

## **STOICISM MARK III.**

That which threatens to destroy you only makes you stronger:

Perhaps, being the Uber stoic, ultra Stoic, hyper stoic. This will be my life legacy:

First, it seems that everyone just wants a purpose to life. Something that will outlive them. Not taking in consideration the ones and zeros in your bank account, and also... Becoming a little bit more careless about yourself your life your life situation, whatever. In some ways, getting over yourself.

### **Focus and concentration**

We cannot control the external world, but in some ways, with enough training and discipline... We can control our inner world.

Reading the meditations by Marcus Aurelius is so honest and pure because, he was not writing for an audience. He was fleshing out his own thoughts, for himself by himself. That the act of writing itself was therapeutic.

Perhaps this is a good insight, at this point with ChatGPT, writing doesn't really have an economic value anymore. In the past, writing 1000 words a day was seen as good, now... There is like zero utility to it.

Even with art, philosophy and aesthetics, AI has no interesting. Unorthodox thoughts. Reading a little bit of nietzsche is a quadrillion times more interesting than anything from Grok, etc.

### **Why**

The first thought is memento mori... not even your own life, but the life of your spouse and your children. To live a life with radical hyper presence, seems to be an interesting Zen practice.

Also, this is where photography is very helpful: by putting away your phone and only having your camera, I believe that you could actually live more fully in the moment, to enjoy and appreciate each moment with your kids, being alive, etc.

And then, **photography as a meditative practice, rather than an economic one?**

### **That which threatens to destroy you only makes you stronger**

A touch of madness is also wise.

Assuming that life is war, then, we need to build our soul like the military. The military soul.

That, life is not necessarily seeking ease, but productive pain, resistance, training, askesis.

Trauma could be productive, if, you have the right physiological approach.

There is an idea of post traumatic *growth* , the idea that a great wound stimulates your bodies, growth and recuperative processes.

Also, an idea, **a life without trauma is not a life worth living**. That ironically, if you want to maximize your pleasure, joy and happiness in life, you also need to maximize the trauma?

It is not trauma for the sake of it, but, a traumatic thing happens, and by necessity... Your body and your mind and your soul grows a thick stoic armor. This is what happened to me when I was 12 years old, and I suppose I stuck with Me until now.

*necessity is the stimulus and mother of all innovation.*

What is the worst life? A life of boredom and lack of purpose. Even Nietzsche says, if a man has his *why* in life, he could easily figure out the how.

Therefore, a big thing to consider is, the why of your life. Your life purpose, your life goals, etc.

### **Thinking beyond yourself?**

The truth is, the bare bones, spartan necessities of life, super simple... Enough meat for the evening, 12 hours a night of glorious godlike, and a mind savage with purpose. Also some great coffee doesn't hurt. I recommend 100% supreme robusta, in fact I'm actually starting a new coffee boutique called ZEN COFFEE , email me at [eric@erickim.com](mailto:eric@erickim.com) if you want to register intent

In fact, the more you got to lose, the more fearful, you become.

What's interesting is whenever I think of all the great entrepreneurs history... Like Steve Jobs, Elon Musk, etc., they have all essentially taken a vow of poverty, in which literally nothing holds them back?

What's also refreshing about living in Phnom Penh Cambodia ,, I feel like I finally been freed from the matrix. That like, literally, all services products, and things, are within reach,,,, And if you magically want an infinite bank account, living here makes the most sense.

In fact, I'm trying to critically think more about America, what the upsides are. Certainly having America as an economic base, and where you make money makes sense, but in terms of living and spending the money, living in Asia makes more sense. I'm also interested in perhaps visiting Shanghai or Beijing perhaps next summer, if you want to connect this way also email me [Eric@erickim.com](mailto:Eric@erickim.com)

### **Autotelic innovation**

Creating things products and services which you desire to see manifested in the world.

I've had this problem where I literally cannot find the perfect fitness workout shorts, and so I designed it myself: double layered 100% godlike black linen, hand woven here in Phnom Penh Cambodia. Clean like a Rolls-Royce, no additional pockets or unnecessary features. The PHANTOM SHORT.

Essentially, the only short you will need for the rest of your life, I'm currently prototyping them in men's medium, around a 31 inch or 32 inch waist, the founder price will only be 99 USD, email me your size at [eric@erickim.com](mailto:eric@erickim.com) if you're interested.

honestly at this point, there's not really a strong economic incentive for myself anymore because, living here in Cambodia is infinite.

Then I guess the big idea is, knowing that your beer necessities, and your business needs recovered, what you desire to initiate and create?

The Takeaway point: creating for the sake of it, whether physical mental information, ideas, etc., and share them and ship them with the world!

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For private one on one consulting about stoicism or philosophy, share your ideas and concerns and things you would like to focus on to [eric@erickim.com](mailto:eric@erickim.com)

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