

Movement & Sleep?

OK, this is one of the first times that AI, Grok has actually given me an interesting creative idea: the idea is a SLEEP PR, a sleep personal record.

So for example, I would actually say that... The greatest flex or the most impressive thing is that for you as an adult male, to be able to clock in 12 hours of sleep?

Now the funny thing is first, we must posit that this is actually in fact, a desirable target.

The backwards line of thinking right now is that sleep is kind of an unnecessary thing that Silicon Valley people want to just kind of like edit out of our chromosome DNA.

It is actually my personal belief that sleep is divine.

So for example, if, Fahad option of being a trillionaire, but only sleeping 1.5 hours a night, or... Just owning like one bitcoin, and living lean in Phnom Penh Cambodia but each and every single day, I sleep 12 hours a night, and each and every single day I wake up feeling like a god, I would choose the latter.

Don't lose sleep over it

I think also with investing... The intelligent strategy is to be in a position in which you could sleep well at night! Once again, **all the money in the world is not worth even one night of lost sleep.**

So with investing, don't be ever in a leveraged position in which you could get liquidated overnight, while you sleep. I could guarantee you that if you are in like a 40x leveraged position, and if bitcoin just dips \$5000 or \$10,000 a bitcoin overnight, and you get wiped out, losing like \$250 million, it is not worth it. Even if your potential upside is like 10 billion \$.

Is it a game?

So then, is all this finance investing, bitcoin, MSTR, MSTU, leverage, whatever... Is it a game?

I think for a lot of people, it is. Like they tie too much of their self-worth their ego to a single number, or even percentage gains.

I believe this is a very fragile way to live because **nobody could control the markets, not even god.**

What can you control? You can control where to live, your level of media exposure, as well as to follow who not to follow, what to watch what **not** to watch, and also a big one... **What time your bedtime is.**

6:30PM is the best bed time

6:30 PM is the best bedtime. Both for yourself and also your kids and your family.

To sleep early, to sleep well is probably the most virtuous thing that you could do.

Why? Almost everything.

First, assuming you're an investor, a money manager or whatever... You need your physiology and your Cognitive and physical abilities to be at 120%. If you are not getting your 8 to 12 hours of sleep at night, you might indirectly cause people to lose billions of dollars.

So assuming that you are a mean green (or orange) money making machine, then... **to remain cool calm and collected, during market turmoil or whatever, it is the goal.**

So how does one do this?

I have some simple ideas:

First, maximum movement and sunlight exposure outside exposure during the day. I could guarantee if like every single day you walk 8 miles, you hit the gym at least once a day and lift something heavy, you get like maximum sun exposure outside without getting a sunburn, you are incredibly sociable happy and friendly to everybody you meet on the streets, and assuming you eat like 4 pounds of bone marrow, 2 pounds of ribeye steak, and or 5 pounds of beef ribs... Breaking your fast a bit earlier, assuming that 6:30 PM is the sleep target, then breaking your fast at around 3:30 PM or 4 PM is a good idea because getting your kid to sleep you always need a little bit of buffer time.

I call it a “linner”--> lunch dinner. At like 2-3,4pm ish?

And don't eat breakfast for lunch, only dinner. Also 100% carnivore, and the ideal is you want to consume the most nutritious foods known to man:

Beef ribs, bone marrow, beef liver beef heart, eggs (yolk included), beef tongue, pork jowl, etc.

Even the ancient Greeks knew this, in the Iliad -- the hero Ajax or Odysseus carves out the meat closest to the back bone spine, which even the ancient Greeks knew was one of the most choicest and supreme cuts of meat.

Don't fooled... steak sucks. If you go to a restaurant they always serve you some very very tough, difficult to chew cut. It is always best to get beef tongue, beef liver, organ meats, innards, cheek, jowl, ribs, bone, bone marrow.

You are the apex predator

So a curious question... What is the Apex predator on the planet? Not a lion or T-Rex or honey badger, it is the human being. The human male.

We are the smartest the most intelligent, and also... An interesting statistic is that apparently with all 8 billion of us on the planet, we are actually the highest percentage mammal creature on the planet?

If you look at wolves, just look at how they eat and what they eat. They go straight for the heart the kidney the liver the organ meats, and they leave the rest as scraps for the vultures.

What's super interesting about even eating inners fell out of vogue in America, when liver and onions used to be a staple, is an interesting economic meat industry one.

Essentially the story is the downside of Oregon meets is that they do not last long. You gotta eat it super fresh immediately or else it will rot and spoil quickly.

However, if you have some sort of like steak meats, they last longer without spoiling. As a consequence, it was heavily marketed that was in fact the desirable thing to eat. That it was a sign of success.

I'm surprised even in today's world, eating beef ribs is actually not a mainstream thing? At best we have the pork baby back ribs, slathered in high fructose corn syrup barbecue sauce, which is bad because it is just sugar.

In fact, assuming that there is a link between high testosterone and effective investing, I truly believe that the ideal physiology of the investor is the following:

1. No breakfast no lunch, only dinner.

Intermittent fasting. if you are in a fasted state, your mind is sharper.

Just consider, if you get like 5 pounds of pasta for lunch, your insulin will spike and you will fall into a food coma. Not good. And what the average fat boy Wall Street investor will do is then stop by the local coffee shop, get a Starbucks Frappuccino with even more sugar and caffeine, two "perk" him up, and then go back to the office, only to continue to ruin his health.

2. 100% carnivore

One of the refreshing things about leaving the state is that you realize that America is stupid.

Even the smart people are stupid.

Even Elon Musk in terms of the way he approaches his body and physiology is unintelligent. He essentially tries to grind his nose against the grinding stone, and has a linear analogy: the harder I work the more hours I put in the more suffer, the greater the outcome and the more virtuous I will be.

Common, just look at the man... It looks like he hasn't slept in like 10 years!

I still think Elon Musk is like the greatest entrepreneur of all time, maybe second after now the new goat, Michael Saylor who is much more down to earth, and also has a more interesting vision?

But anyways, assuming that you got trillions on the line, I wish that Elon Musk would prioritize his sleep, 10 to 12 hours a night.

And then also assuming that Elon has all the money in the world, and if I were his personal trainer I will just make him do one sort of effective "one rep max" lifting, Eric Kim style, #HYPELIFTING approach,,,, at least once a day, and also... This would be the big thing to cough I think Elon Musk should do all his meetings while I just like walking outside, ideally in nature, good weather, good mood, good sunlight exposure to get his melanin up.

A very very easy thing for Elon to do is like some sort of heavy dumbbell Farmer's carries, at least once a day. And the funny thing is that actually... It will only take him like five minutes?

Or... Very very heavy kettlebell swings. He should just travel with like one single 105 pound kettlebell, the beast, 48 kg. In fact, assuming that like I was on a road, doing a road trip, and I wanted to stay fit while on the road, I would either just travel with one or two heavy kettle bells, the heaviest ones on the market.

3. Body

It is all within your body. All the hormones electrical signals and impulses, whatever.

More ideas:

Elon Musk, should also have a personal masseuse who travels with him 24 seven, on the road and beyond, and whenever Elon wants to take a power nap out of her, he gets his personal masseuse to give him a great deep tissue massage.

I think this is actually very understated. Assuming that your body is like a Bugatti Veyron or like some sort of insanely high-end, Konesigg car or whatever ,, like you have a bi-v16 engine, double hyper quad turbo charged whatever... And assuming that this is your body, certainly every once in a while you're probably going to have to get a oil change. Or at least like tune up your body?

Getting a strong very very strong, very very skilled effective deep tissue massage is like one of the ultimate life hacks I know. Why? So much. If you have like constant migraines headaches or upper back lower back shoulder tension whatever, you kind of needed a strong masseuse to get in there, and actually get rid of the knots. Or else your body will never fully be able to relax and reset.

Also, it becomes an interesting imperative also for being a father. If you're like in constant physical pain, certainly you're going to be more likely to snap at your kids your wife etc., and display some unmanly acts.

I get it that in the state it is expensive. But rather than renting your loser Range Rover or Lexus or whatever, use that money to instead, keep your body in peak shape.

Temperature

You cannot fix the weather but you could buy a used Canada goose jacket. Maybe just buy one on eBay?

Also at home... Fuck it, crank up the heat or the AC or whatever.

Essentially... You never ever want to be in a position in which the temperature is somehow like ruining your life. Try to find some sort of optimum for yourself.

Everyone's different. Some people prefer fans some like AC some like both whatever. And also this is a hard thing for people to understand... **The average temperature of both men and women are different.** I think this is why it is always so difficult for couples to sleep together because I think typically men prefer it colder, I know I do. For me like my ideal temperature to go to sleep while in Cambodia is like 21°C for AC. I think Cindy prefers like 26°C.

how to get out of your body

Insanely hot sauna, steam or dry, insanely hot baths, and... Cold plunges, icy cold showers, just swimming in the pool, and just taking a nap!

Whenever I am super super tired in the middle of the day I just like walk over and get a 90 minute massage, and I kill two birds with one stone:

First, I am able to get like a nap, sometimes the hard thing is when I try to nap at home, I keep getting up trying to jot down ideas in my iPad or whatever. But if you're getting a massage you have no other option but force yourself to do nothing.

Also the interesting thing with a massage is once again... Your body has like 5 trillion sensors in it and when you get a good deep tissue massage, once again... It kind of fixes your body because there are some muscle triggers and memory which is stuck in the loop, like in a bad loop? **To get a strong deep tissue massage it's almost like debugging your body.**

Also... Assuming that like you jump in like an ice bath, I could almost guarantee you that the shock of this will definitely get your mind off of the markets etc.

Lift until you see (or become) god!

A motto from "SIXPAX" gym in LA--

> Lift until you see god!

Now that I have crossed an insanely legendary 6.5 X my body weight lift, I was able to successfully rack pull 1,071 pounds at 165 pounds body weight... what I've been doing is before I'm about to attempt a new maximum one rep Max, I actually take off my glasses put it off to the side, and whenever I attempt the lift, I squeeze my eyes really really hard shut, as a mechanism to focus?

I have a rather interesting theory that myopia, may have some sort of unforeseen advantages. I have really bad eyes, but maybe, in the past this was a benefit?

One benefit I know that actually... My macro, super super close range vision is like phenomenal. I could see stuff really really close. Without my glasses on.

Also if you think about it, glasses or like condoms for your eyes. Assuming that people like to raw dog it, why would you put like 3 inch thick condoms in front of your eyes?

Also I just got some new lenses the Essilor EyeZen ones, which are fantastic but I've noticed that there's a funny yellow, anti-blue light UV tint on it, which actually makes my reality look more yellow, which I guess is good but also... Not technically true to life? Like for example in the morning I'm walking around, the sunrise should be an interesting like purple color, but with my glasses on it becomes green?

The next lenses I get, I'll get it without the anti blue light filter thing ,,. It's funny because it is sold and marketed it like a benefit, but **no color tint is best**. kind of like your car, you should never put tints on your mirrors. Or your windows. Only cowards do.

Also only cowards wear dark sunglasses. Why? They are too cowardly to make eye contact with other people.

Same thing goes with people who wear headphones earplugs, AirPods on...
Because they are afraid of other people?

What to do now

As an experiment, moving forward, just tried... Make sleeper number one priority.

Big one is to only consume caffeine first thing in the morning, for the rest of the day if you're tired just take a nap.

Also this is another big one... After 3 PM, in which no productive work is ever done anyways, just turn your iPad and iPhone completely 100% off. And put it in your backpack or put it in a drawer somewhere, and get it out of your site. **Out of sight out of mind.**

Also with news and information and whatever... Less is always more. Rather than trying to read more news to gain more insight, realize that all news is toxic even the good ones. **Even in signal there is noise.**

I could guarantee you with like almost 100% certain to that four years from now bitcoin will be up. I cannot tell you how much, how quickly, the price whatever. But once again I know with 100% certainty it will be up!

Same thing with MSTR, Strategy --> essentially the stock is gonna keep going up forever, up into the right, with high voltage. One thing I could guarantee you is that MSTR will never be linear, and in order to reach new highs, we must also embrace new lows.

So essentially, I encourage you, put on your Spartan helmet, laser eyes, super insanely jacked demigod body, rack pull over 1000 Pounds (that's like 440 kilograms)-- and nothing can stop you. And at this point, **life is infinite upside, no downside.**

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