

THE PHILOSOPHY OF THINKING

First, start walking *in order to* think.

So something I have not really come across yet is the philosophy of thinking. Why think, what does it mean to think, why does it matter?

First and foremost, thoughts govern the planet. For example, almost everything in life and in the world, is predicated on notions of thought and thinking. No thoughts, no future.

For example, it looks like Tesla is about to conquer the planet. The new redesign Tesla model three is mind blowing. They made the steering wheel more beautiful, they made the interior design supply me beautiful; an integrated curve, Steve Jobs and Jony Ive would be proud!

Also I think that ambient lighting thing inside the car is super cool. Some people might think it is gimmicky, but I think it is awesome! I remember when I first saw the integrated lighting booth thing in some Mercedes cars, and I think there is something to be said about light, Light therapy; colors affect our mood.

For example, anyone who says that colors don't matter is a fool. Would you want interior of your house to have bright red walls? Probably not if you don't want to scream bloody murder inside your home.

Or, for people who say that color don't matter, would you want to wear an all green outfit, with bright pink fuchsia accents and shoes? Probably not.

Cars run the planet?

still in 2024, I am still shocked; it looks like cars run the planet. What this means is that it seemed that maybe 60% of our economic activity is around producing cars, selling cars, buying cars, design cars etc.

For example I look at Hyundai, it is insane... Also the new Genesis Berlinetta concept car -- also, the new Hyundai Grandeur and AZERA-- like a futuristic Rolls-Royce for the future!

ART

The other day, it was free! The Lacma, L A Center for modern art, had this really insanely epic art exhibition, imagine like Legos and hot wheels on steroids; it was titled metropolis II, And imagine like a Connex erectors set, 1100 custom designed mini matchbox hot wheel cars, with this perpetual machine moving all of the cars in traffic and buses and reels, stacked on top of one another. Conjured ideas of that old-school 1920s metropolis film, in the future where everything is that, flying cars etc. or also, a vision of a topic science-fiction future, kind of like Blade Runner, or that one futuristic movie that Bruce Willis was in.

I love this exhibit so much because it's stimulated my mind, and also, Seneca's mind was blown! I think I rated as the best art exhibit solution of all time. I could probably watch it for hours, and not get bored.

If you're in LA, Southern California whatever, I think it is a critical experience you must go to in person. Also what makes it a great exhibit is that it can be enjoyed by both children and adults, all ages. It is essentially a microcosm of cities, urban living, traffic and cars. The UltimateUltimate Takeaway point:

We all think we are so unique and individual, and special, based on superficial things whether we drive an orange sports car or whatever, but in fact, we are all just the same! A bunch of lemmings!

Sociology is great

So I was born in 1988, and I attended UCLA as an undergraduate, I started in 2006, graduated 2010. I wish I got into bitcoin earlier in 2009, when my roommate Kevin told me about it, I think when he first saw it on Reddit. He said that we should both put about 100 bucks into it and see what happened. I shrugged my shoulders and said “meh -- nah, probably a scam”. if I do the math, 100 bucks, I think at the time somebody spent 20,000 bitcoin to buy a pizza on Domino's or whatever, the infamous \$500 million pizza, basically... What would 100 bucks times a penny be? How many bitcoin could that have purchased me? And what would it be worth today?

In life it is fine to make a mistake, and make a regret. But not twice. This is why and why I'm going back into bitcoin.

anyways back to sociology, I think the reason why I think it is such a phenomenal framework to understand the world in society is that I think all of this is just a sociological phenomenon. Society, capital, capitalism, living lifestyle whatever... I think about 80% or 85% of it is based on certain sociological principles.

Also, to understand the market, economics, I think it is all sociology. To understand human fear, scams, fraud etc.

also, I think studying sociology has made me unlearn a lot of the BS. To quote Karl Popper, via TALEB-- the idea of falsification, subtraction, or the general ideas that in order to become more wise, you just got a subtract delete or get rid of foolishness, nonsense.

For example, conspiracy theories. Only fools believe in them. Even if they are real, it doesn't even really matter.

Therefore a great advancement in ourselves our thinking etc. is **subtracting deleting or getting rid of weird conspiracy theories from your brain and your mind.**

Off the grid thinking

To me the grid is an interesting metaphor for a lot of things. The grid could be standard conventional thinking, “rules” and regulations, a lot of of the modern day BS.

I think primarily migrate power in life is my ability to distain ignore and find ridiculous all of these “rules”. In fact, at least in real life, I don’t think I’ve ever met anybody as interesting as myself. The only other interesting people I think, or maybe Steve Jobs, Elon Musk, Kanye West. To me actually they are very relatable.

The photographer philosopher

Come on... It is 2024, you’re still on Instagram? To me Instagram is like eating McDonald’s hamburgers. Not proper.

Also, I’m still a bit confused... Why don’t more people people just start their own private websites and blogs? And no no no, do not use square space it sucks. Also fun dirty secret, maybe about four or five years ago I got an email from Square space, saying that if I converted my whole website and logging into Square space it would give me \$15,000 or something. It was the easiest no I ever said in my life. Honestly speaking, I don’t even think I do it for \$1 million? Unless there is something the updated which is really good.

To me the reason why I find the photography so critical is that ultimately we are visual creatures. What sells cars? Design. Design marketing, the idealized concept of something.

Design is God.

Once again the new Tesla model three, I think it actually looks 500 times cooler than any other Tesla car out there. And I’m glad that I am a late adopter, and I was not one of these unfortunate who bought an early model Tesla model model three or any other Tesla car.

To me the most important thing in a car is the steering wheel, because you look at it all the time, then interior and dashboard, and also the back of the car. And also specifically the door side driver side entrance, and also the rear left passenger side door, where I get in and out and load Seneca into his car seat and the car.

Sharing your thoughts

A simple way to live life, and to make an impact or whatever is to just share your thoughts. It is funny because people say all this ridiculous things like “that is just your opinion!” The best response: “of course it is my opinion!” Opinion, opine, just means to think.

This is where philosophy is very useful: people think that there are certain notions of “facts“, especially in the realm of statistics, but probably the most useful thing of studying sociology, is understanding that statistics is just a scam. I learned from Cindy (cindyanguyen.com), in her book and dissertation, that the notion of statistics comes from the state. The general idea is that statistics was a measuring tool invented by the state in order to track measure progress, something that the French colonists and colonial administrators did when colonizing Vietnam and her other territories, and also, what the Chinese communist under Modon, and also the Vietnamese communists also did. The general idea was this:

in order to track the legitimacy of something in the progress of something (let us not forget that the notion of “progress“ is a feeble modern day notion)-- is that we got a track the growth of something in numbers.

Numbers are boring

I don’t trust nobody who either has some sort of loser Apple Watch, Fitbit tracker, has Instagram, or applies any metrics to their life. The only metric I find useful is maybe increasing your one repetition maximum in your weightlifting, simply as a measure to know that you’re increasing the weight. But besides that, things which are bad include white yourself on the scale, because you don’t know how much of

that is body fat adipose tissue, how much of that is skeletal muscle mass, and even other things that people don't talk about... How much of that weight is bones, sinews, Blood and water?

Both men and women are foolish: they tracked weight as a measure of their self-worth. But, the goal is to increase skeletal muscle mass, and decrease body adipose fat tissue. This is something that scale cannot do, the closest thing is either a fat caliper, or just look at yourself in the mirror. Pincher belly fat, or look at the fat in your face, or, you want to get rid of the infamous pet rules in the back of your neck. Something that I see that Kanye West has.

Why are we no longer permitted to be independent interesting thinkers?

It is weird, in today's world, in America at least... We truly do have the greatest system for independent thinking and thought. Here unlike other countries, you will not get jailed for sharing your opinion. Even the most politically liberal or advanced countries in the world pale in comparison to America.

The problem though here is that all sides, all parties, all individuals are "nudged" either into the left or the right, even this notion of being a political or being an anarchist or whatever is also just another lemming sheep mentality.

Or another words, put zero faith in anybody who watches any news, doesn't matter if it is NPR, Fox News, Al Jazeera whatever. The simple heuristic is this: if it is being funded by advertising, google Adsense revenue, it is not to be consumed.

Only trust things that you are spending your real money on. This means, stop using Google. Google is a "free" service, and the way they make money is by sensationalism and banner advertising. Even nowadays I'm stopping to use Google maps, having those annoying Square advertisements that pop up when I'm driving, I almost feel like that is borderline unethical. Why? It distracts me from driving, I wonder if it will lead me to getting into a car accident one day? Google, whoever did that I google, Google maps team whatever... Shame on you.

Apple Maps is the inferior product, but at least it is not supported by advertising.
Get rid of Google maps use Apple Maps instead.

First, focus on your health physiology exercise and physiological well-being and everything else will follow

The quality of your thoughts are simply an offshoot of the quality of your bodily physiological health.

For example just think; if you only sleep 30 minutes a night, four days or weeks on then, what do you think will be the quality of your thoughts? Optimistic joyful and happy? Or weird, morose, dark?

Or other thoughts, imagine like you're in heroin addict, or hooked on some sort of meth. What will be the quality of your thoughts?

This is why I trust no thinker or individual who partakes and drugs, alcohol and weed. Although both are quite mainstream now. Why?

A lot of people are alcoholics, and a lot of people also apparently do a lot of writing and production of music and artwork when they're drunk, which is bad. Even Kanye West, his a low-key alcoholic on and off, I think he said all the anti-Jewish stuff when he was drunk. And on Twitter. Being drunk and on Twitter at the same time or Facebook, not a good idea.

Also weed, weed is so mainstream now, it is not really seen as a big deal. But I also think it is foolish that some people think that weed has no effect on your thinking. Even Kendrick Lamar, his only vice is maybe Froot Loops and Captain crunch cereal.

"You let the meds talk I let my soul talk ayy!" - Kendrick

The reason why we should not trust any artists, rappers, musicians or whatever who are addicted to drugs any type of drugs, and yes, weed marijuana is drug... They're thinking will not be pure. They're thinking will be too overly saturated with

the weird effect of drugs, anti-depressants, uppers and downers whatever.

Even Elon Musk, I rate him highly, but if you read the Walter Isaacson biography on him, he will discover that he drinks too much alcohol late at night, and just drinks Red Bull to stay awake. Not good.

Sober thinkers?

Am I the only millennial I know who doesn't drink alcohol or smoke weed or take drugs? And have never been to a concert, EDM thing, etc.?

The only concert ever went to in my life was by myself, to a Yeezus concert at the Oakland Coliseum, Kanye performing live. The coolest thing of all time.

How alcohol is strange

A very weird trend I have discovered is this weird trend: get a bunch of tattoos, drink a bunch of craft beer, wear sunglasses and some sort of trucker hat, wear flannel, drive some sort of big truck or whatever, and to make the purpose of your life to just drink exotic craft beer?

To quote Chip Wilson, founder of Lululemon, did you go to his personal website and look at his new section, he said he was never into watching sports and drinking beer because it just made you stupid and fat and lazy.

Even the ancient Roman and Greek philosophers thought it was a bad idea to drink wine, too much wine. The Greek Dionysian God baccaus was the God of wine drunkenness and the dark. he was the original Satyr; essentially imagine these weird goblins with goat horns. or imagine the original "furry" .

Thoughts and money?

Is the purpose or end goal is to increase the quality of your thoughts, the productivity of your thoughts in order to become richer, to earn more money? No.

I think the ultimate goal is to become wiser, more critical in order to become more powerful. Power is simple.

Some tools to get you thinking

I have an intervening thought: in order to stimulate your mind, you first got a stimulate your body. That means, extremely heavy weightlifting to get your blood and your mind flowing.

A very simple one is purchased weightlifting equipment on the Internet, just work out at home, in your backyard front lawn, even you're off the grid parking lot in the back of your apartment which I am doing right now.

The very very simple thoughts to exercise and fitness is do exercises and lifts which promote standing. Or walking. Upright exercises. This includes Farmer's carries, dead lift walk, squat walk, Atlas lift etc.

The big issue at hand is a lot of these exercises at the gym and in traditional mainstream media has to deal with some sort of sitting or pressing motion. For example bench press, floor press, dump press, decline, seated military press, seated dumbbell press etc. But the critical flaw of these exercises is that they are all done while sedentary or lying on your back. And the big downside of this is that it doesn't promote your walking or your posture, which might be the two most critical things.

I also thought to myself, what is it that causes the most amount of injuries? Any sort of pressing motion. Once again, bench press, shoulder press military press etc. There is almost virtually no injury that happens with any lifting motion, caring motion, or walking motion.

Also, using some sort of power rack, squat rack, or even getting some cinderblocks from Home Depot. Essentially if you're tall, elevating the barbell off the floor.

Also one big thing that I've discovered, the great upside of not going to the gym anymore is that I've been exercising more in the authentic and honest way; I'm not lifting weights anymore to impress other people, I'm just there to use weightlifting as a philosophical tool to think better, to think stronger etc.

so what is the point of philosophy and thinking anyways?

The end goal of philosophy thinking etc. is not to make money, but rather, to excel and exceed in life. Also happiness. Everyone wants to become happy, or happier, even Aristotle says happiness is the only thing that men seek for the sake of itself.

People always think that having more money will make them more happy, but this is not true. Often having more money can make you more miserable, as often having more money causes more stress anxiety etc.

For example, let us say that you had \$100 million in your Coinbase account, your bitcoin wallet whatever. You will probably end up using some sort of super secure password to lock and secure your assets. But the stress and the anxiety and the fear of having your phone stolen, your identity stolen etc. is even larger. And also the richer you get, the more you become a target to theft, identity theft, real life theft, even physical violence threat. Never forget the story of when Kim Kardashian tweeted where she was at, in Paris, and abruptly got held up at gunpoint from two mast robbers, demanding her jewelry and her pearl necklaces and diamonds, otherwise they would shoot her.

"What do you want me to do, drive around in a bulletproof car and with some tints"? - Kanye

Empty your mind

The best way to empty your mind is to delete Instagram, delete Twitter, even delete email in Gmail from your phone. Delete YouTube podcasts etc.

even music, modern day music. Even in music somebody is trying to sell you something. Maybe we should go back to the ancients, the ancient music, the ancient arts. Listen to dead composers, Beethoven and Mozart etc. Why? They're not trying to sell you Lamborghinis or other nonsense.

Zen the fuck out (Big Sean)

Rather than adding obligations to your life, seem to remove or delete or subtract obligations from your life. This means, don't take on more work, more contracts, more obligations. Rather seek to subtract all obligations to close to zero, even with the promise of a lot of money.

In fact I almost feel that is easier and better and more straightforward to make the big bucks speculating in cryptocurrency, crypto, and the market rather than just seeking some sort of consulting gigs.

What am I betting on?

For me, the big advancements I perceive in the future include AI, crypto, chain-link, bitcoin, open AI and Microsoft, ChatGPT and beyond.

What am I anti-? I am short Apple, Google. If you look at Google Bard, Google ChatGPT competitor, it is at least 100,000x times worse than chatGPT 4. For example I asked Google Bard who ERIC KIM was, and it said that I was a landscape and travel photographer? Terrible.

Why does the future matter?

to me, technology and the future is all about optimism, happiness and joy. If we want brighter more glorious future, we need optimism. The hope of a beautiful future, blue skies, clear skies, lots of sunshine, pure joy.

ERIC

Random thoughts

I just tore equinox, and was very unimpressed. It is like an LA fitness with a better conscience. Also you know it is not a good gym because the barbells suck.
