

How to Become a Stoic

What is stoicism? Reaping the upsides of life, and creating a framework in which anything which attempts to damage you actually benefits and strengthens you.

For example, let us assume that real life was an RPG or a video game, Diablo II analogy to real life. Imagine as if your character was a Paladin, and whenever an enemy attacked you, your hit points, and your skills would actually increase. This is my notion of stoicism.

Why stoicism?

To me, stoicism is the best philosophical framework to deal with the maladies of life. For myself personally, studying stoicism, and reading the letters of Seneca helped me tremendously become more confident, and epic.

However, we must know and acknowledge that stoicism is not the end goal. Stoicism is simply a path, a technique and a means toward something greater.

What is the end goal?

To me, life experimentation, human physiology, philosophy, entrepreneurship, innovation, art creativity photography, digital things, the Internet, etc.

For example, stoicism will greatly help you in street photography. Why? I believe the 99% of street photography is simply conquering fear and hesitation. If you could apply a stoic mindset to street photography, you will thrive.

Stoicism and entrepreneurship

Another application is towards entrepreneurship and innovation. I believe the 99% of entrepreneurship and innovation is conquering the fear of risk and failure. If we could stoic strategies to become more risk loving, we are wise.

What is the end goal of stoicism?

It seems that Seneca and the Stoic philosophers were obsessed with virtue for the sake of virtue. What is virtue? For men, it means to become the apex manliness.

However, this is where I feel that stoicism falls short. To seek virtue for the sake of virtue seems to be inconsequential. Once again, stoicism should be seen as a means toward a certain desired end, not the end itself.

So how do I become a stoic?

Simply put, if you're interested in building your mind and body to become unconquerable, you are already a stoic. To borrow the words of Anna, you have always already been a stoic.

What should I do with my invincibility?

Imagine like having a bulletproof vest for your chest, and also your mind and your soul.

My simple thought is channel and harness your stoic power to go even harder on your publications on philosophy, whether it be email newsletter, blog, vlog, etc.

Anger?

I thought; better to be angry than sad. Why? Anger is an affirmative, stimulating emotion, whereas sadness is a depressive one. Even like Eminem said —

I hate to admit this, but I think I'm actually happier when I'm angrier.

If you get angry, or you're angry, assuming you have high testosterone, low body fat percentage, and high muscle mass, anger is actually one of our most wise tools. Why? When we get angry, we perceive an injustice, which teaches us between right and wrong.

For example, I think it is actually very very wise to become aggressive and combative when necessary.

For example, in modern day life, we are taught that it is bad to be “defensive”. However, to be defensive, and to focus on defense might be one of the most intelligent strategies.

For example in football, American football, I think it is true that defense wins games. Or, when it comes to the US military, there is a reason why they call it the department of *defense*, not the department of offense. Even their website URL is Defense.gov.

Even the notion of “avenger”, comes from the notion of being a defender. To defend yourself, your family, your nation could be one of the greatest things one can do. For example, if we think about the spartan 300, their goal wasn't to just go out and conquer every other nation. Their simple goal was to defend Sparta from king Xerxes and his Slave army. Sparta just wanted to be left alone.

Should you defend yourself?

It depends. For example, imagine like you were the dragon from the Lord of the rings, and there is this annoying poodle which keeps barking at you. In situations like that, maybe it is best to just ignore the poodle, or, you might not even hear it.

Therefore a simple stoic strategy:

Become more deaf to others.

For example, if somebody says something that super annoying, or triggers you, maybe the best strategy is just pretend like you didn't hear it. And if they ask you whether you heard them, just lie and say you didn't hear them. And just walk away.

What should I do if I'm just sad?

My thought is a lot of sadness is physiological. For example, let us assume that you sleep 8 to 12 hours a night, spend a lot of time outdoors in the direct sun, go to the gym every day, chat with your buddies, make new friends, lift heavy weights, hype yourself up, and eat lots of meat, How can one be sad?

Another thought: I have never met a depressed person who walks 30,000 steps a day.

Theory:

Depression as a physiological phenomenon which originates in the body, not the mind.

Mental depression is simply an offshoot of bodily physical depression.

Because let us consider, people who are clinically depressed literally cannot get out of bed. Therefore, this is a physiological phenomenon.

Stoic exercises

We all know that in order to become stronger, one must lift heavier weights, and exercise regularly. I say daily is best.

Some stoic exercises:

1. The next time you get really angry, whether it be your wife, your partner, etc., wait at least 24-48 hours before responding. I learned this concept from Plato, who said that he would wait at least 24 hours before beating his slave.
2. What would a demigod do? This could be a good line of thinking when it comes to life situations.
3. The next time you get really really angry, just walk to the local gym, and proceed to lift very very heavy weights. Don't go home until you've calm down.
4. Seek to empathize with other people, which means understand their mind and situation, and don't hate or resent them for it. Give them the cold shoulder. However you're not giving them the cold shoulder out of punishment, rather, just to protect your own zen stoic calm.
5. Whenever you hear bad news, or something bad happens to you think yourself, how can this benefit me 10 years from now? Is this misfortune, actually may be one of the most fortunate things which has happened to me in my life? For example, me getting laid off and made redundant from my first job out of college, actually was the stimulus which helped me pursue my passion full-time for a living.

Which stoic philosophers should I read?

I say: Seneca, Marcus Aurelius, Epictetus, Epicurus, Diogenes the Cynic, Heraclitus, Democritus, etc.

Stoicism by KIM

Now what?

If you have any mental melodies, or things you want to discuss, have a chat with [Zen of Eric Why App? Facebook messenger chat bot](#).

For anybody who criticizes Facebook, I still think that Facebook is a net positive for society, as it has allowed me to build this.

WHY APP?

Conquer it all

EK:

1. Conquer [Boston](#)
 2. Conquer [Innovation in Berkeley](#)
 3. Conquer [Zen in Hadong South Korea](#)
-

Stoic Equipment

1. Weight lifting chalk, both the powder form which comes in a ball, as well as the liquid chalk. Just buy whatever is cheap and convenient on Amazon.
2. [License to Train Lululemon shorts](#) // [Metal Vent Lululemon T-shirt](#): Think of your clothing as armor. Also, this will allow you to lift weights and go heavy anytime anywhere.
3. [Vibram 5 finger shoes](#) — EL X model
4. No car
5. No home
6. [iPhone SE](#): You don't get afraid of it scratching, or someone stealing it. Use and abuse it.

7. [iPad Pro](#) (smaller one)
8. RICOH GR IIIx x [ERIC KIM WRIST STRAP MARK II](#)
9. [HENRI SHOULDER STRAP](#)
10. [HENRI WRIST STRAP PRO](#)

Moar in [EK SHOP](#)

Stoic sayings

1. “Perhaps one day we will look back at this misfortune event, and look at it with delight and laughter.” - Odysseus in the odyssey, after half his men got eaten by the Cyclops
2. “I am so grateful for all the wonderful conversations we’ve had in our life“.
(Epicurus talking to one of his best friends, near the end of his life.)
3. “What doesn’t kill you only makes you stronger.” - [Nietzsche](#)

[More philosophy >](#)

“Ars longa, vita brevis.” - Seneca

ERIC

Share the thoughts!

Feeling strong? Feel free to forward this to a friend!

EK STOIC THOUGHTS
