

The Purpose of Life is Growth

Never stop growing:

A very simple way to think about life is about growth. Like very very simple... getting married having kids, growing your kids growing your family etc.

I also had this idea of completion of being the goal. For example... When is nature ever “complete”? She keeps growing, no matter what.

Your body

I think one of the greatest virtues of building your body is it is more or less 100% in your control. You're gonna decide what to consume what not to consume, whether to partake in physical activity weightlifting every day, hiking, putting on a weight vest etc. Sleep is a difficult one... But also, certainly there are certain things that you could do like turn off your phone or devices after 3 PM, if you have insomnia, reading paperback books, or in the evening, maybe getting into swimming or hot sun or cold plunges etc., sugar starches carbohydrates alcohol marijuana etc. Even this is an interesting idea, I think the reason why we are so into coffee and caffeine is we feel like we must always be productive, but now that we have the AI... And AI will be 1 trillion times more productive than us, then, we treat coffee and caffeine more like a luxury, rather than a stimulant to be productive.

Feedback

Very simple idea, lift weights every single day, go heavy, one repetition maximum, and eat a shit load of meat beef, beef liver organs etc.... And try to sleep 8 to 12 hours a night, certainly you will see your muscles and your vascularity improve. and the reason why this is so joyful is because, you're essentially staring at yourself in the mirror all day, so any improvements you've seen in your body are immediate and rewarding.

Life as a video game

Typically we think that video games are bad. And for the most part, any sort of media or thing which discourages you to move and forces you to sit for long periods of time or certainly detrimental. Maybe an only type of video game which might be good is like having some sort of virtual reality goggles or augment to reality goggles on,.. and running around being fully physical in the real world?

Anyways... I think we tend to think of capital, capital accumulation also like a game. And certainly our self-esteem does get tied to this game.

Also what I discovered is... Maybe with capital, the goal is not to have a certain target and hit it, but rather, slowly, “kaizen capitalism” or “kaizen capital”--> it is more rewarding and motivating to slowly stack your stack indefinitely overtime, forever?

Like if you had 300 bitcoins, and then suddenly you lost it all, or you sold it all too early and now it is worth a lot more than it was in the past, certainly you will feel some regret. Or even imagine if you had 1000 bitcoins and you were reduced to 500 bitcoins 300 200 or 100 etc. The percentage loss is extremely painful and traumatic.

We are humans are tricky because we always anchor things to the past present and future, and everything is relativistic. Like for example it's better for an ordinary person to slowly but surely and indefinitely keep growing their stack, forever... rather than a billionaire losing 80% of his stack, even though the billionaire would still be more financially well off being only worth \$100M or \$200M. And I think this actually happens a lot.

No form is the best form

Be water - Bruce Lee

Do you think about water, it does not remain static it keeps flowing, taking whatever shape you put it into, and also changes form from gas to water to solid back to liquid etc. Or it fits whatever cup or vase you put it into.

A lot of people tried to pigeonhole Bruce Lee into some sort of martial art arts form or philosophy, but once again, this is bad because if people pigeon hold you into a certain style, whether karate or whatever... Then, you cannot evolve and change forms.

Therefore as a rule... When people ask me what I do or whatever, I think actually it's kind of wise to be vague about things, rather than having some sort of pre-rehearsed answer each and every time. Because once you put on a new identity and suit, and circumstances change, you suffer extreme self identity loss, because you were tied to that certain identity.

And interesting thing is, assuming you live to be 120... It is impossible for any human being on the planet, all 8 billion of us, to not at least suffer one extreme tragedy in our lifetime. It is almost part of the contract:

you are promised at least one or two or three or several extreme deep tragedies in life... yet, you will also experience several extremely euphoric experiences.

Nietzsche had a similar idea: his idea was, if out of all existence, you just had one insanely joyful or happy moment, all of existence was worth it.

The upside of extreme tragedy is extreme clarity?

Easier said than done, but the good idea is, extreme tragedy could be very very welcome if it actually gives you extreme clarity in life?

For example a lot of people in your death experiences, claim it to be the most grateful event ever, because it gave them extreme clarity but what is important in life and what isn't. And assuming that your time your focus your attention is the most limited scarce desirable asset in existence, the magic trick we kind of need to do is try to think or give ourselves time to understand how extreme tragedy could be transmuted into our supreme benefit.

More turbo thoughts to come, ERIC

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