

Movement & Technology

So a funny observation: technology works in a really funny way in which, one of the big downsides of technology is, it prevents movement. For example, if you've ever seen a kid on an iPhone or iPad... Watching some show, it totally like act as tranquilizer. They stop moving for hours, it is kind of disturbing.

Adults are the same. I also find myself in a similar boat when I am on my iPad, **the bigger the screen, the more the distractions.**

The hilarious thing about my iPhone SE with the small 4 inch screen is, it actually kind of forces me to focus. I can only do one thing at a time, it is unintentional single tasking.

Also having not used my phone in a long time, one of the big virtues is because, it has cellular data, it's kind of amazing if I think about it... That I could just walk around a lot, off the grid, and still be able to do the stuff I want to do.

The phone is now just essentially a mobile AI device

Everyone kept talking about Mobile first Mobile first Mobile first,,, and I never really bought it, and I am grateful that I delayed on it because, and now seems that the name of the game is AI, which has totally gobbled up Mobile. **Mobile is dead, long live AI.**

The keys

So kind of a radical idea, is, no no no, you don't want to be doing some sort of staining desk, or even treadmill desk, being tied to some sort of high-powered computer, the ideal is, I suppose just being on an iPhone Air, walking around all day... Talking to AI all day?

What is AI anyways?

So let me tell you some secrets about AI. And also... What AI is **not**.

First, AI is not intelligence, nor is it intelligent. Actually it is pretty stupid. Even the most advanced ones.

Essentially what AI is is like a new Calculator computer, but it is much better with words and concepts rather than just numbers. So actually, it is really good for us “word people,” as Peter thiel says.

What’s very interesting about AI is that it is very *intelligible*, which means, it *sounds* smart, and for the most part, it will not make any grammatical mistakes, and everything it says sounds intelligible, like comprehensible and or, *comprehensible*.

What is AI not good at? Whether you use Grok or ChatGPT or whatever? It is not good at forecasting the future, coming up with new Carte Blanche philosophies,,, ironically enough, it is actually not very good at critical thinking. Humans we are much better at reading nuance, humor, satire, things which are tongue in cheek,,,, And also, far more creative.

I think one of my analogies is, AI is like a new modern day bicycle, it makes getting from point A to point B much more easy. or just like having a Calculator. The other day I tried to do long division and long multiplication with Seneca, and I realized how clumsy I have become.

Who is scared of AI and who should not?

This is my big realization, the only people who should really be scared of AI is like, higher education? Because all the ground metrics in which we measure success with children and students is totally being rewritten, Carte Blanche.

For example, math science essays whatever, I think in the past, these were metrics that we tried to measure because, it was perhaps some sort of good indicator of future success, in which children with higher order thinking would succeed.

However it seems now, having *divergent* thinking may be a better indicator of success. why? Because all the lemmings are gonna all be doing the same thing like investing in Nvidia, using Google Gemini, buying a Tesla or a new iPhone Pro, rather than, thinking for themselves.

So how does one think for themselves and by themselves?

First, taking it back to first principles, and, having radical pride in yourself and the way you think?

This means, not being on social media or the news or trying to be or sound smart, because all the people who are playing that game are gonna get wiped out.

Brave new future

So, thinking about the future, what is not going to get eliminated or eradicated?

First, meat, exercise and fitness, wellness, sleep, health.

ChatGPT cannot synthesize you some orgasmic short ribs, or testosterone elevating beef liver, or even a simple pack of eggs.

Also, ChatGPT cannot help you sleep 9 to 12 hours a night. Nor can I synthesize you some weightlifting equipment, and help you lift 2,000 pounds.

In other words, **ChatGPT cannot give you a six pack nor can it give you muscles.**

so why does this all matter?

I think it applies to all humans. All 9 billion of us on the planet.

It's also super interesting because, AI gives the biggest advantage to people from developing countries, Vietnam Southeast Asia Cambodia. It really helps people who don't speak English as a first language. Even my 70-year-old mom, she's like on

ChatGPT all day, I'm actually really proud of her, she is always harnessing new tech technologies like Google YouTube whenever, without prejudice.

This is also the really funny valley of technology adoption I find, anybody over the age of 70 is actually super super pro digital photography, AI, and the like. And young people in their early 20s are strangely super anti-it? And people in the late 30s and early 40s, assuming they are not super rich or successful yet, they are kind of screwed.

So now what

So what is the best life?

First, I believe the best life to be the life with maximum ease and Zen. Essentially being able to go to sleep with a clear mind, and also wake up with a clear mind, **to me paradise is going to sleep at 6:30 PM and waking up at 6:30 AM every day.** 12 hours of sleep a night is the goal.

Also, one of my big epiphanies about my insanely heavy weightlifting, it is, the purpose of it is actually a Zen meditation thing. When I am about to lift 15x my bodyweight, things which I must do include taking off my glasses, turning off my eyes, turning off my brain, and just do 100% muscular coordinated effort. And I think like **99% of it is just removing distractions.**

To me this is my paradise.

paradise lies under the valley of swords.

so what is the purpose of life?

A few months ago I had this realization and epiphany that, I no longer had any stress, no fear no anxiety, no hardship whatever. And then what?

The Buddhist are always talking about removing suffering but I don't really think this is an interesting goal because it is pretty easy. What is more interesting maybe is having deep deeper insight?

I mean I think an ultimate goal is to just philosophize, become a philosopher. If you think about it, the Apex predator of humanity is not the entrepreneur but the philosopher, ideally, entrepreneur philosopher like Elon Musk, Peter Thiel, Michael Saylor.

Why? Like for example Elon Musk and terra fab,,, I find it insanely fascinating and ambitious but, the bigger insight is probably,

***Should** we go to mars and or space and inter galactic?*

Or *ought* we to do all these things or must or whatever?

Anyways, as time goes on, ironically enough **I am becoming kind of less interested in Elon Musk because, he has no muscles.** my simple new heuristic:

don't trust men, philosophers who don't lift weights.

so now what

So then, what is the purpose of life or what should you aim towards?

First, adventure. If you think about it, venture capitalist, I sent you what they are are, "adventure" capitalists. And the truth is a VC, having the power, are impressive.

Everyone is seeking adventure. A child you, your family.

A life without adventure is not worth living.

Second

Second, it actually seems for myself, one of my grand passions is actually writing essays? Like, attempting to come up with new ideas, and sharing them with others?

What the world needs

I think the world needs new ideas, the world needs a bitcoin, the world needs more innovation, more contrarian unorthodox thinking. The world needs more joy, love hope, enthusiasm and optimism.

And perhaps we should be the ones to promote this?

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Now what

Subtract negativity, add positivity.

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