

## THE STOIC

OK some unorthodox stoic thoughts this morning.

So the first one, should you share your feelings or what you think? Or what's on your mind whatever?

I actually say no. I've actually been thinking about this a lot and experimenting a lot but the truth is, at the end of the day, all this modern day psychology nonsense tells you how it is good for you to share what's on your mind blah blah blah. But all the ancient stoic texts tell us otherwise.

First, I think the critical issue is that male psychology gets mixed up with female psychology. A lot of our emotions are hormonal, and therefore, a man will never truly understand the interstate of a woman, and vice versa.

For example, a man will never know what it feels like to experience a menstrual cycle, but also similarly, a woman can and never will be able to understand the adrenaline hormonal rushes of a truly formidable man.

Kind of like if you think about it... How and why a child that has not yet gotten in puberty, a young boy would also, not understand the hormonal adrenaline testosterone rushes of a fully matured man.

**Low testosterone man, probably also, cannot and should not understand the psychology or the physiology or mind state of a high testosterone man?**

So contrary to popular belief, assuming you're not taking steroids or injecting your butt hole with testosterone injections, similarly speaking, naturally or artificially low testosterone men will also similarly never understand the mind state or the soul state or the body physiology state of a high testosterone man.

A bit common misconception is that there's this notion that somehow, high testosterone men are unpredictable, getting angry quickly. Etc. But this is actually not the case. A true man, a true man with high testosterone natural, is actually, like almost 100% joyful grateful, always smiling, fresh and happy you look on his face, never dismayed or down by artificial ups and downs of life.

And therefore, the low testosterone man will have never seen sunlight in his life, and is essentially an office slave, will look suspiciously at the high testosterone man, who is full of goalie and Joy. He will then start to suspect the high testosterone man for being conniving, with ulterior motives, up to no good. But the high testosterone man was simply, be doing what is natural to him, because he is just so naturally super abundant and over abundant with happiness joy and glee.

And the truth is, I feel like 99.9999% of society cannot understand me because, truly speaking... When's the last time you met somebody who is both self-employed but also, not under the whim of his clients? Or, somebody like myself who doesn't need to check his email for a living? Or take meetings? And therefore, I'm like the red Swan, nobody understands me but also similarly speaking, I cannot understand other people?

### **Other perspectives**

So essentially my general idea and Takeaway point is, go back to the classics, go back to reading Seneca, Nietzsche, Marcus Aurelius and the like. Avoid the new and modern, it is all bad.

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