

Humans are Movement Machines

What is or are the best industries to be in? Movement. The idea that movement is medicine, and or, the purpose of being a human is movement?

why do we have brains?

So... The purpose of having a brain isn't too "think"... Rather, to coordinate movement. Being a biped, having two eyes for depth perception, balance, etc.

a hike a day keeps the doctor away

Now that I'm back in LA... I almost tried to religiously do my daily morning walk hike. To me it's almost essential and critical?

to start thinking, start hiking

Assuming that thoughts, having interesting thoughts is our supreme joy and passion, then... Hiking and walking seems critical.

I've discovered for myself, walking around the block on flat surfaces is insanely boring, going on a walk in a slightly hilly area, with natural dirt and rocks, windy paths and elevation is 1 trillion times more interesting.

Even with homes, assuming you want to buy a house or something, it actually seems that the best piece of property is to buy it on a small hill or a small slope or elevation, it doesn't need to be like super high up on top of the hills, but, living on a slightly windy road, with a bit of an elevation and a view seems preferable

Why? I think there is this uncanny Valley, of flat things surfaces elevations without any irregularity. Nothing in nature is 100% flat, if you're on a hike even if you're on a relatively flat surface, each step is a little bit different. With flat concrete, each step is the same.

Wellness?

A big thought I've been thinking about is in regards to wellness.

First, nobody on the planet wants to be unwell. So it seems that as a general tactic, trying to eradicate wellness from your mind body and soul seems to be the first step forward. However, the big thought is: once you are well, then what?

A useful thing to do is once you are well, helping other people who are unwell, which seems to be like Christian Jesus ethics.

More interesting on orthodox I have is, assuming you are 100% well, then, is the goal to become super well? Like... Rather than thinking about wellness as like a scale from 0 to 10, thinking of it like wellness... Like you could stack it indefinitely?

For example, let us say that zero is misery and unwellness, and 10 is at a point in which you have a clear mind, happy thoughts, you feel joyful, glad and clear... No mental disturbances or issues etc. Like some sort of perfect Zen tranquility. Then once you reach this goal... Could you then, increase your wellness level to hit 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21 30 and beyond?

Like if you're thinking about a video game... Like if life were like Diablo, you start off at level zero or level one, and the ideas you do not max out at level 10. That you can indefinitely increase your levels?