

How Not to Envy Other People

I don't really envy anybody else on the planet, I prefer myself.

How does one begin to not envy other people?

First, Zen. A lot of these rich successful famous people, have no Zen no peace of mind, no good sleep.

Even the Buddhist monk Thich Nhat Hanh talks about one of the virtues that people want to have is really good sleep. I think this is a good virtue.

Second, join team bitcoin. Imagine if you had like LeBron James, Michael Jordan, Kobe Bryant all playing on the same team, all playing for a team bitcoin. Whenever they score you score!

Now some people might think, they're putting up 100 points and I'm only putting up 10 points. But this is besides the point. Every time they score you score!

Everyone wins together?

So then this becomes very fascinating because it becomes a positive feedback loop; rather than being envious of the gains of others, instead, you began to be grateful and happy that the gains of other GOATS directly benefits you!

Physicality and fitness

I think one of the critical things to understand is love these guys on steroids, yes everyone is on steroids, LeBron James, Steph Curry, your favorite sports player who doesn't even look like they're on steroids. Essentially the big idea here is that

steroids are broad; Even people who have to use the typewriter for living often get steroids injected into their carpal tunnel area, in order to ease the pain.

For example, a lot of individuals then, get some sort of cortisol shots, which is actually steroids.

Now what is the downside of steroids? Your balls shrink to the size of tiny acorns, you lose your sexual libido, your dick gets smaller.

So when you see the guy who can deadlift like 100 times more than you, or has the physique of a demigod, assuming that they're not ERIC KIM, rather, "I pity the fool!"

Why?

I think the seeds of envy is based on the premise that other people are in a happier, more superior, more beneficial, more awesome position than you.

But once you figure out that in fact, they're actually in an *inferior* position than you, your opinion changes. You start to feel compassion for them. Their suffering.

For example, probably the most interesting thing I learned about the Walter biography on Elon Musk is that **you do not want to be Elon Musk. It is more of a curse than a blessing.**

For example, Elon has a very very poor physiological approach, and he also seems quite foolish. He'll party until 4 AM, drinking Red Bull and vodka, only having to take Ambien to fall asleep and to wake up the next day to continue performing.

Xanny?

And also, I also wonder why a lot of these rappers, were supposed to be super tough or whatever, why are they all talking about Xanax? Because I think they are all riddled with anxiety, that is why they comatose themselves with alcohol

marijuana and sex, perhaps porn pornography as well in order to just fall asleep at night?

The truth is bad

So I've discovered a lot of truths, but ultimately I've discovered that the truth is pretty ugly and bad. And that actually the point of philosophy isn't truth-finding, rather, it is more of **an artistic pursuit, towards beauty, joy, aesthetics, ethos and ethics.**

The reason why almost everything is bad is that everything created or produced or whatever is typically created by unhealthy individual individuals, unhealthy corporations, all on some sort of fiat based standard.

Therefore as a consequence, I would say only put your trust in individuals, institutions or whatever, which are financially independent, on a 100% undiluted diversified bitcoin standard.

For example, am I the only YouTuber or podcast I know that has zero advertisements of any kind?

And this is where also I am a bit suspicious of a Joe Rogan; why does he still do these advertisements which are insanely lame? Isn't he already super super rich?

Also, maybe this is where the idea of a Joe Rogan coin or a Joe Rogan token is a great idea; I invest \$100 in Joe Rogan coin, in order to have the privilege of not having to listen to annoying advertisements, and he could do an ethical way. And he could do some sort of Joe Rogan club in which anybody who owns at least \$1000 worth of Joe Rogan coin could join him on a private zoom call, ask him any questions etc.

Maybe I'll introduce an ERIC KIM coin one day.

Autotelic goals?

So a big idea that I have is once you're dumb rich, everything you could be doing is autotelic in nature; which means you only do stuff that you really care for, things that you think will benefit the human race. Because you no longer need to make a profit off of it.

For example, one of the big problems is that everyone is always trying to chase a profit, which leads people to just getting burnt out?

If you're already independently wealthy, then you could just do anything that you want!

An interesting thought; there's a guy named Derek Sivers, sivers.org I think ,, and he became independently wealthy I think maybe from selling some sort of tech company? Anyways apparently now his community service is just answering emails from random people all across the globe with random questions?

Also, I'm not sure what Tim Ferris is up to, however, last time I checked, I think he's still doing podcasts, and once again I'm not really sure why he still needs to put annoying advertisements on his podcasts, isn't he super rich? I almost find that it is more intelligent and better for him to just promote his own products his own stuff, rather than promoting the products of other people and their services?

Promoting other people is unethical, promoting yourself is more ethical?

Once again, I think Joe Rogan is great! The reason why Joe Rogan became the uber GOAT is because he never censored himself, he is no BS, and he's just likable as a person!

I think there would be a ton of people willing to pay 10 bucks a month to be part of a Joe Rogan fan club or something, or even for him to have a special newsletter to only \$10 a month Joe Rogan fan club members.

Because honestly at this point, money is essentially free; everyone has a ton of money and if somebody is undiluted, 100% honest and pure, you want to support them!

How to uncensor yourself

So, I think the world of social media whatever people are loss averse; they are afraid of losing followers likes comments, subscribers etc. For example, even for myself, my email newsletter I'm slowly bleeding my email newsletter list from around 13,000 down to around maybe 8500 or so?

And also I think my YouTube, went from maybe 75,000 subscribers to now around 55,000?

And also my intelligent strategy of deleting my Instagram at its peak, at around 65,000 followers and rapidly growing in around 2017, and I haven't looked back since? And note the ERICKIMphoto on Instagram is not me; it was recreated by some sort of virtuous and noble fan!

But anyways, I found that by trying to placate to the masses in some sort of non-controversial matter is not a winning strategy; to have 300 diehard fans is 1000000x better than having 1 million mildly interested followers?

Think King Leonidas and his brave 300!

All you need is 300 cyber Spartans!

The internet is toxic

If you have ever smelled sewer sewage water, like the smell of shit 1000 times over, you know how terrible the smell is. This is the last thing you want to smell before drinking a fine wine or eating your favorite rib eye steak,,,

And also, what if I told you that actually the truth was, 100% of the toxic comments on the internet were actually in fact created by bots?

For the most part going online is like voluntarily jumping into a sewer full of all the dung and foul stuff! With no hazmat suit!

Nobody is on Reddit

I'll give you another example, I was using Reddit since like my freshman year of college, in 2006, but I quit around 2011. I would literally check it like 200 times a day, to kill the monotony of working my IT tech student job.

Anyways, I think the whole time I never created an account, and I think in the whole like four years of using a religiously, I only ever posted one comment just to be funny?

Therefore my theories; I wonder if all these comments on Reddit, I wonder if they're all just bots? This were the case would you change your approach? Of course!

Envy?

Envy is an attribute of weak souls.

What is more constructive? Insane and extreme self pride!

This is actually the funny unorthodox thought; the thought is actually, **being insanely self interested, self prideful and gloatful is actually a virtue?**

I'll give you an example -- schadenfreude, or feeling some sort of superiority complex, by pitying or having compassion for worser off people?

Ignore other people and their kids

For example, something I'm starting to become exposed to is other people other kids, etc.

Now Seneca has never been in some sort of foreign daycare or childcare or standardized schooling yet, and he's about to turn four. As a consequence, because I'm his personal trainer and teacher, he's like pretty much on 100% carnivore diet, Wagyu beef, 100% grass-fed burger patties, etc. And actually, the other day when I took him to Legoland for like eight hours, he had a new meat PR, a new personal record; .7 pounds of ground beef burger patty, in a single day? That's like 3/4ths of a pound, or nearly a pound of beef!

Anyways as a consequence Seneca is way taller stronger buffer, more intelligent and wise, better social skills, and also because he has a goddess for a mother, aka Cindy, she is insanely handsome fun and happy! He's like the happiest, most giggly kid of all time. He's essentially always laughing.

Anyways, whenever I see kids who are punier than him, my best strategy is to try to just not compare because I obviously know that Seneca is far superior.

And this is we're having a pity party for other people their problems their kids is not constructive; I say all in or nothing.

For example, if you want to stage some sort of intervention, you essentially must be 100% committed. And my personal thought is this could only ever happen if it is your own child! Otherwise, you will not be 100% committed.

100% time commitment

First, the time commitment idea.

The only way I am able to raise and shape and train Seneca the way he is because I'm like with him 100% of the day. And this is the extreme privilege of being self-employed; even if you had the world's best Montessori, there will never ever ever ever be a better teacher or personal trainer than you!

And also this might sound a bit sexist but I also find the bizarre thing is that if you are a man, and you have a son like your firstborn son... why are there so few male teachers and role models? And also,,, *shouldn't a man, a father raise his own son, his own firstborn son?*

Think Leonidas

For example if this was ancient Sparta, and you want to train your son to become a warrior king, certainly you would want some sort of insanely jacked and virtuous man to train your kid.

Also as a heuristic; **never trust a personal trainer who is not buffer or stronger than you.**

And this is why I have never ever ever had a personal trainer in my life because no one has ever been as strong unorthodox or courageous as myself; until I have met somebody who could lift 1000 pounds, the thousand pound ERIC KIM Atlas lift, I'm ain't interested.

Now what?

So, the best thought is we are all on the same team, the same squad! No competition here, because once again we're on the same team!

Thich Nhat Hanh had a piece of wisdom in one of his writing pieces is that does the left hand envy at the right hand for being stronger, more nimble or superior? No! The left hand doesn't have an inferiority complex. And also, if you are a lotus flower, and you are surrounded by daffodils, do you envy the daffodil? No!

Or if you're a panda, do you envy the cougars? No!

The same myology is true with trees; certainly every tree desires to be the tallest the most dominant, etc. However, I don't think necessarily any trees envy other trees. **They just stay focused on themselves, digging their roots ever deeper into the floor, to grow ever higher?**

Being "autistic"-- autos, self centered as a virtue.

Never stop growing!

So my personal thought is with life everything in-between; the goal isn't to compare yourself with others, but rather **to stay focused on yourself, and keep stacking yourself and growing yourself!** And your kid, your family etc.

So for example, a simple personal goal that I have for myself is I want to always become physiologically stronger, more muscular, more dominant, more full of energy and vigor, more happiness joy, etc. Yet I do not compare myself with others; because once again, nobody else is as blessed or fortunate as myself.

The benefit of not going to the gym no more

Even a big benefit of not going to the gym anymore is that whenever I engage in some sort of weightlifting activity, it truly **tests my own self-sincerity; am I doing this for myself, or to flex on others?**

I think it's fine to try to flex on others, but often the big problem is when you try too hard to flex on others, you could actually end up injuring yourself in a bad way?

A 2-year mistake

For example one of the bad regrets I had about two years ago, I'm OK now, is that I saw a bunch of guys who are bench pressing a lot, and I wanted to flex on them by benching even more, and in the process, I had a pretty bad injury in my right wrist, which took me nearly 2 years to fully recover!

Once again, one foolish display of machismo caused me two years of anguish.

And this is where patience is a virtue; and also, the virtue of being self focused, self-centered.

Being self-centered is our new virtue.

ERIC

Never stop learning

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And always when in doubt,

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