

How to Think Better

I think for myself, ultimately one of my greatest passions is thinking and thoughts. And also health. But the question is this; how does one actually think better, and also, towards what ends?

1. Outside?

Whenever I wake up, it is typically a slow start. It takes a while to get my thoughts going.

Typically I start off the day with ERIC KIM OMAKASE COFFEE, and I permit myself to have as many shots of espresso as I would like. I keep taking shots until I feel good.

Then I actually think the more critical component is just going outside, going outside in the direct sun, getting direct UV exposure, to the direct sun and the direct light. Some theories:

First, I have a theory that man is not that different from plant, except we move quicker. Let us consider how plants and flowers bloom when the sun is out, and the shrivel when there is no sun.

There's a funny saying amongst gardeners that the most critical thing to grow plants is lots of love, sunlight, water, and good soil. I wonder if the same applies to humans?

The question is how much sun is enough sun? And how long should we be outside? I say just follow your gut; it is just a feeling. If I haven't had enough time outdoors, I spend more time outdoors. But if my skin is starting to hurt because the sun is starting to get too strong on my skin, I just go inside.

2. Your skin is the most important organ?

Another thought on health; I've discovered that actually, it seems that the best indicator of health is skin. That is, you could determine the health of somebody just by looking at the quality of their skin.

Also one thing that I've learned from one of my doctor friends, a past workshop student is that the best way to determine how old somebody is, to **look at their hands**. You can get lots of cosmetic surgery on your face and other parts of your body, but typically the hands tell all.

Even common gym dwellers; even though they may spend all day in the gym, and get impressive muscles and physique, typically bodybuilders before they get ready for a competition they either go out in the sun, and sunbathe a lot, or they get these fake dark brown spray tans to accentuate their muscles. But what I actually think what they're trying to do is trying to show that they're healthy by getting a fake spray tan.

This is tricky because there is a dosage issue here; too much time in the sun causes your skin to wear too quickly. If you are a poor migrant worker, and do not have any protective covering when you're in the sun all day, your skin will age poorly. So there's a fine line here; you don't want to be the typical office worker or tech worker who is simply stuck indoors all day, without access to adequate sun or sunlight.

In fact, even going to some of the most elite shopping malls and places and looking at other humans, it is actually very rare that you could see somebody with healthy looking real skin, with healthy skin and a healthy tan.

Even a lot of people, I think they would look more beautiful if they spent more time outdoors in the direct sun, without a shirt on, getting a good tan.

3. Physical activity, walking and moving

Nietzsche one said, "Trust no thought which doesn't come to you while walking outdoors!" Also, don't trust any thoughts while you are sitting. He had a funny Latin pun, in which **the only sin against the Holy Spirit was sitting on your ass**.

The last few days and week, I've been spending an inordinate amount of time driving in a car, and I've been away from the gym for about five days. As a consequence, I actually literally feel my ligaments, tendons, sinews, and body atrophying. My theory is that when you spend a lot of time sitting or sedentary, there is not as much an opportunity for your body to bear the weight of your body on your hips, your back, your knees, ankles feet etc. Therefore literally any time spent sitting is bad for you.

My personal theory on happiness is that **happiness is walking**. Any life or lifestyle which promotes walking is the greatest blessing.

4. Thinking and thoughts for the sake of what?

One of the greatest things on my mind is that ultimately, what is the point in desired end of thinking and thoughts?

The first of the hugely pragmatic one; often your thoughts manifest your desires and motivators etc.

For example, if you're always thinking about money, making more money, buying that new car, etc., then your real life activities will manifest in wasting lots of time to trying earn more money. But, what *if a more effective approach instead would be to think; what is my personal philosophy of money? What do I want money for, what is the meaning of money, is this a worthwhile goal for me? And or how much time should I devote to trying to earn money? Also, how much money is enough?*

Even Seneca once said,

*What if right now, you already have **too much** money?*

Nobody ever thinks this! Even back in ancient Roman times.

5. Ultimately, it comes down to philosophy?

Currently speaking, the most worshiped thing is business, economics, entrepreneurship, capital, capitalism, production, producerism, consumerism, media, or money and money accumulation.

However, perhaps a more interesting thing to consider is that philosophy is more critical.

For example, Elon Musk. Tesla and SpaceX. The underlying philosophical question is; *should* we strive to go to Mars or become an intergalactic species? Because in theory, I think if we took all the world resources, human talent and effort to create spaceships and stuff, we probably could do it.

Also with Tesla; the philosophical question is *should* we produce, drive, and operate electric cars? Certainly the execution of producing electric cars and putting them into existence is more difficult, but the first philosophical question is, *should* we do this?

6. What we eat, how we eat?

Currently speaking, my new favorite food may be beef intestines, specifically, large beef intestines. The other night Cindy and I went to our favorite all you can eat Korean barbecue restaurant, and after sampling and eating all of the foods, I think my personal favorite was the large beef intestine. It is so insanely rich, it feels like you're eating liquid gold. Similar and akin to bone marrow. Maybe even better than beef liver?

I personally believe this to be critical. Why? I think a lot of the modern day philosophies on diet and nutrition is nonsensical. Example there is a strange quantification of calories, protein, carbs, sugar, etc. But I think maybe a more interesting thought is trying to be more critical about the substances we consume.

For example, let us say that we broke down beef intestines into a certain quantified measure, and compared it and measured it to some sort of fake vegetable supplement. Would it yield the same thing? No.

Or another example; is eating 4 pounds of ribeye beef steak equivalent to eating 4 pounds of pea protein powder a day? Assuming that the grammage of protein was the same? No.

My personal thought on the anti-meat conspiracy is that ultimately it comes down to economics; meat is not efficient. It spoils too quickly, it's not shelf stable, and also doesn't yield great profit margins.

Also, this strange modern day trend we have towards "animal rights"; for example, animals, pets, dogs and cats have just become another consumer item. For example, getting that pug or Shiba Inu is almost like buying a new Louis Vuitton bag, or a Cartier watch. Also social media; for the most part everyone likes cute dogs and pets and animals. They don't really offend anybody.

7. Take on the sun!

I thought while weightlifting and taking on things, I think my only enemy is the sun and physics!

It is so funny because just other day, I remember Southern California being so cold during the cruel winter. Now the sun is insanely hot, even I can barely take it. Now I understand why people wear baseball caps; it keeps the top of your forehead from burning, and also gives you a little bit better visibility when looking into the distance.

This is also another plus one for Tesla solar, or Tesla in general; if you could indeed harness all the power from the sun and convert into electricity energy, we're set.

8. Think *Beyond*

To think beyond and look beyond — the generalized idea I have is that life is too short for the petty and inconsequential. Perhaps the greatest thing we could do it is to think beyond, and look beyond, which means, only grant yourself the privilege of attempting monsters of a task, things that the normal human being would not even think of or attempt!

For example, as I write these words it is currently the year 2023. Just three years ago, before all this Covid stuff happened, it was the year 2020. This was supposed to be an insanely important and pivotal year; the future.

Yet, we are still falling into the same memes, the same modes of living, the same boring old stuff. Why not attempt to look beyond, and become beyond?

9. Becoming the uberman

What is the time modern day man deserves to become? A beast, a monster, something else?

Why not just drive to become man? The most glorious and peak and over notion of a man?

Thus, my current life task and direction is becoming my own over man, the uberman as Nietzsche says.

What does this mean?

1. Create a new type of aesthetic; I call it demigod aesthetics.
2. Ignore what all of this nonsense call modern day advice on food; just look at what the ancient Greek heroes ate. Bone marrow, oxen.

10. Sleep

The last critical ingredient is sleep. Sleep is the ultimate tonic; even the gods sleep.

Throughout the day if you're tired, the most effective thing to do is just take a nap. Also ironically enough, **if you're tired, don't drink coffee**. I think coffee ironically should be done this way:

Only drink coffee when you feel good.

During the day, if you're tired, just take a nap! Power Nap or turbo nap.

Also, one of the best ways to deal with insomnia is simple; hit the hot sauna at least once or twice a day. Just go to your local gym membership place and do it there, or sign up for some sort of hot yoga, CorePower, local studio etc.

Thoughts on my mind

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Thoughts on racism

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