

The passion of outside?

So I think something I have discovered about myself is that I have a passion of outside being outside etc. Pretty much what this means is my passion is to not be in some sort of stifling cramped indoor space but rather, my passion is to be outside, With the open sky the open air etc.

Currently staying at a home exchange in the mountains in Southern California, and the mountain house is super lovely, but just even taking a quick jump outside, and then going back inside... Immediately I feel stifled and “ddab ddab hae” indoors.

The phrase ddab ddab hae in Korean is super interesting -- essentially it means feeling kind of like claustrophobic, or constrained, or the feeling of feeling cramped. Once again, if you are an outside mountain spirit, the feeling of being stuck indoors.

Nietzsche one said trust no thought which does not come to assuming you're not in the open air, outside, preferably in the mountains. Even Nietzsche -- I believe he had my asthma or poor health or poor breathing or lungs or something, he traveled all around Europe until he was able to find some sort of nice mountainside retreat in Italy, maybe in the small town of Turin, in which suddenly, all of his sicknesses and ailments ceased?

so I think the first thing is nature, big and nature, I think it's just good for the human soul, our mind our brain, our physiology our eyes and eyeballs etc. For example, I think it is a bit foolish when all of these monks and pseudo in lightened Silicon Valley folks and thinkers believe that you could somehow “think” yourself out of a problem or a mental malady. It is my personal belief that actually, the only way to read yourself a badness is to actually get your ass out of the house, go a walk, go outside!

Not cars

Not cars, not vehicles.

So even if you had the world's best Lamborghini with the scissor doors or the off-road in Lamborghini sterrato whatever, doesn't matter what color scheme, rims or whatever, as long as you do not have 100% leg freedom, you ain't got nothing.

For example, driving down, stuck on some of the really really bad Riverside traffic, and actually, the real tragedy here is that some people have to take this god-awful commute, maybe 2 1/2 or three hours each way, to buy a nice big house in Riverside, in order to commute to Los Angeles? To me even if you gave me the world's trillion dollar car, this trade would not be worth it.

Why? Once again it is a physics, physiological thing; there is no good on the planet which is worth the pain and suffering of being stuck sitting in a sedentary position. Even if you are in an airplane, a jet, flying first class or whatever, even if you are in the most luxurious of all luxurious seats or sitting situations, none of it is worth it. Why? Because once again when you're sitting, you're in a very very fragile position, in the most miserable of all physiological positions.

For example, let us consider how in fact, what is the human being being designed for? We are designed to stand upright, to walk, much of our ability to be by pets balance, look into the distance and walk, is structured around this. If a human being does not need to walk and move around or be outside or be upright, he has no reason for a brain or any body physiology.

So once again, to be human is to walk, to be outside, no ceilings no roofs, no glass ceilings.

Homes?

So, then at the end of the day, what is the meaning of the purpose of having a home?

There are 1 trillion different ways one could configure ones living circumstances, configurations etc.

For example, you could have a big ass ranch, a big ass backyard in front lawn and back lawn and private property, or you could live in an apartment, kind of more connected to society.

You could also live in a trailer home, or even I guess live in the trunk of your cyber truck.

I suppose then, the primary question to ask yourself is what do I see, what do I want from life, what do I want to out of life?

First, the light the sun. For me the sun is the source of all energy, all power, all happiness and joy. So to ideally live somewhere sunny is a virtue. I have a funny ongoing theory that human beings, we're just like plants except we move a lot quicker.

Second, the joy of weightlifting. Still, after all of this, I still really do have a passion for lifting weights, weightlifting etc. To me it is like my ultimate form of Z meditation exercise and without weightlifting, things become a bit boring, uninteresting etc. For example, the courage needed to lift very very heavyweights, requires 100% of your focus, a 100% focus of your presence. You cannot fake it; precisely because extremely heavy weightlifting is dangerous, that is what forces you to focus.

And this is the very very funny thing. When I would lift nine plates 10 plates and beyond at the gym, people always tell me "be careful". Duh! This is the whole point! To be careful means to take care, take care, Which means you don't fuck around, you don't even listen to music; even music is a distraction. No stupid AirPods on, no external distractions. No phone.

In fact, one thing I'm very very grateful for the gym I used to go to the last few years, is that I was able to ride down the whole bitcoin downturn, due to the FTX meltdown, the hilarious thing; after buying my bitcoin in around 2018, I just literally never ever ever check the prices for almost 4 years; Rest and vest. And the only time I would ever be exposed to the price of bitcoin was on accident; in which I would accidentally see the price or something.

Anyways, I'm grateful for my journey thus far, not having lost any bitcoins or anything. Apparently I read or heard something, whenever you go to a bitcoin conference or something, you never ask people how many bitcoins you have your own, but how many bitcoins you have lost, that is the true indicator of how long you have been in the game.

But then again, I think the tricky thing with bitcoin crypto currencies, the whole crypto economy is that it is all a bit strange convoluted and polluted. Too many ideas, too many opinions, you gotta just hang out, take it out to the beginning.

The issue with the physical realm

So the biggest issue that I have is that there's so much waste, so much physical waste in the physical realm. For example you might have your Lamborghini your RV your truck, your over landing vehicle, your AMG sprinter van, all your expensive Apple devices, your big ass house whatever. Yet all of these things seem to be more liabilities than assets to me.

One thing that I really really love about bitcoin is that it seems to be the ultimate portable, durable, weightless thing to just carry around. For example, assuming that you have an iPhone an iPad, some sort of MacBook laptop device, or something on iCloud iCloud chain, Safari Google Chrome whatever, Gmail, Google services, all of your money and assets and store of value is secure. And in theory, you can immediately liquidate your assets.

For example, even if you own some sort of RV or expensive car or something, the huge pain of having to liquidate it and sell it, this is a huge pain in the ass. You still have to find a seller, you need to figure a way to quickly or efficiently or securely Broker the trade or whatever... To me, this ain't worth it.

What is actually useful in the physical realm

Things I find useful in the physical realm include fresh air, beautiful bright sun and sunlight, peace and quiet, absence of pollution, hot baths, Wi-Fi, 5G, cameras digital cameras, video cameras, a grill is super awesome but not 100% necessary,

And having some sort of vehicle that could take you around.

In fact, recently doing a road trip to Norcal and back, I'm still shocked... The Toyota Prius, a hybrid vehicle which runs on both gasoline and has a battery an electric charging battery, seems to be the ideal hybrid? The ideal thing that leverage is both the upside of gasoline which is insane power and energy in liquefied compact form, as well as the battery, which kind of somehow magically charges itself, through the braking mechanism in the Prius and car?

And I think the thing that is difficult for people to understand on just how amazing the Toyota Prius and hybrid system is; it really is so insanely clutch right when you need it.

For example, doing a last-minute drive somewhere, and just having one tick of gas, but still being able to drive all the way from the Pacific Palisades back home to Culver City, like 5% of gas left, could still take you around 40 to 50 miles?

And this is super super useful because the second you're trying to beat rush-hour traffic, and you cannot be fucked to stop by a gas station or a Tesla supercharger, because you want to quickly hit the road, you don't have to deal with having to stop by a gas station or an electric charging station if you don't want to; you have the option, More optionality!

Seek optionality

I don't need to own it, I could just visit it rent it borrow it try it out for the week or weekend!

I think this is also a big thing, we Americans we are so silly in our notion of "ownership", we both believe that in order to gain legitimacy, we have to "own" the underlying asset. but I was thinking about it... Never really kind of own anything, maybe besides bitcoin.

Why? So for example let us say that you own a single-family home property whatever, you don't really 100% owned, you're just borrowing it from the federal government, the local city government etc. And you're paying a huge state tax fee

local fee tax fee etc.

Also, vehicles automobiles cars etc., as long as you're sooner or later taking some sort of public Road Highway, freeway etc., you don't really 100% own your car either because you're just kind of leasing the rights to use your vehicle on public roads, as long as you had to pay some sort of DMV fee and sticker, you never really 100% own your vehicle.

And also, you still have to pay car insurance, like forever. And once again, vehicle registration fees. Even the fees even though the fees are not super super high, you still gotta pay something.

I think also one of the soccer fallacies is that some people fall victim to this notion of somehow like you buy some sort of RV or truck or converted Mercedes sprinter van and you could somehow turn it into like a mobile house or a mobile RV, and then you could just finally become free travel through the states whatever, etc.... But still you're kind of a slave because you still have to find somewhere to park at night, you often had to pay a fee to park somewhere, And also, more private things like you gotta pay for sanitation to plumb out your vehicle, you still need to buy food and stuff, etc. This is where I still think it is wiser to just rent an apartment and somewhere desirable where you could just walk everywhere because once again, Americans we were romanticize the idea other great American road trip and being on the road, but still... The ideal strategy is to spend like close to 0% of your time in a car or a vehicle, and you try to instead, spend about 100% of your time walking around outside in the direct light or the direct sun.

So the ideal goal is to find a place or a local or a city or neighborhood or area that you absolutely love like for me in Culver City, the arts district, and you could just 100% pedestrian walk yourself everywhere, just jump on the metro E line if you want, and just go on a drive if you want.

And once again, location location location location location. I still cannot stress this enough; because of the laws of physics, Los Angeles, Los Angeles traffic; still the most intelligent strategy in life is to find the best location absolutely, in which you never have to drive more than five minutes a day. Or driving just becomes an optional thing; **you could actually live a virtuous 100% pedestrian lifestyle.**

it is difficult to monetize walking

So I think the biggest issue here is that walking is not really popular as a past time because it is difficult to monetize. Compare this instead of running or jogging or whatever, easy easy easy because you could sell these stupid overpriced \$300 or \$400 running sneakers, which are only for skinny fat losers.

And also, I think maybe this is the reason why automobile cars are so sought after an American society; because our society almost close to 100% of it is still dependent on a car, only society in which nobody really owns a car is probably New York New York City or Brooklyn, or the main island; even the rich people don't really own a car, they might have a private driver or they might just even take the metro, or just walk or even take an Uber. Which is even easier than coordinating a personal driver.

Even in San Francisco, sooner or later everyone kind of wants a car or a Tesla or something, or maybe a Waymo, but the sense I have is nobody wants to live in San Francisco anymore, not the huge exodus out of the Bay Area, in fact more people I see in tech are settling in Los Angeles West Los Angeles, even my tech cousin Daniel just moved to the Sawtelle neighborhood.

Sooner or later everybody ends up in LA.

So my very very simple suggestion is with life and everything in general, just get off of loser Instagram TikTok YouTube Spotify Twitter all of the social media services. Even I was randomly getting back into Twitter because there are lots of important financial news to stay updated there, and before Trump got elected, it was actually kind of necessary for me to do some research about his policies about bitcoin and crypto, because I am 100% all in on bitcoin. But still... Access to the information the news the truth, it is so toxic. **Maybe it is better to be a little bit more poor, without the toxicity, rather than being richer with more toxicity.**

Better to be poorer, and less toxic rather than be richer and more toxic.

Goals?