

Ambition & hustle.

I'm never satisfied can't match my hustle.

Perhaps this is the funny thing about... Sometimes when you have enough, it's not enough. And sometimes when it is not enough, actually... It is enough?

what's in your power and what is not in your power?

So certain things which are not in your power: macro economics, the stock market, bitcoin, price, etc. Therefore, as a simple principle... Economic, wealth, and power is maybe like 50% in your control? Because you do have agency you do have a choice in control, however... You do not have 100% power over it.

What do you have 100% power over? you have 100% ambition, and control of your hustle.

The principle of life

I think the principle of life is overcoming any and every obstacle, the deepest of hells, the most sublime tragedies.

Dionysian ecstasy

OK, I'm not gonna lie... This might be one of the most difficult points to make:

What if... The worst most extreme tragedies in real life, magnified by 1 million... Or in fact, the stimulus is for supreme Joy gratitude and Thanksgiving...?

is life about gratitude?

In some ways... There are many unknown unknown... Unknown tragedies, like the loss of life... Which is in fact, the most supreme tragedies of them all.

I used to think that economic loss was the worst, but it is not. Human life is the worst.

Even Marcus Aurelius meditated much on this --> apparently he had like, lost almost all 10 of his kids , and if you think about it... Being emperor is no easy task.

do you want to be the emperor?

I suppose the big question is... whether you would want to be emperor or not.

I suppose the good thing is when you think about the treasury of the empire... You depersonalize it... It is not your treasury or your wealth, but the both of the empire. And therefore, it is your task to manage it as Wesely as possible, not for your own benefit, but for the benefit of the empire.

a wise empire?

Marcus Aurelius was the last good emperor, maybe the only one.

I think the reason why his meditations are so pure is because he just wrote them for himself, Autotelic, in order to give him some personal tranquility. Therefore everything he writes is raw and honest because these were not intended to be published, it was kind of more of like a private journal or diary he wrote for himself.

hyper stimulus

The other day I did a trap bar deadlift of over 1000 pounds, and, obviously, I am very sore, the evening of, and onto the next day. Fortunately, I ate well, got some good digestive movements this morning, slept well, etc.

So the first thought is, the supreme thing to monitor is health, biological health.

When we think about money and wealth... It is almost like tokens or points or a measure of health.

So when we established or frame a certain amount of wealth, as being like 100% health and vitality... That becomes our new anchor point, and any deviation from that weather up or down is seen as gain or loss.

According to Nietzsche ,, if we think about this more deeply or more critically... **Assuming a world of no gain or no loss.** This is a powerful idea.

how to reframe or re-anchor your thinking

I think this is where supreme thinking, philosophy comes into play.

Honestly, I don't really have a clear answer for you... The only advice I could give is try to walk 30,000 steps a day, think deeply about it, right about it, jot down some notes, maybe even vlog about it ,, give yourself at least a month or two or three, or even more... Six months, nine months, a year... Four years, a decade or two. Maybe you'll never get over it and that is OK.

I think the grounding principle is, how to transform suffering pain into a positive obstacle for both and strengthening.

Weightlifting is an interesting metaphor because... You actually need a grand dosage of pushing yourself to the limit and also exceeding your limit, and then the pain actually ends up feeling good?

For example, as a bodybuilder... Bodybuilders only ever really feel satisfied if the next day they feel sore, delayed onset muscle soreness.

However, maybe then it is a reinterpretation of our pain. That, whenever we feel deep pain, or tragedy... For us to transform that into a Dionysian smile,,,, And the truth is, perhaps a little bit of madness, disconnection with reality, or sort of grim optimism is necessary here?

the more extreme the circumstance, the more extreme the remedy?

Another thought from Marcus Aurelius ,, honestly at the end of the day... You're not that important, nor does your biological flesh body self need much.

It's kind of interesting how a lot of our pain and suffering is situated in our brain, which I suppose is connected to the nerves, it must be 100% physiological in the body, our nerves, our hormones, our blood, etc.

Therefore, I don't really think that thinking away your problems is actually an effective solution. It must be bodily and physiological. Once again, 30,000 steps today, insanely heavy, weightlifting every day, fasting, strong, coffee, and stimulants in the morning, 100% robusta or some really strong green tea or Matcha, sun exposure, heat exposure, cold exposure, hot sauna, hot yoga, cold showers, jumping into a swimming pool etc.

Ambition for what

I think the desire to desire to be the best is a noble one. This ambition is what drove me to become the number one street photographer blogger on the planet.

When you exceed a certain goal, then the next step is, maybe discovering or uncovering new domains to conquer.

I think a lot of people know me now as a philosopher and follow me for my stoicism, which I made a strong impact in, I'm certainly not number one in this domain, but maybe I should strive to be?

hustle

Hustle is interesting because, it's like having that burning ambition and fire, to do something grand, to do something great, to exceed yourself in your own expectations, for the sake of it? Once again... Autotelic.

are goals a trap?

I think, having some sort of general realistic goal or guiding principle is a good one... But certainly... Lacks something.

Even with economic financial goals, I could personally attest... Even when you set an ambitious goal, and you hit it, ,, You never satisfied, you're not satisfied. You will always want more.

Obstacles, loss, downsides... Drawdowns, are precisely what you desire?

For example, bitcoin... Without a violent 50% drawdowns, you cannot have a violent 50% rise.

Maybe also thinking about this from a life, philosophy idea, **we actually desire the drawdowns, the supreme tragedies, in order to hyper stimulate our growth?**

Dionysian gratitude

So I suppose the closing thought is this: a Dionysian sense of gratitude is, tragic, but in a beautiful, joyful way?

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ERIC

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