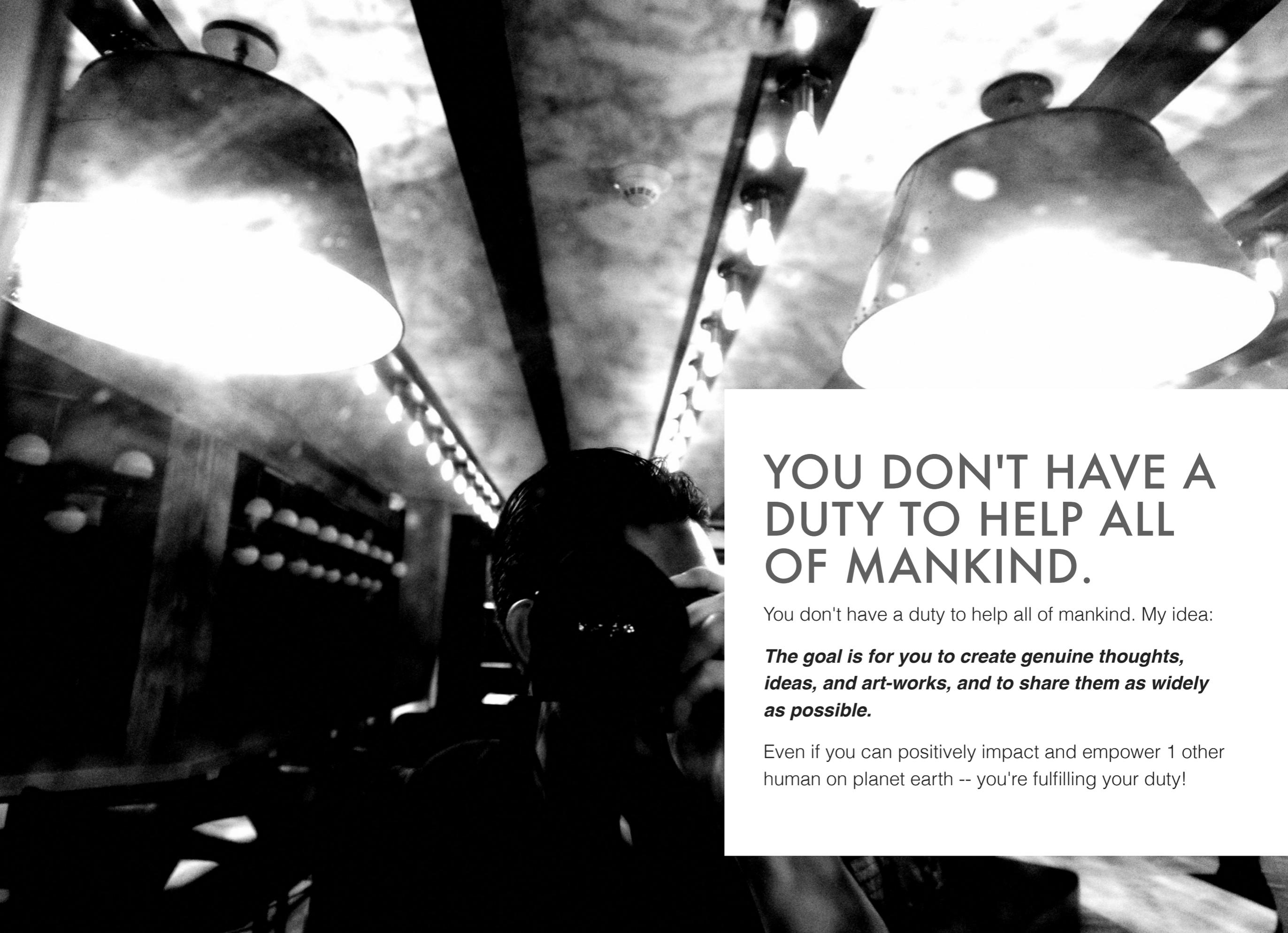
- 1 How do we define 'evolution'?
- 2 What should a future human look like?
- 3 For what purposes do we need to evolve?

4 What are 'desirable' traits which we desire to augment?

5 Can all of humanity evolve in tandem, or only a select few?

I will attempt to answer some of these questions later. But for now, let us prioritize our own personal evolution!

ERIC



YOU DON'T HAVE A DUTY TO HELP ALL OF MANKIND.

You don't have a duty to help all of mankind. My idea:

The goal is for you to create genuine thoughts, ideas, and art-works, and to share them as widely as possible.

Even if you can positively impact and empower 1 other human on planet earth -- you're fulfilling your duty!

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HONOR THY SELFIE.



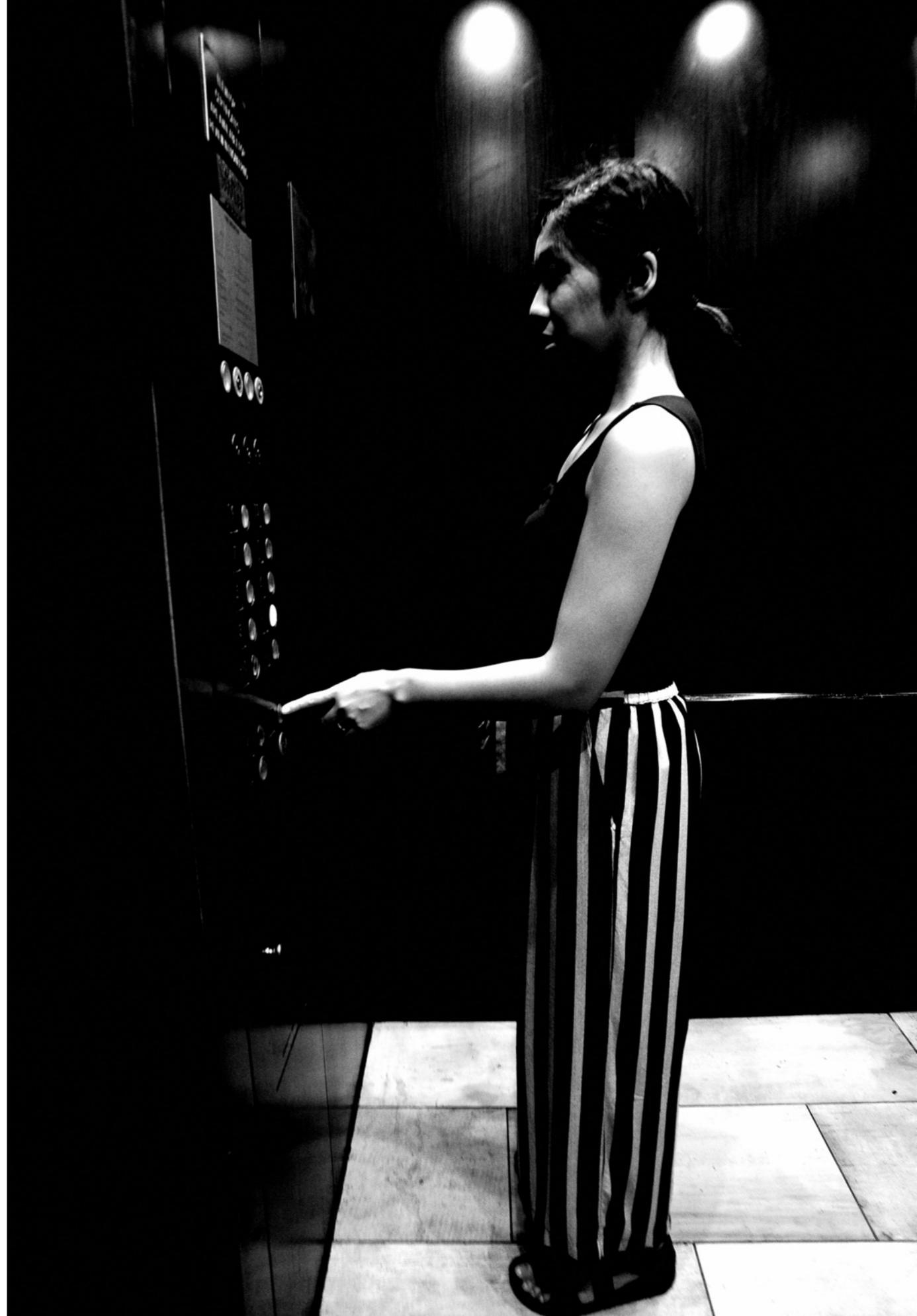
DO YOU ADMIRE PEOPLE OR THINGS?

This is the strange thing I notice:

We admire things [cars, homes, electronics, stuff] more than we do humans.

For example, we find Porsche cars more impressive than great individuals. We find Rolex watches more impressive than brave and courageous individuals. We find big homes more impressive than great thinkers. We find stacks of money more alluring than innovative minds.

Perhaps this pre-occupation with objects, money, and things more than individuals and real human beings is a sign cultural and social degeneration



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MAXIMAL FEELING OF POWER AND SELF-CONFIDENCE





BECOME THE MAXIMAL YOU.

One of my life goals:

Strive to [everyday] have the maximal feeling of physiological power and self-confidence.

To get drunk off Dionysian self-intoxication; to channel my inner powers to creative output.

How to feel this way?

It seems:

- 1 **Disconnecting:** Disconnecting from social media, email, politics, petty modern-day problems/drama
- 2 **Powerful expression of your muscular power:** This means trying to max out at the gym, striving to lift the heaviest weight you possibly can.

3 **Lofty thoughts:** Lofty thoughts which come from reading great and epic literature [Illiad from Homer], listening to 'hard' music (hip hop for me).

4 **Having the ability to channel your power into creative outpression/expression:** Channeling your energies into writing, making images, making photographs, sketching, etc. Transferring your energy into artworks.

5 **Channeling your hunger:** After working out and after intermittent fasting, channeling your hunger into a positive stimulus. When I'm slightly hungry, I'm actually more calm, focused, and energetic!

The goal is to create

The purpose of lofty thoughts and overflowing power: to channel this power into your artworks.

We will die. Our feelings of physiological power will die. But what won't die? Our artworks!

By channeling your creative power into your artworks, your soul and feelings of exalted highs will be-

come imbued/embedded into your art works. And the goal is this:

When others view your artworks, they can feel the same exhilarated emotions you did while creating the artwork!

ERIC

