Life Theory

OK, some life theories:

Physiological energy & power

OK this is like numero Uno, physiological energy and power. Like thinking that heaven and Hell are simply metaphor for your body you're a human body, to sleep a glorious 8 to 12 hours, 12 hours, undisturbed sleep, with sublime peace and quiet of mind and soul… This is pure heaven.

Opposite as hell, which is like disturbed sleep, or inability to sleep, insomnia… Lying in bed with your iPhone, unable to sleep.

Solutions

I have some very very very simple solutions. First, we have to think and consider, we are in this for the very long game.

I can imagine being passionate about bitcoin until I die. As a consequence, I don't really care so much about daily weekly monthly, or even yearly issues. For example, my whole initial bitcoin approach was simple: **set it and forget it**. I initially bought 3.5 bitcoins, for around $25,000, in 2018, when bitcoin was $7000 a coin. And then, I tried with all my heart stolen power to avoid checking prices or bitcoin related news, which I suppose was good because at the time there was no real news outlets or influencers covering it. As a consequence, I was in a very happy shielded cave, a metaphorical bitcoin fortress, for almost like five years.

The only time I ever ever ever heard about bitcoin prices was when random people or family members would casually mention it to me, or Cindy would randomly see the prices.

And to me, I tried to use my stoic training. I tried to be very very stoic in the good times and the bad times.

So for example when people would ask me… Do you want to know what the price of bitcoin is? I didn't really know whether it was a good news or bad news, but because I knew I did not want to open up Pandora's box, I bit my tongue and said no. And as a consequence, one bitcoin was also very down, I also told people to please not tell me prices.

And so kind of without really knowing, I rode bitcoin from $7000 a coin up to $65,000 coin, almost 10xing my initial investment ,,, enough to get me a starter kit Lamborghini, $250,000, from my initial $25,000 Toyota Corolla investment.

--> **Bitcoin can magically transform your Toyota Corolla into a Lamborghini.**

Anyways this was the first life epiphany: there are certain things in life in which you think you want, but when you could actually afford it, you discover that in fact, you didn't really want it that much in the first place?

For example, certain things which seem unattainable like a Rolls-Royce a Lamborghini, whatever… I wonder how much of the allure is simply predicated on the fact that we have this idea of a thing, an ideal of a thing, that is **kind of more of like a mental target rather than an actual desire**.

For example with finances and money and numbers, similarly speaking, we want to hit search and target numbers, but when you actually hit the numbers, you actually find out that it's kind of not really that big of a deal? Whether that be saving up $100, $1000, $10,000, $100,000, $1 million, 10 million, 100 million, 1 billion, 10 billion, 100 billion, 1 trillion, 10 trillion, 100 trillion, 900 trillion etc..

Currently according to Jesse Myers, the whole world economy is around $950 trillion. And assuming that half of that is like long-term store of value, the potential upside of bitcoin is around $450 trillion.

I guess if you become Quad-maxi, and you assume that bitcoin can also be used as ineffective mode of financial exchange, but that that means is that bitcoin, assuming that people actually use it like currency, could then gobble up another

$450 trillion worth of utility, and that's exploding its total value to potentially $950 trillion.

It's tricky because on one hand, we want to be realistic and modest. For example, by the year 2045, which is 20 years from now… I'm 37 right now, so by the time I'm 57… Still young technically not even Roth IRA retirement time at 65, Michael Saylor predicts 12 million a coin. The bull case is 55 million a coin. **My case is more like $155M a coin**.

But, I think the tricky thing about money and capital is trying to think life… If you're living in hell right now, and the hundred percent certainty is that the payoff will be great but not until 25 years into the future, what kind of real utility can this yield you?

Like for example… If I could tell you that you will only sleep one hour a night for the next 20 years, and essentially being the worst physical and mental physiological state, 500 pounds at 50% body fat, no vigor no lust for life, you can't even get it up, but I can guarantee you would be a trillionaire in 30 years, would you do it? Probably not.

Similarly speaking, I think this is where it is wise for us to both barbell this: **to memento mori and also… memento vivere, which reminds yourself to live!**

Practical thoughts:

First, I think it is wise for you to live in some sort of ideal space. For me my current heaven on earth is Phnom Penh Cambodia.

Why? First the weather. It's like always sunny and happy and genki every single day -- it's like LA on steroids!

I had this throwback memory of when Seneca was first born, and we were in Providence Rhode Island, and we were in our townhouse condo we were renting, and I was having morning coffee overlooking this really really ugly subsidized government housing complex, and it was super fucking cold,even cranking up the heater wouldn't fix things inside the house... And I was literally freezing my ass off.

And this is the thing, it is difficult to control your mood your attitude, even the weather, but you have like 100% control on where to live.

So the reason why I think living in Phnom Penh Cambodia is the ultimate life Pak is because you can magically 10 extra money here.

focus on your health and everything will be A-OK!

The secret of happiness is within your hips and legs and walking and being up right?

The secret to life is being a biped human being.

ERIC

Open source ideas.

My mood vs external reality?

EK

Ideas I'm working through:

1. Race is fluid
2. Cambodian Khmer people are happy!
3. Not fear,,, but excitement, hype & enthusiasm?
4. Adrenaline is happiness?

Never miss a beat:

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