

Optimize for Joy

Metaprogramming for the Soul

Who are you?



Vision

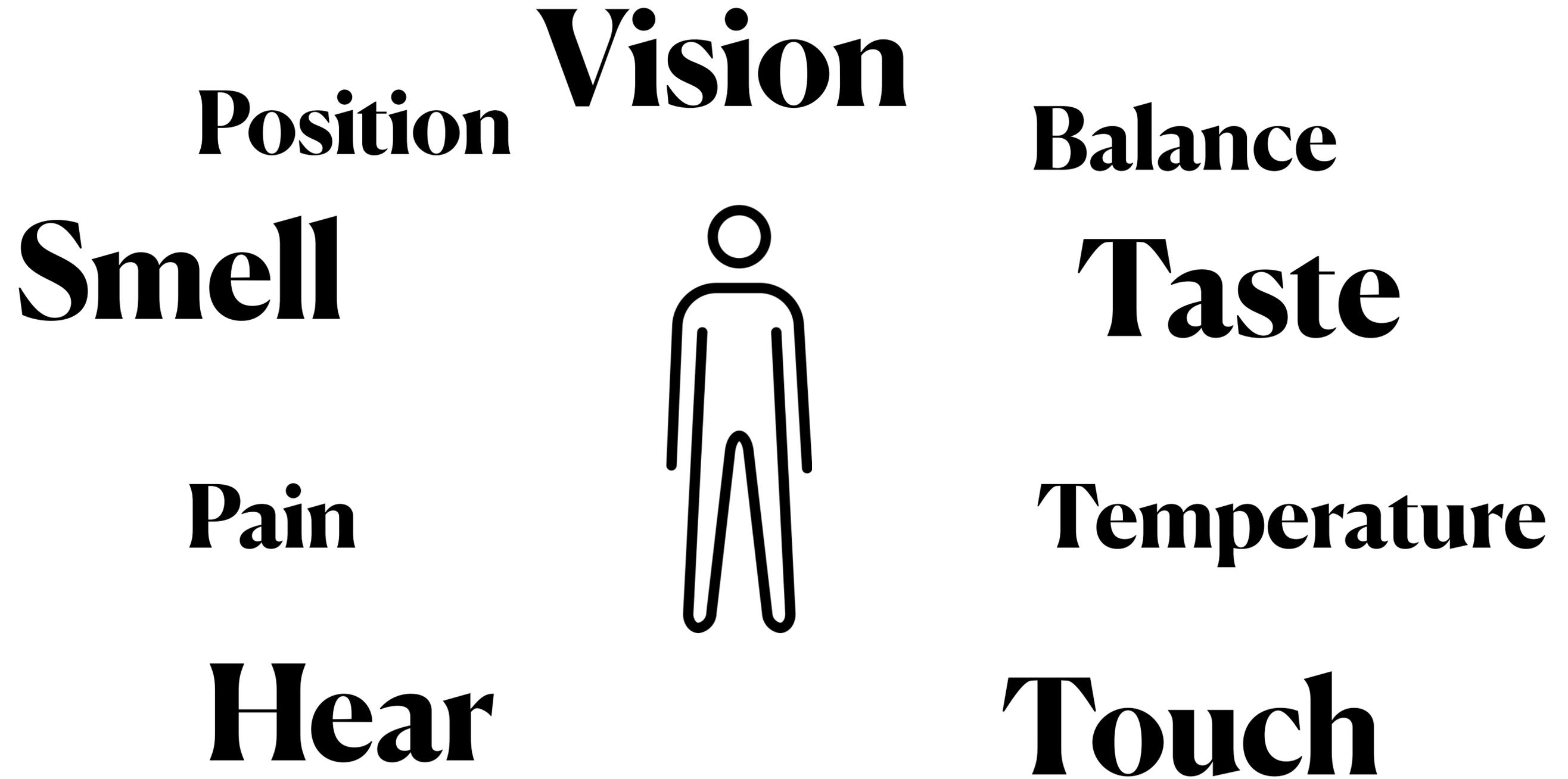
Smell

Taste



Hear

Touch



Vision

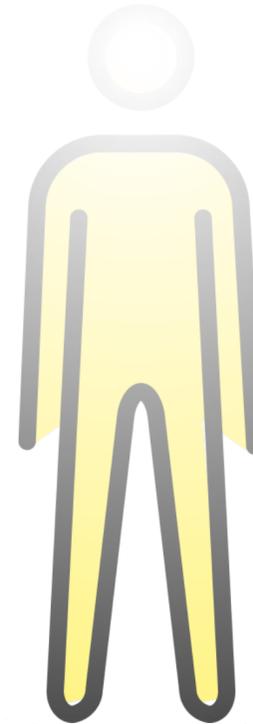
Position

Balance

Smell

Taste

Acceleration



Stretch

Pain

Temperature

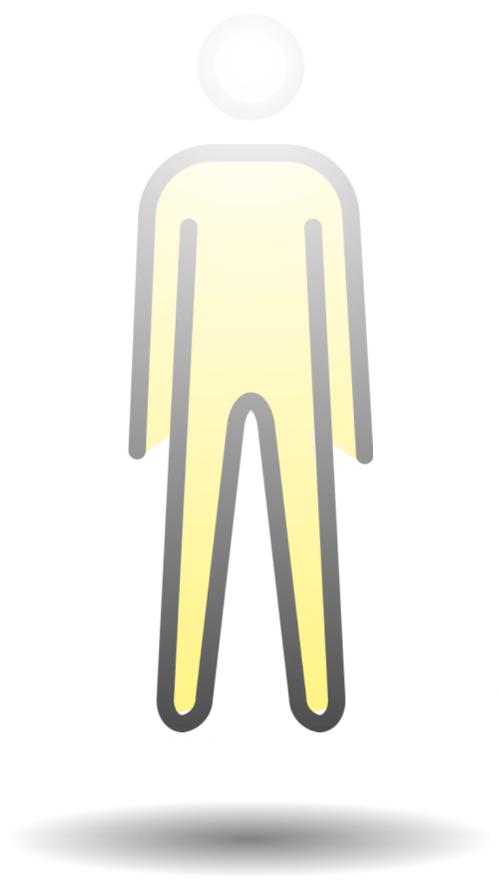
Hear

Touch

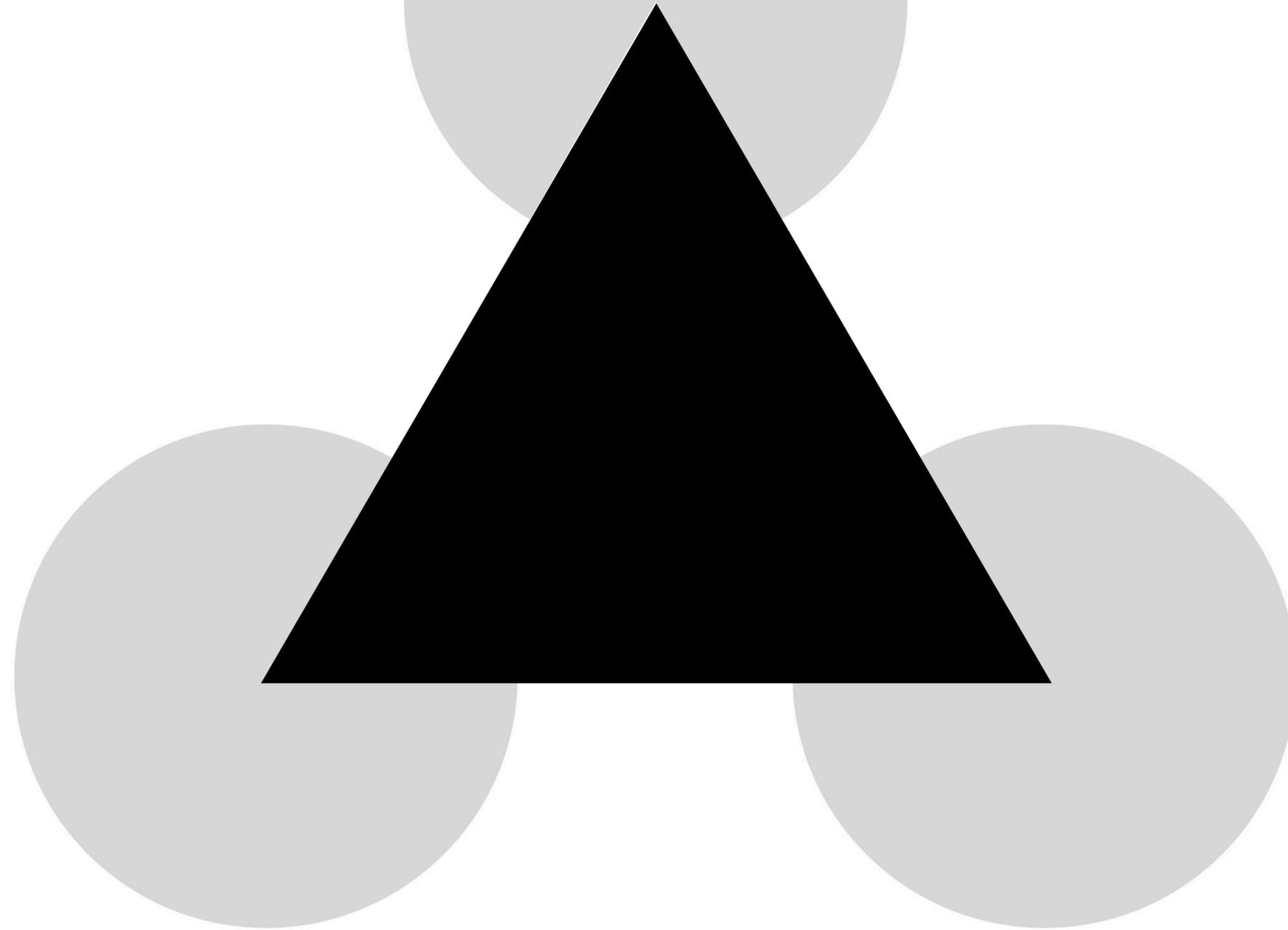
Vasodilation

Chemo

Pressure



Who can you trust?





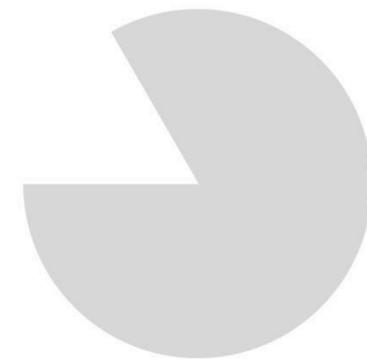






Figure 2. Ambiguous horse–seal figure used in Studies 2–4. From “Ambiguity of Form: Old and New,” by G. H. Fisher, 1968, *Perception & Psychophysics*, 4, p. 191. Copyright 1968 by the Psychonomics Society. Reprinted with permission.

— Tlel me, Mr. Anosredn, waht good is a pnohe clal
wehn you are ubanle to seapk?

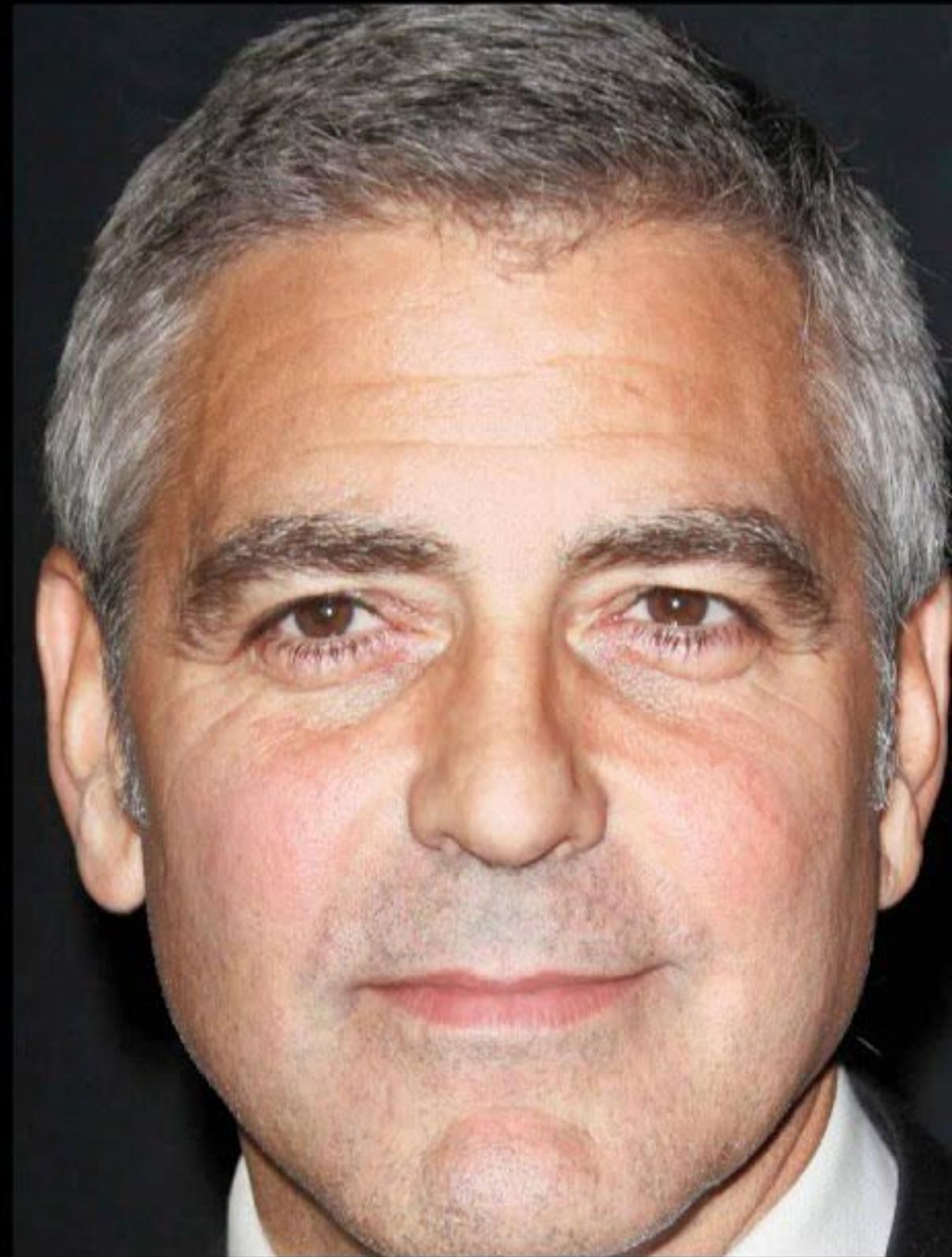
The ltteres can be a taotl mses and you can sitll raed tihs.

Yaeh I awlyas tghuhot slpeling was ipmorantt!

Azanmig huh?

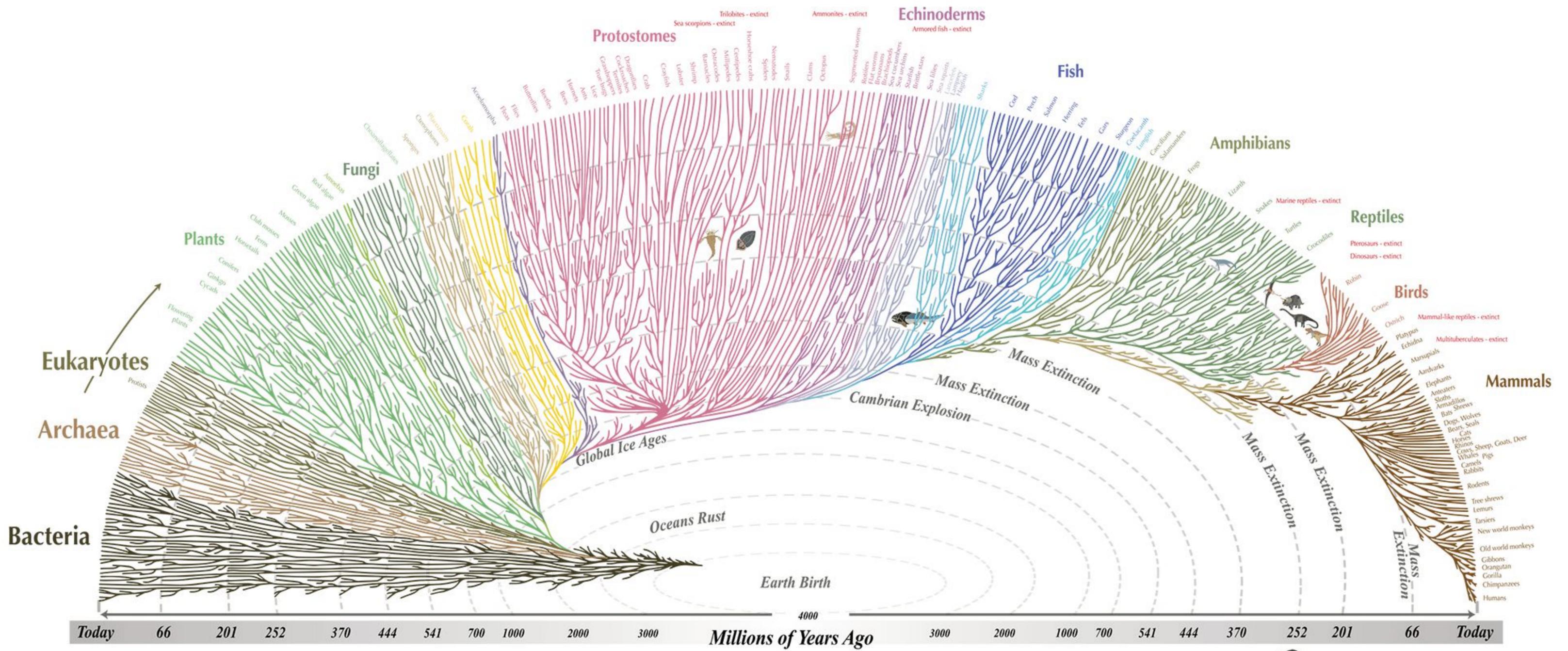


youtu.be/Go-y9CfQiig



How did we get here?





All the major and many of the minor living branches of life are shown on this diagram, but only a few of those that have gone extinct are shown. Example: **Dinosaurs - extinct** 



Language, Abstractions, Planning



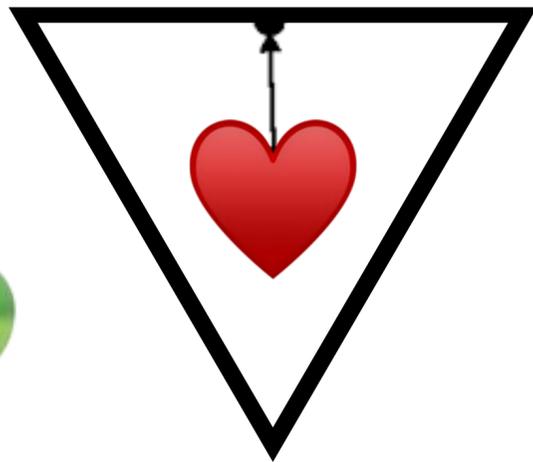
Emotions, Hierarchy

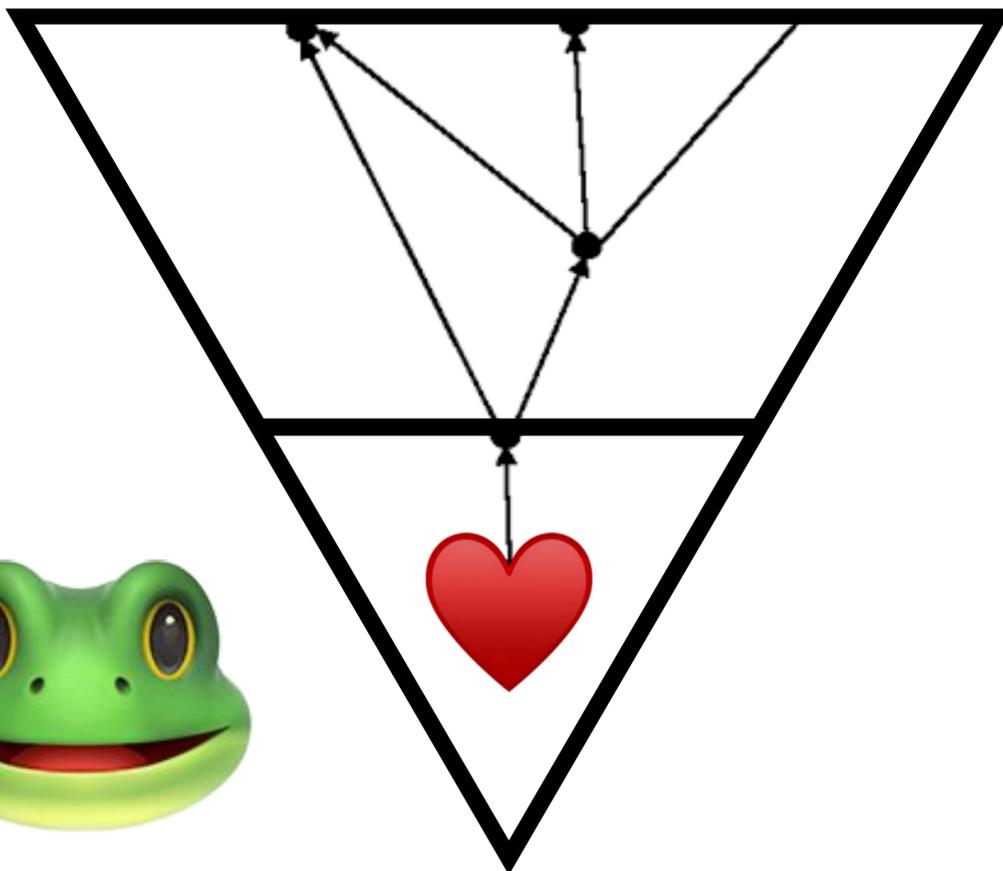


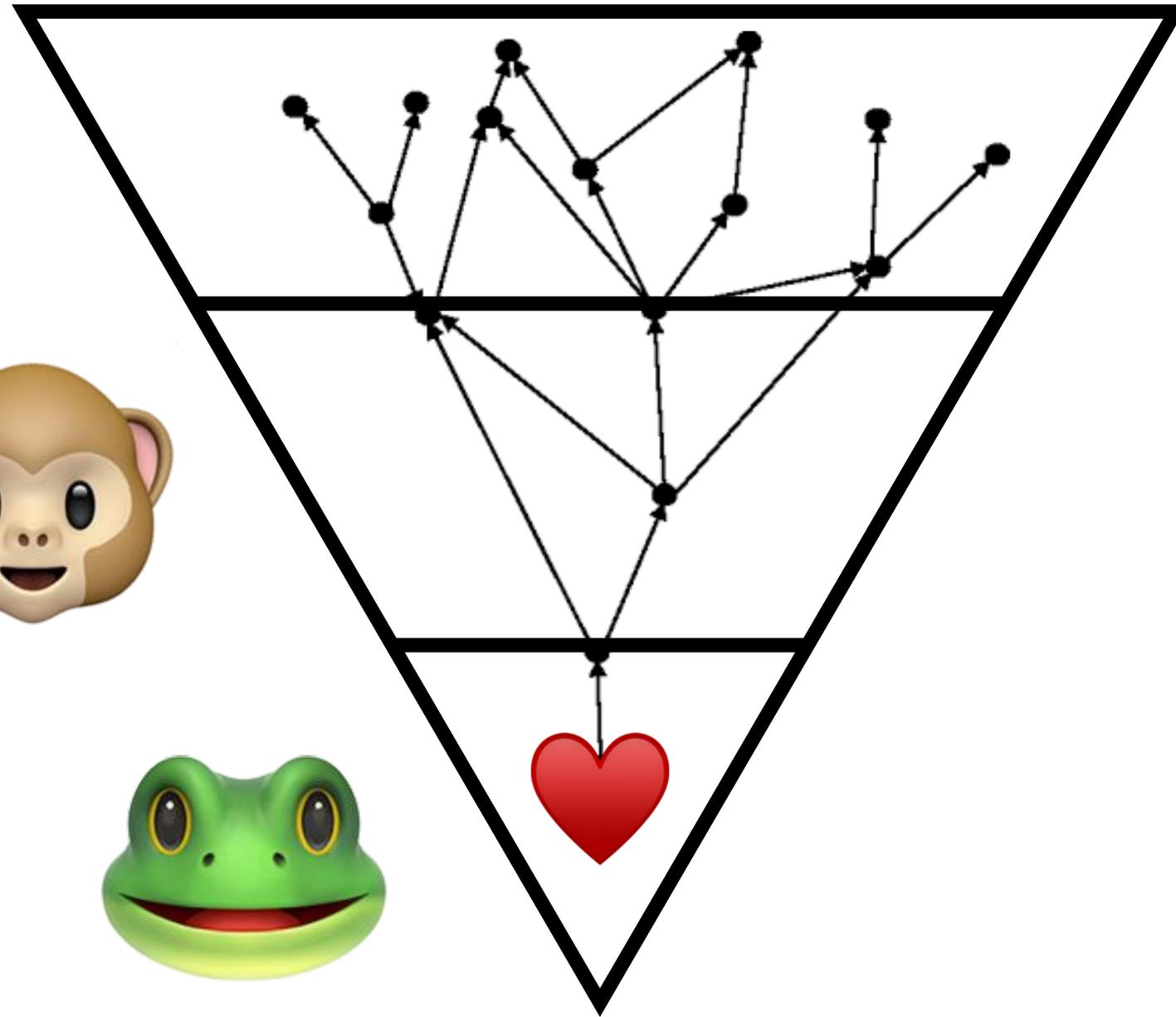
FFFF: Feed, Fight, Flight, Make love

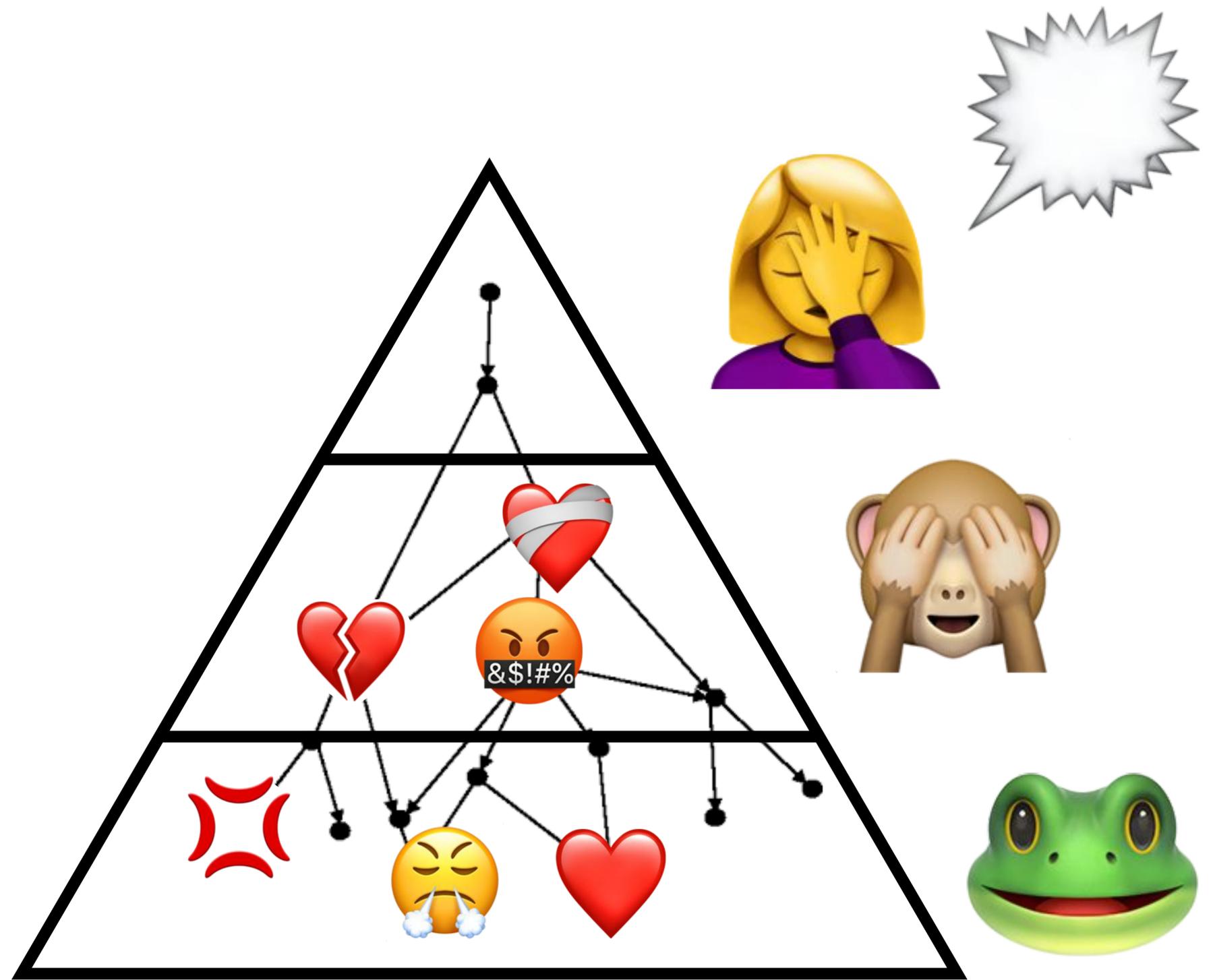




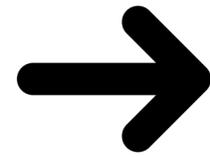








Stress

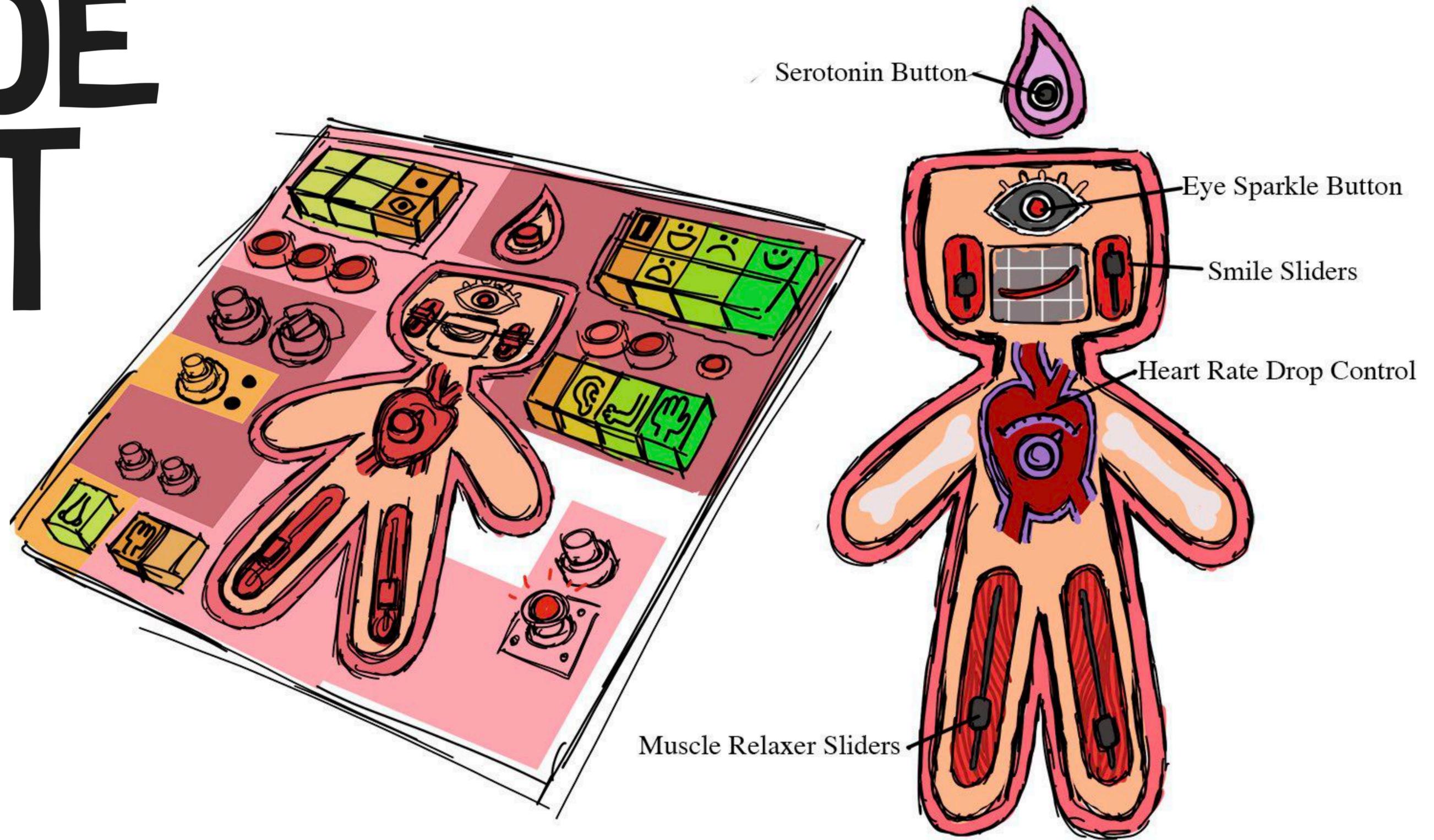


Disney · PIXAR

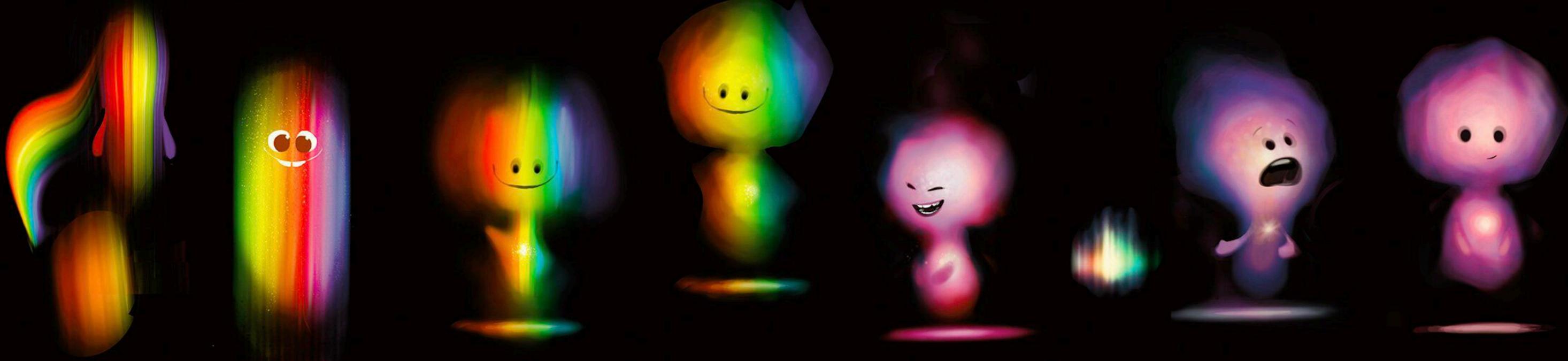
INSIDE OUT

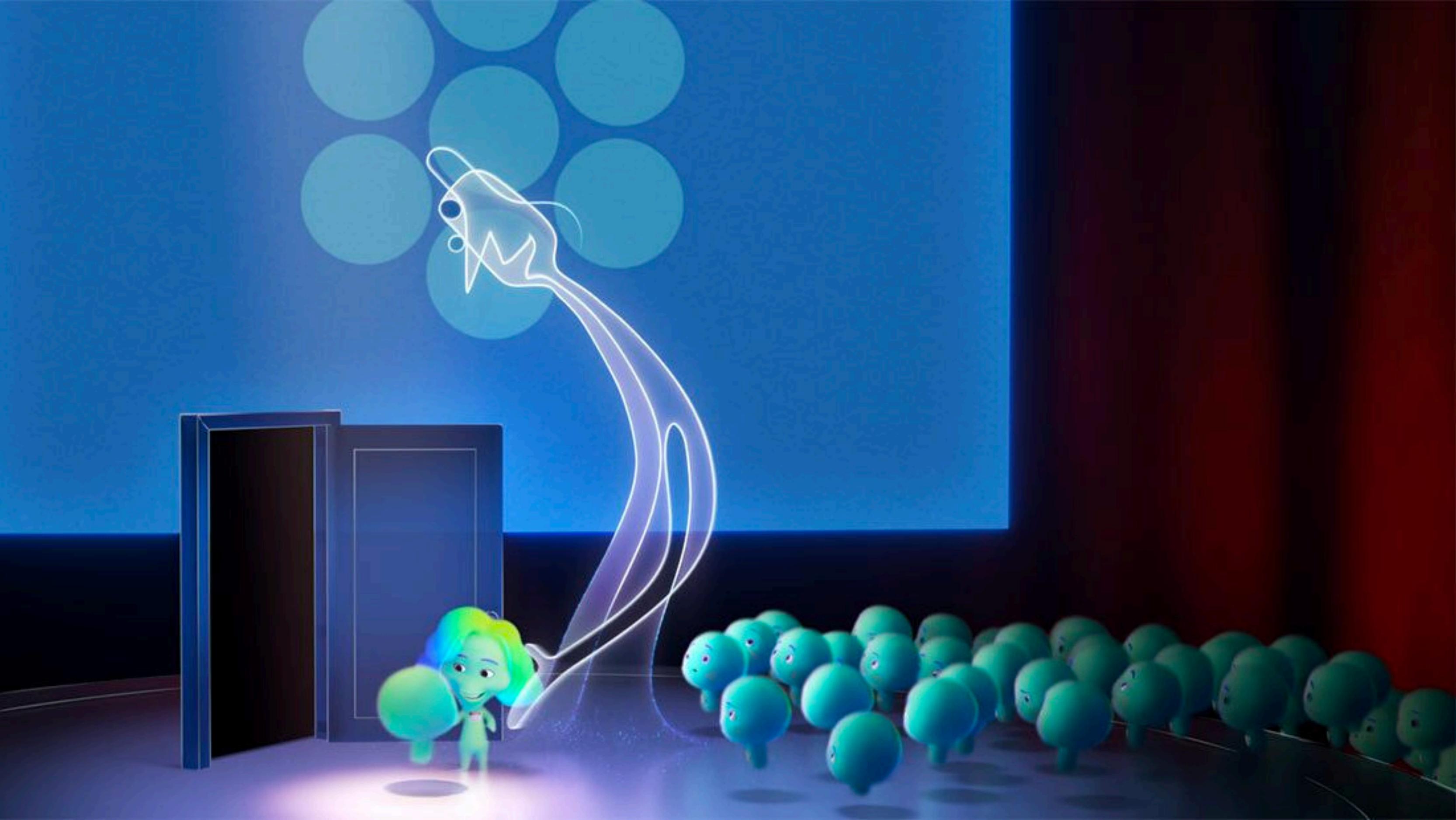


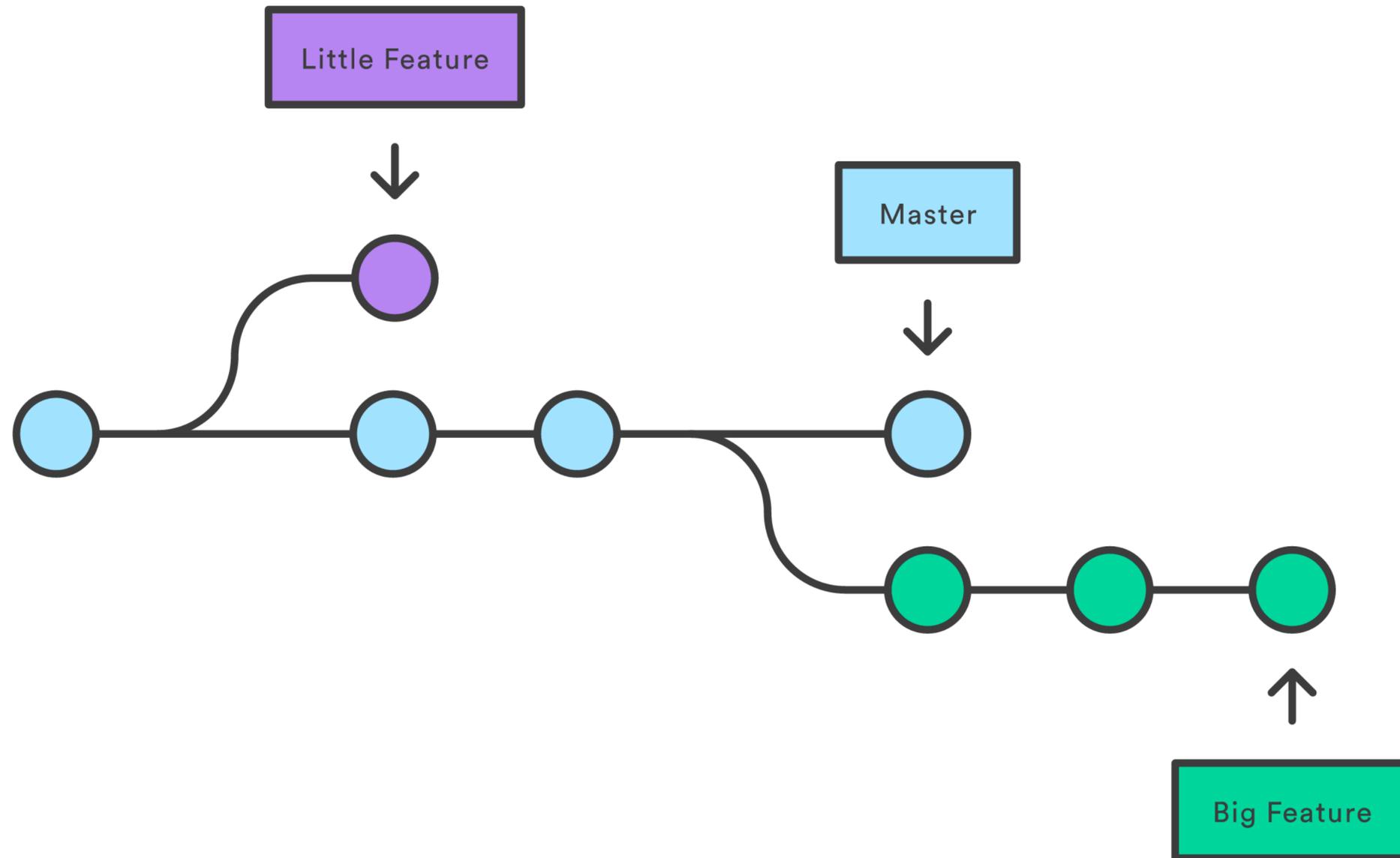
INSIDE OUT



Soul





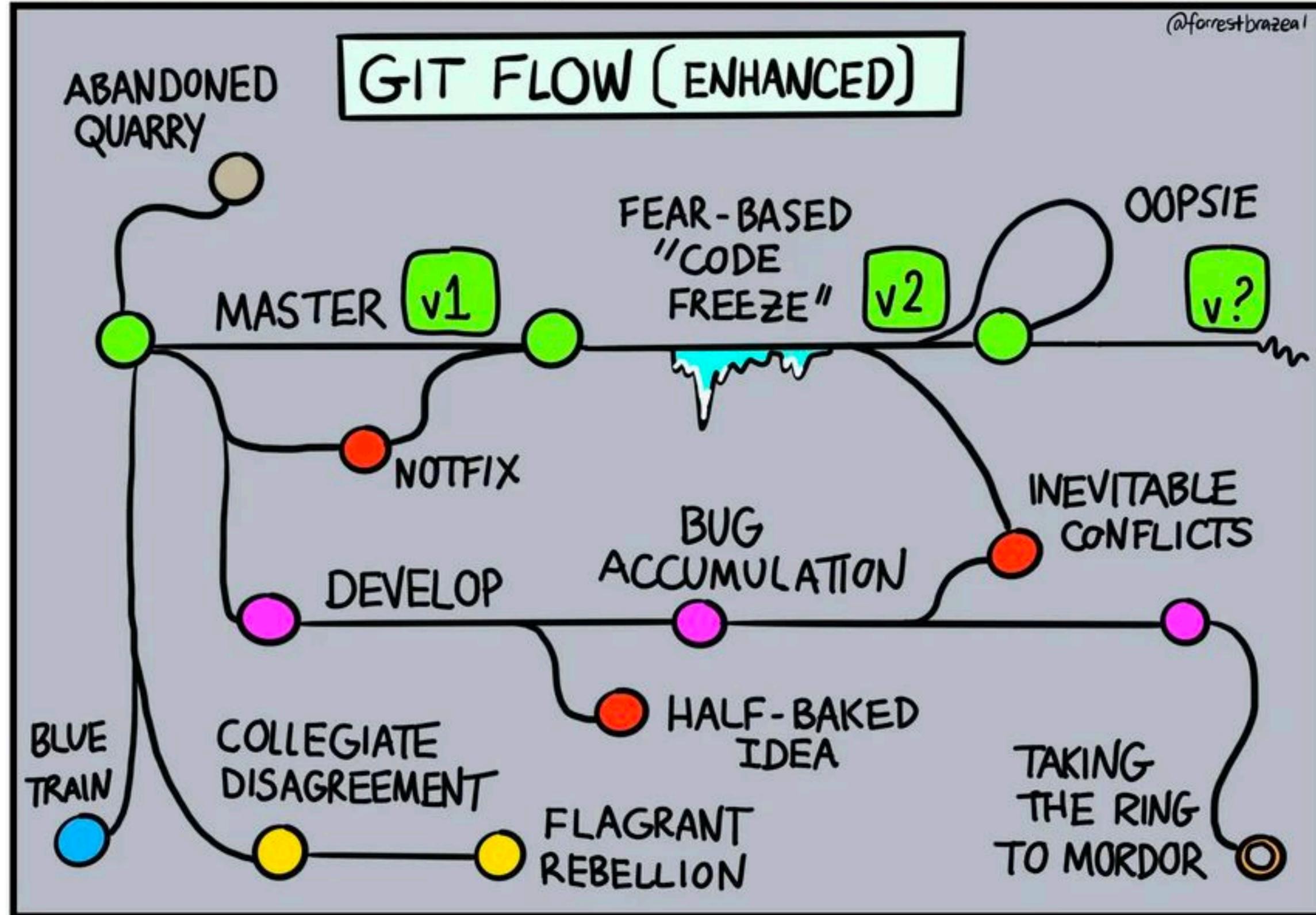


FaaS and Furious

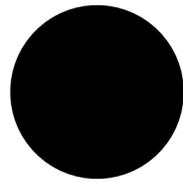
by Forrest Brazeal

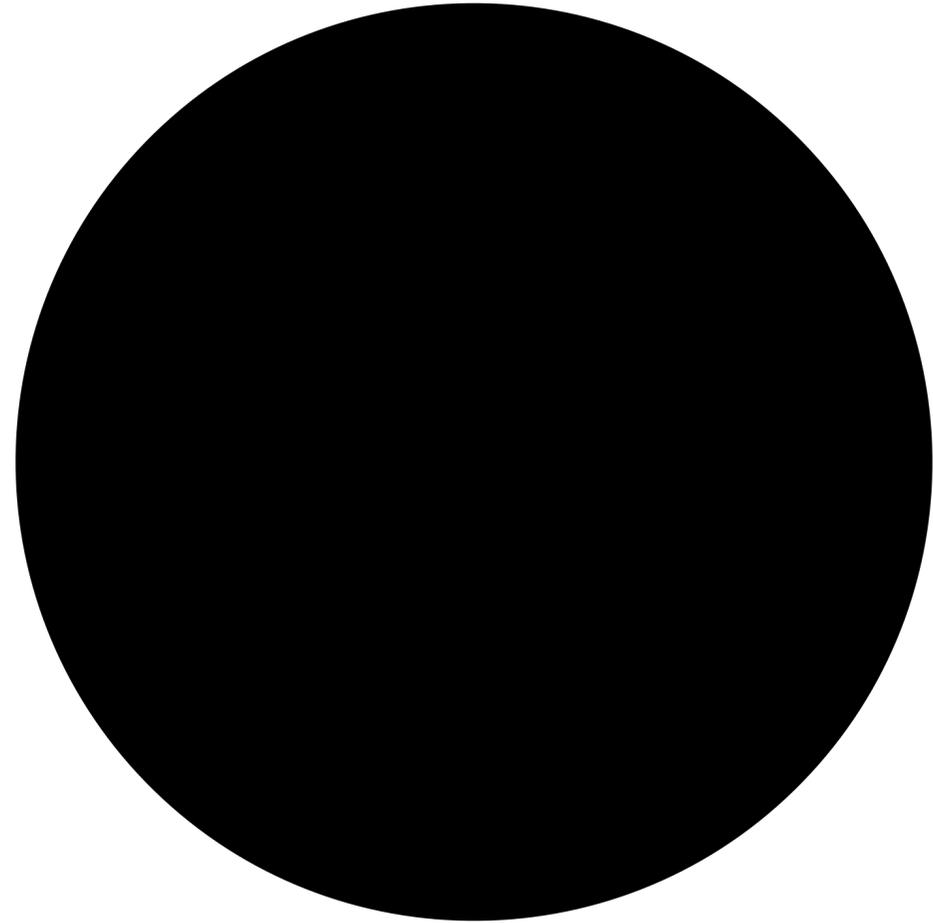


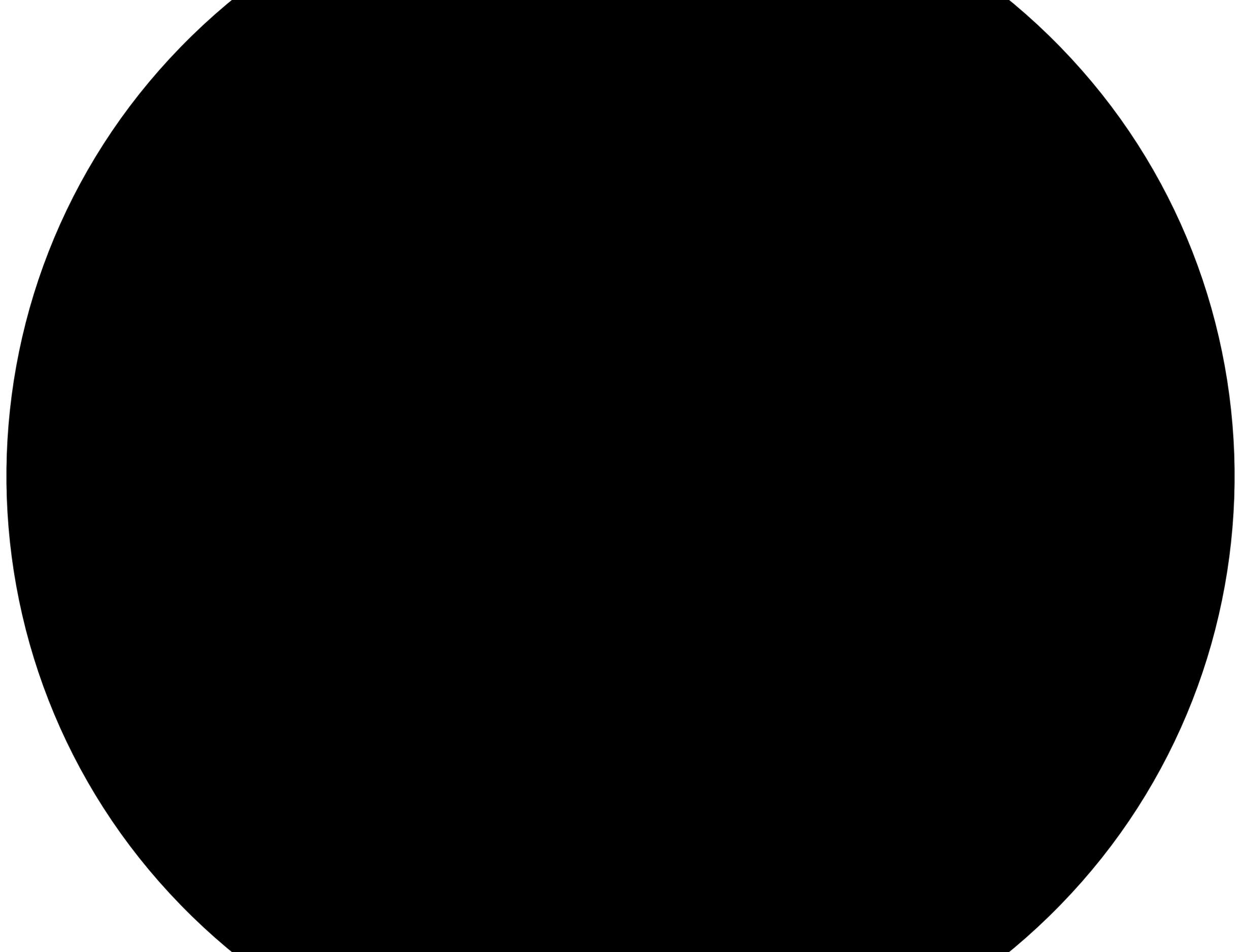
A CLOUD GURU

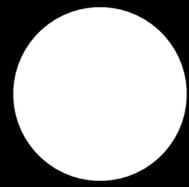


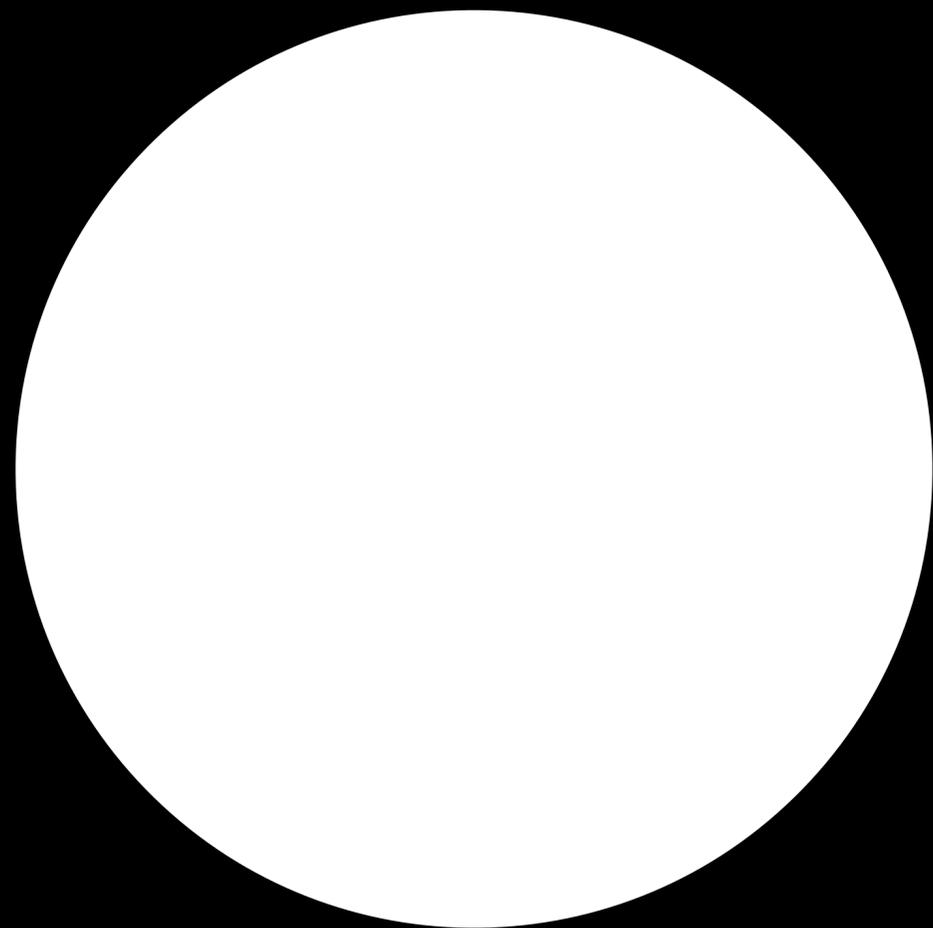
© 2019 Forrest Brazeal

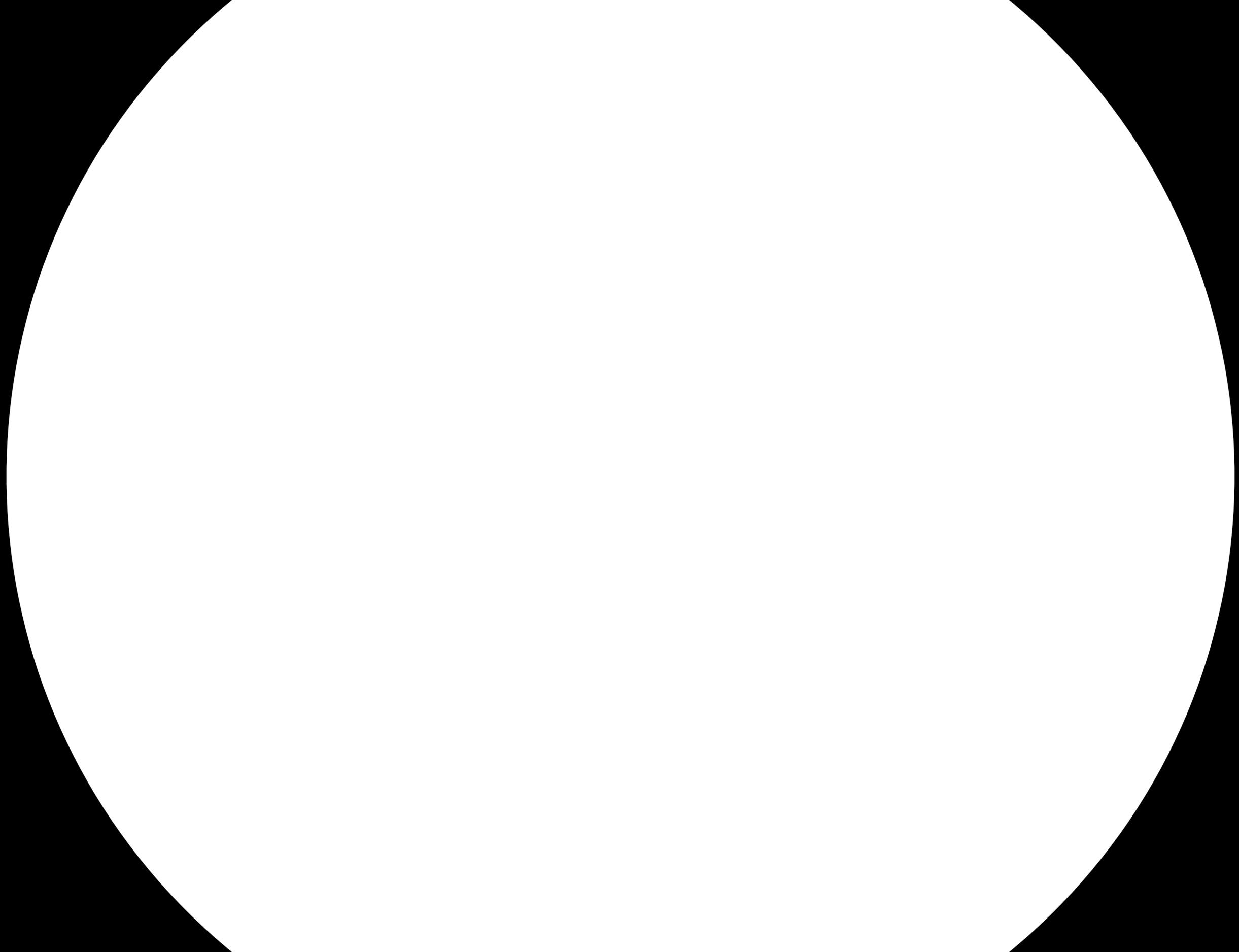


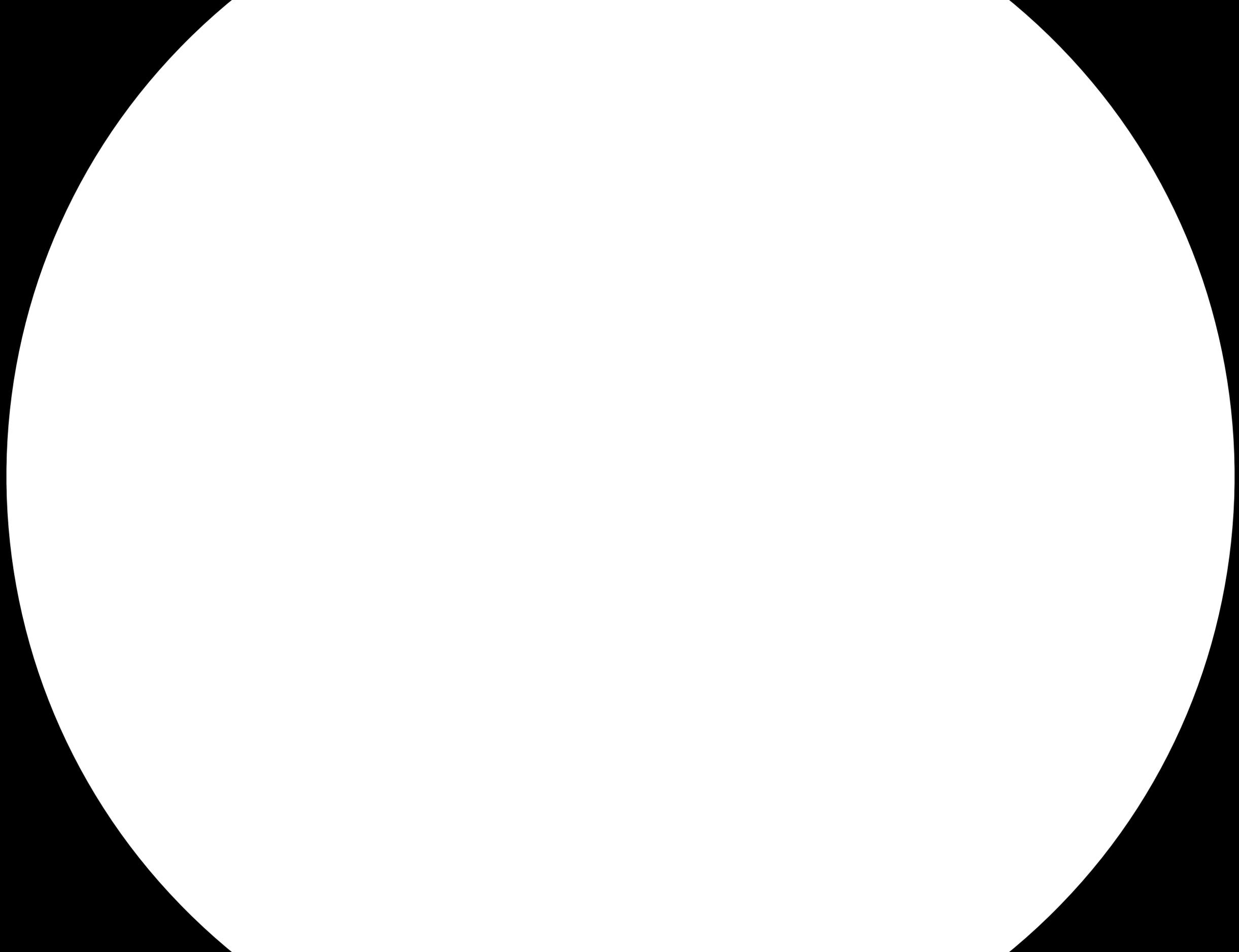


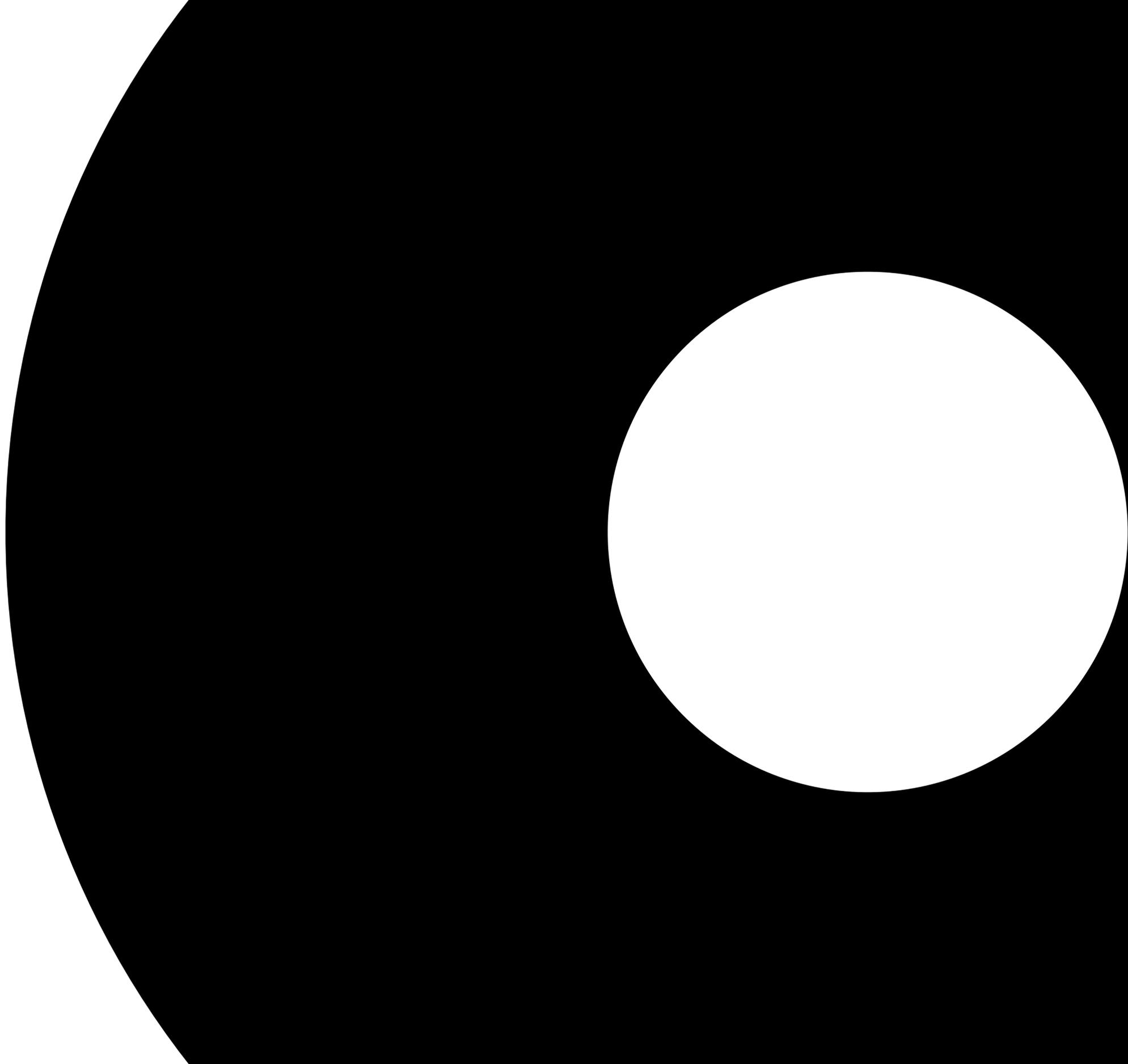


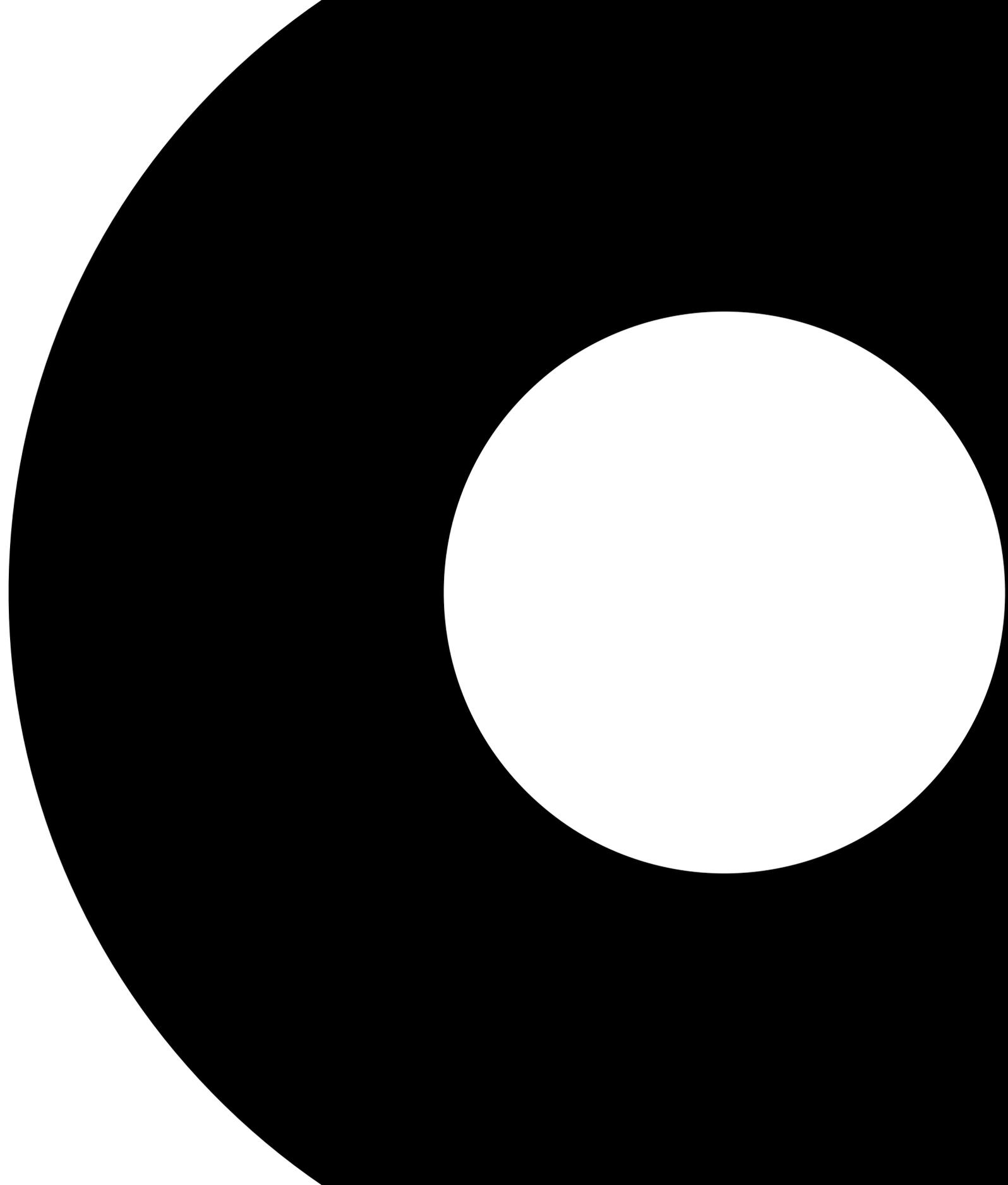


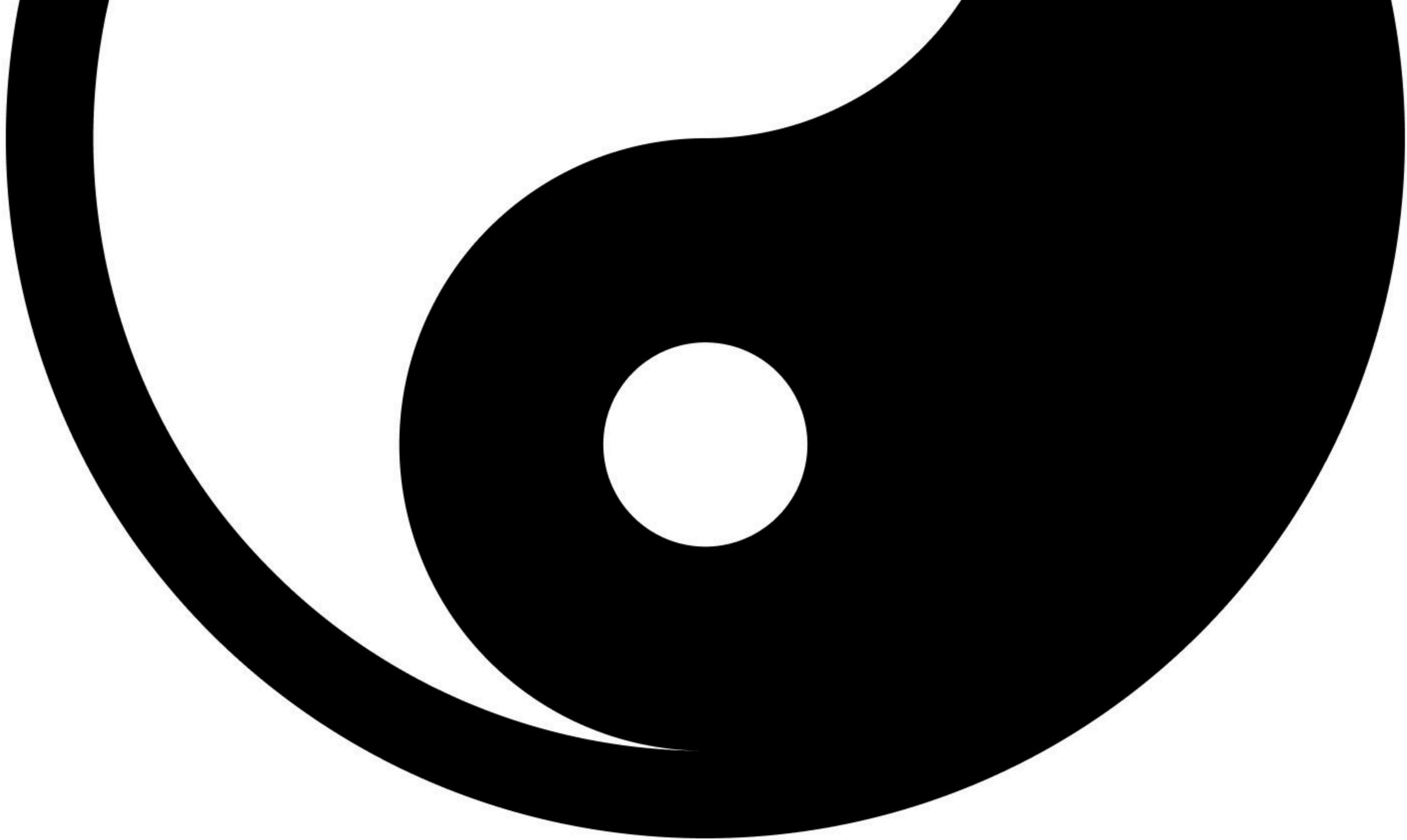


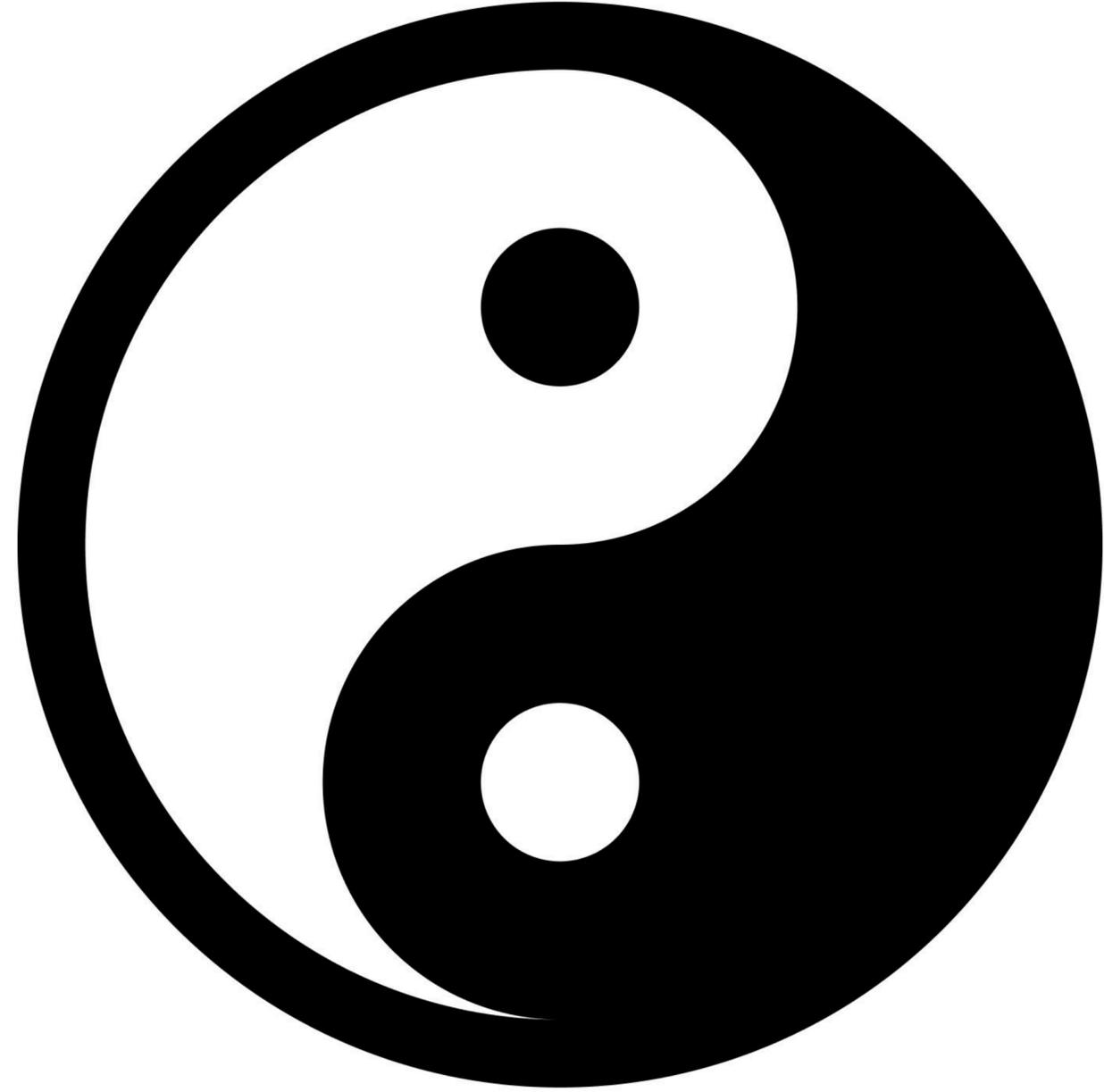










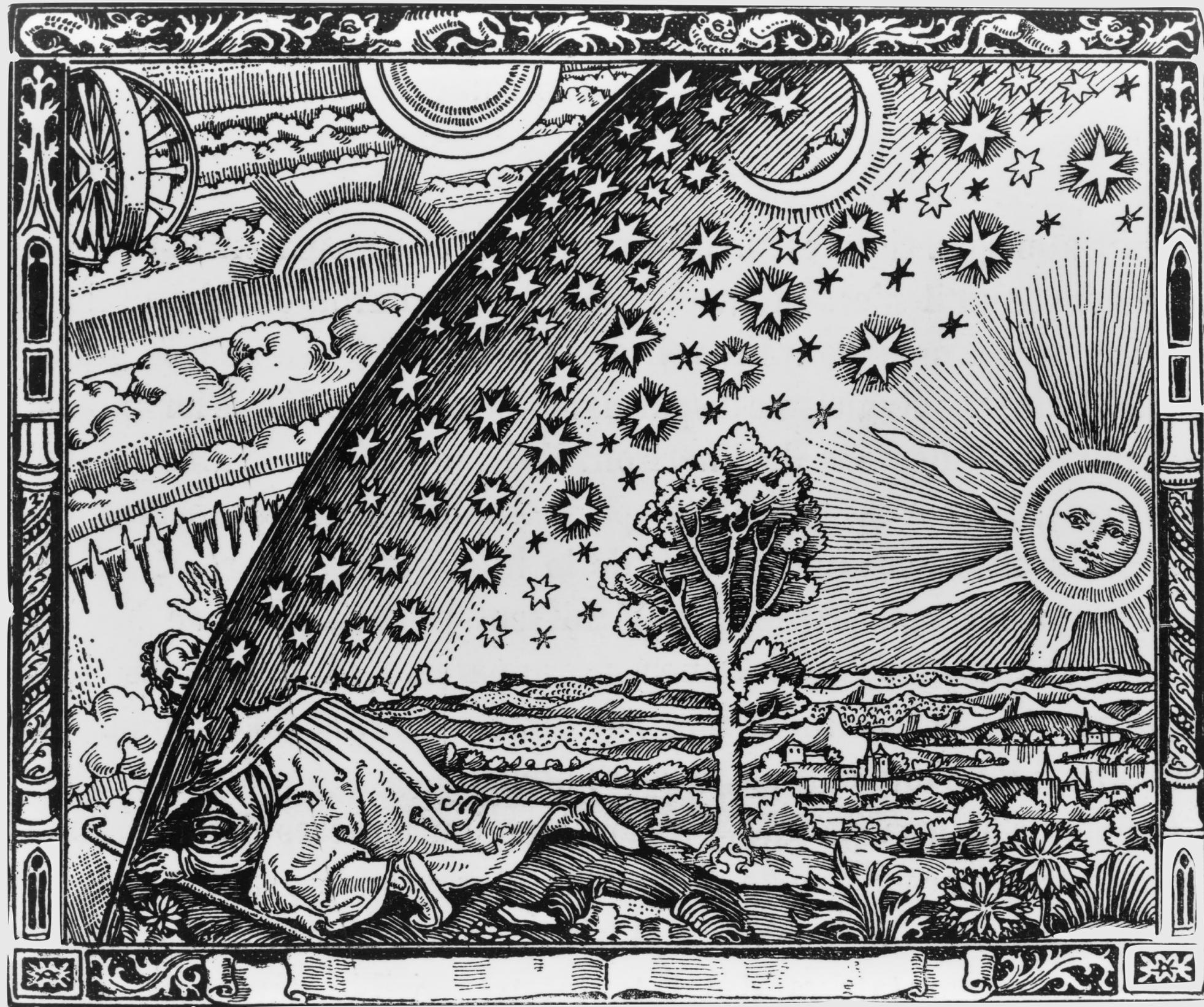


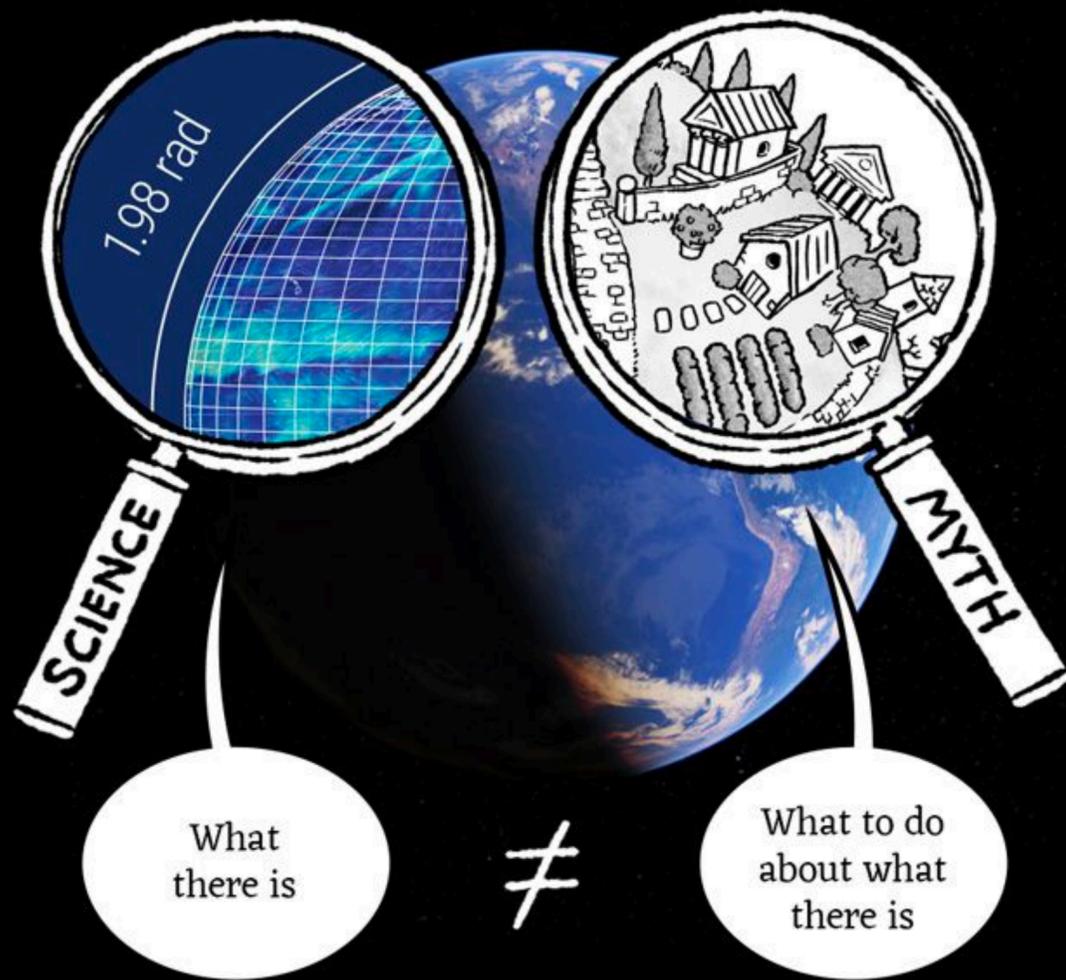


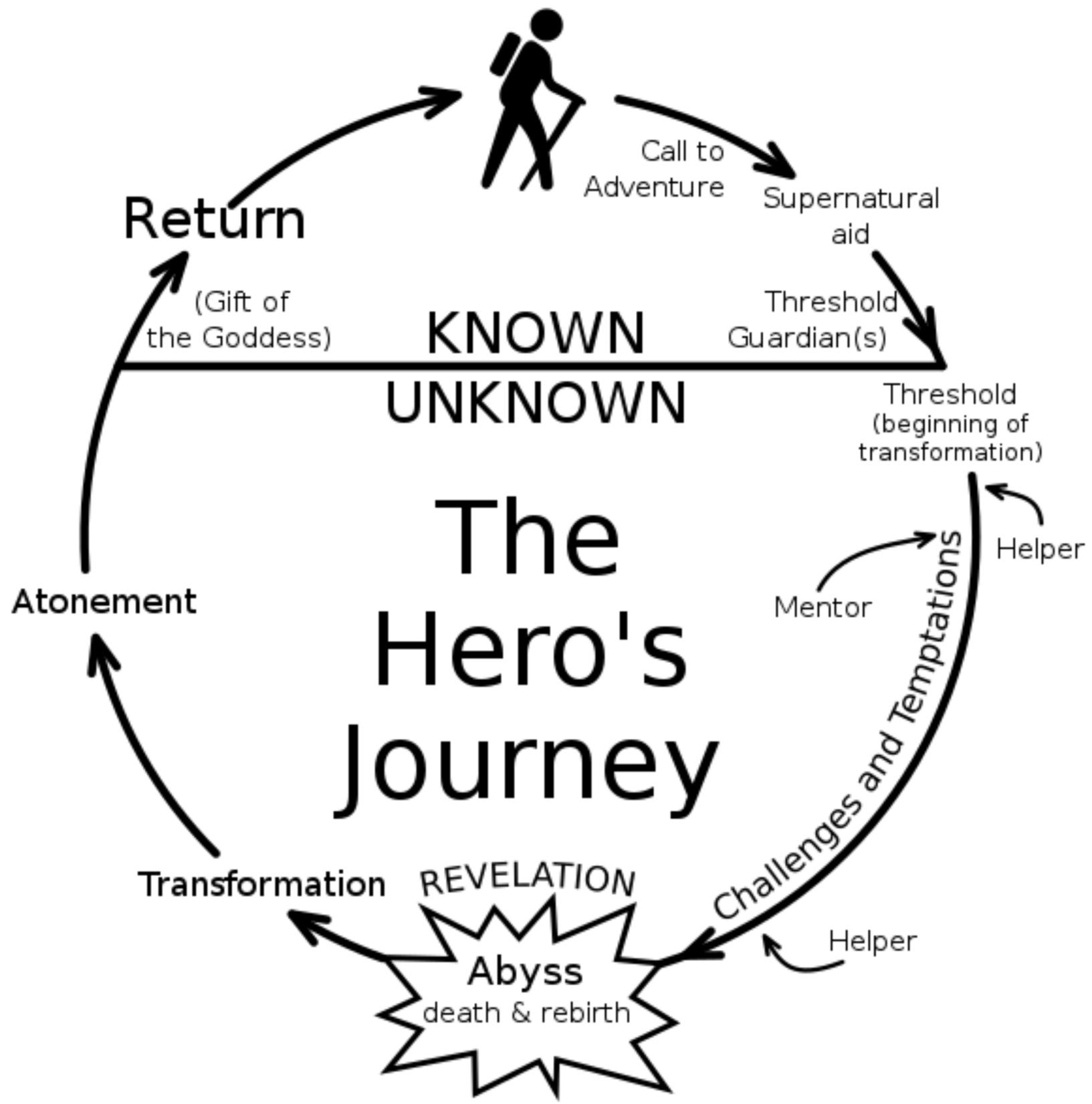


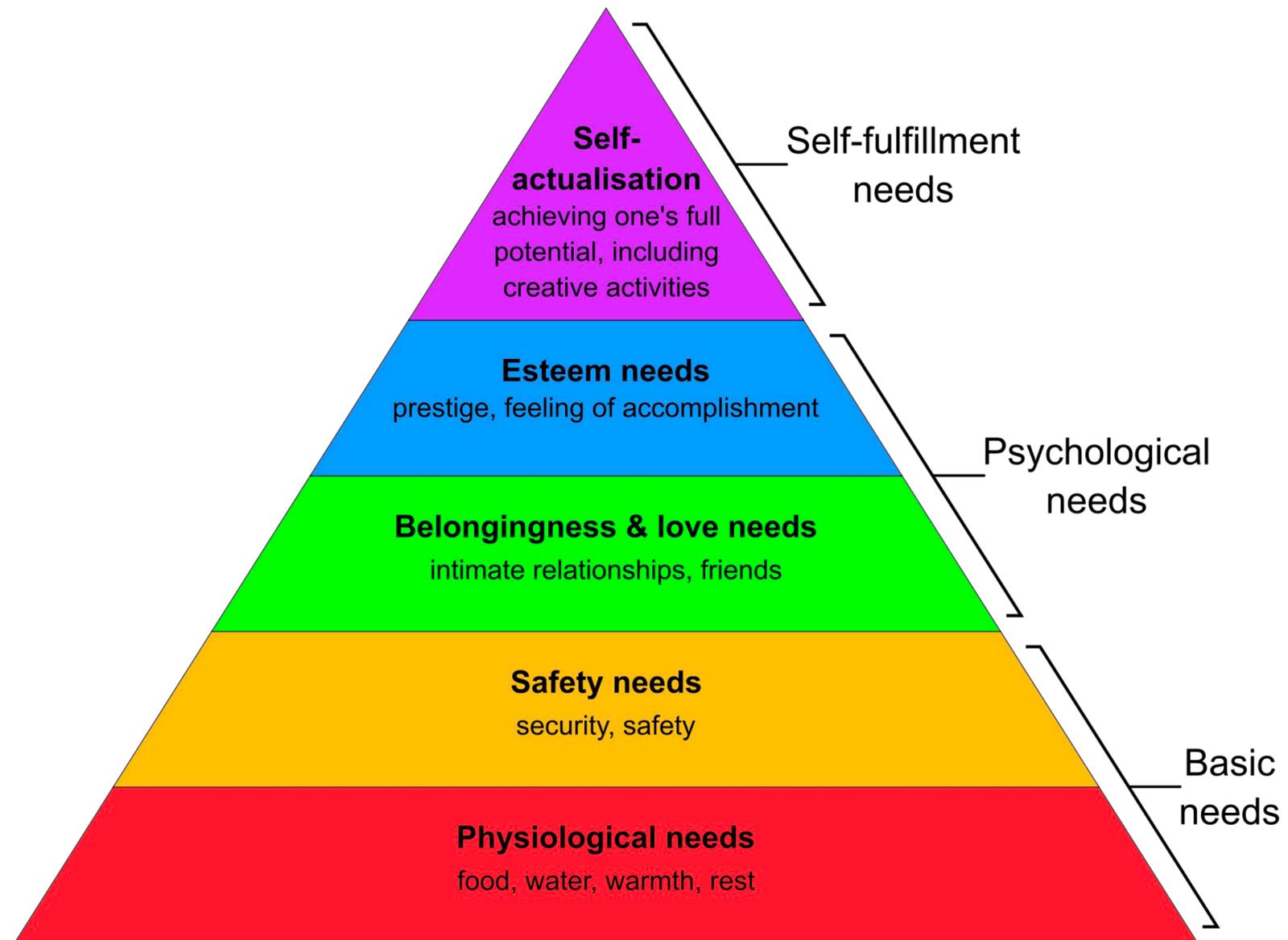
**“We have two lives,
and the second begins
when we realize
we only have one.”**

— Confucius







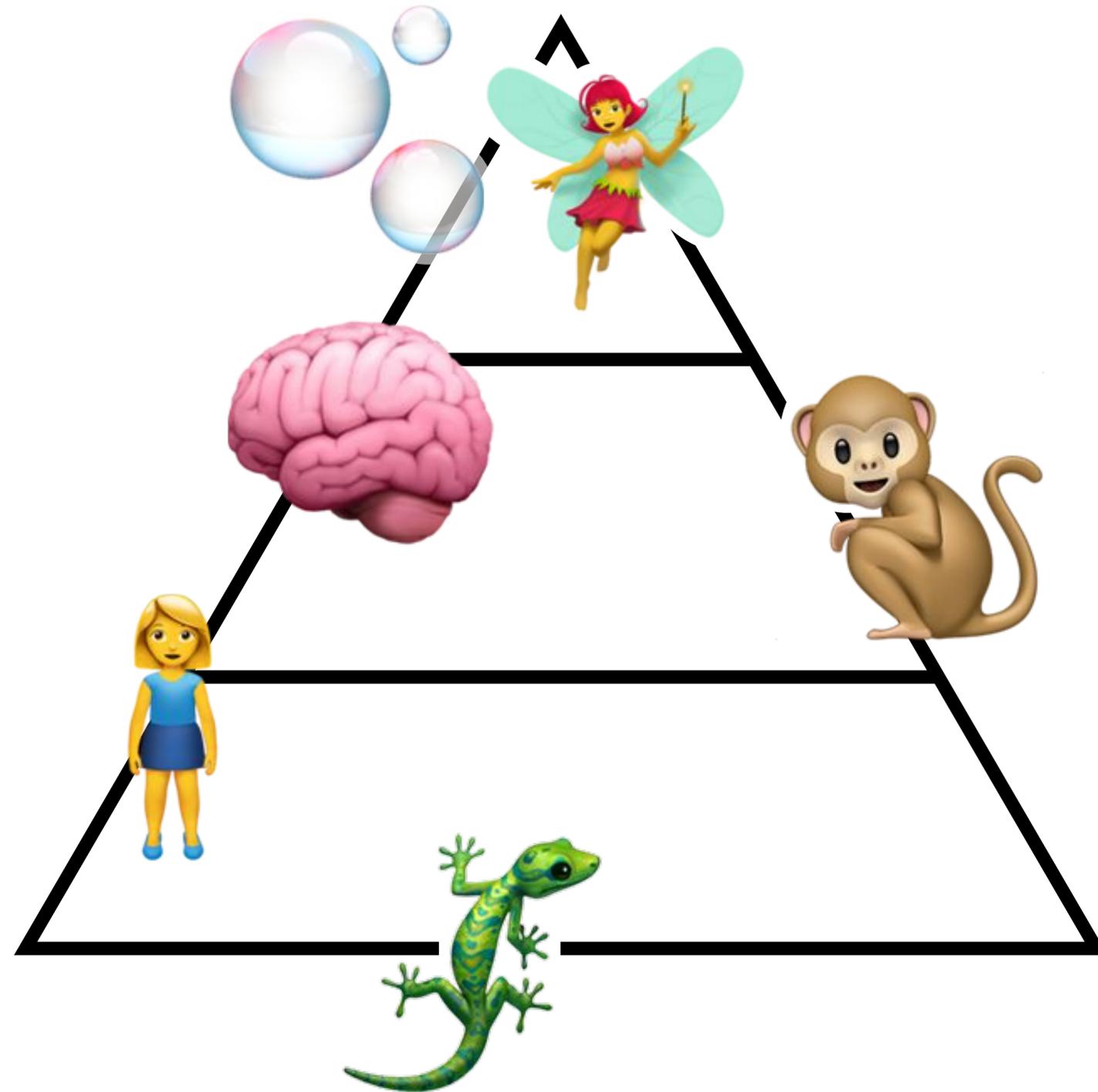


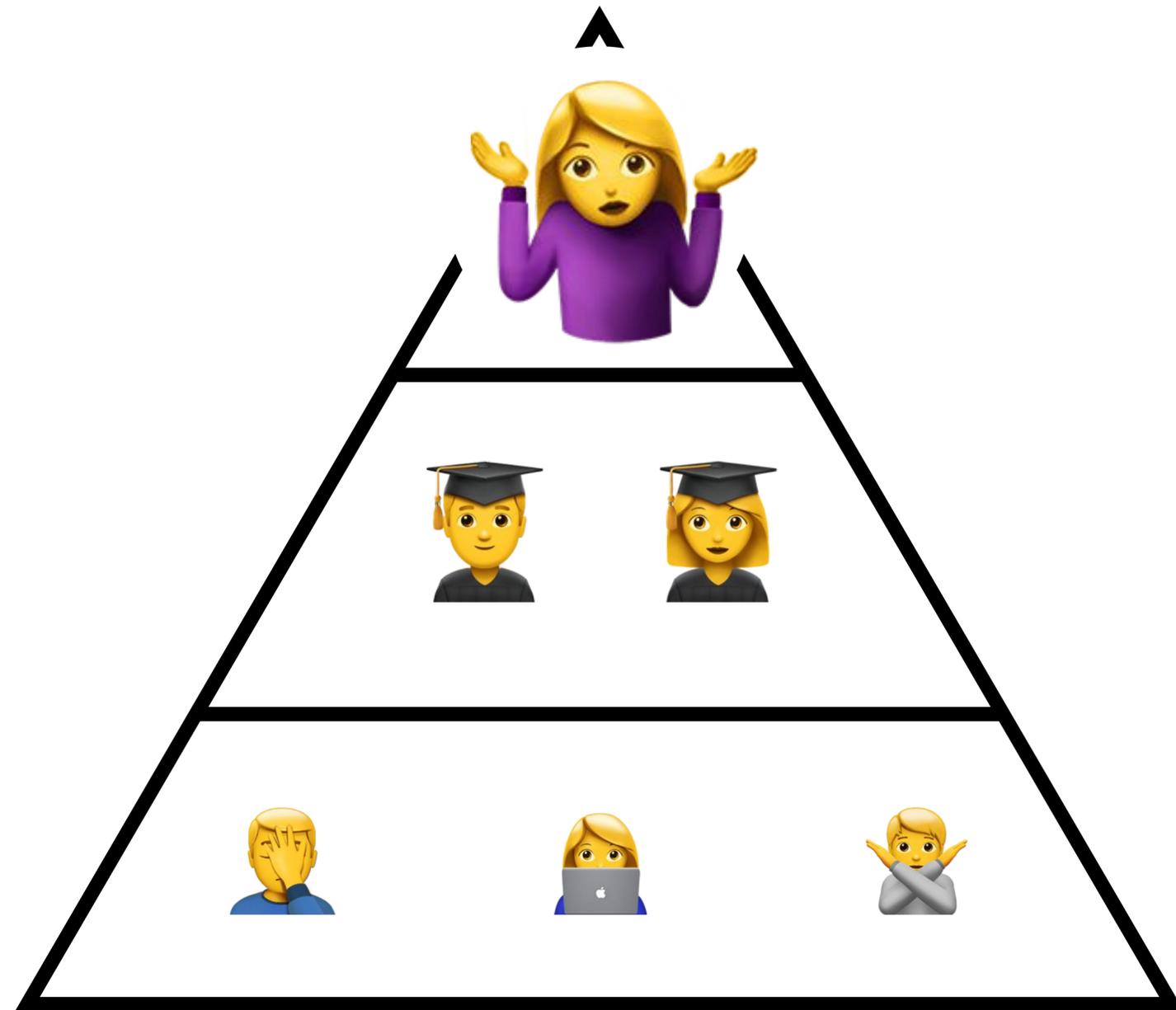
“These mountains that you are carrying, you were only supposed to climb.”
— Najwa Zebian

Soul

Mind

Body





?

Self

Others

Villain



Rescuer



Victim

“You cannot continue to victimize someone else just because you yourself were a victim once—there has to be a limit”

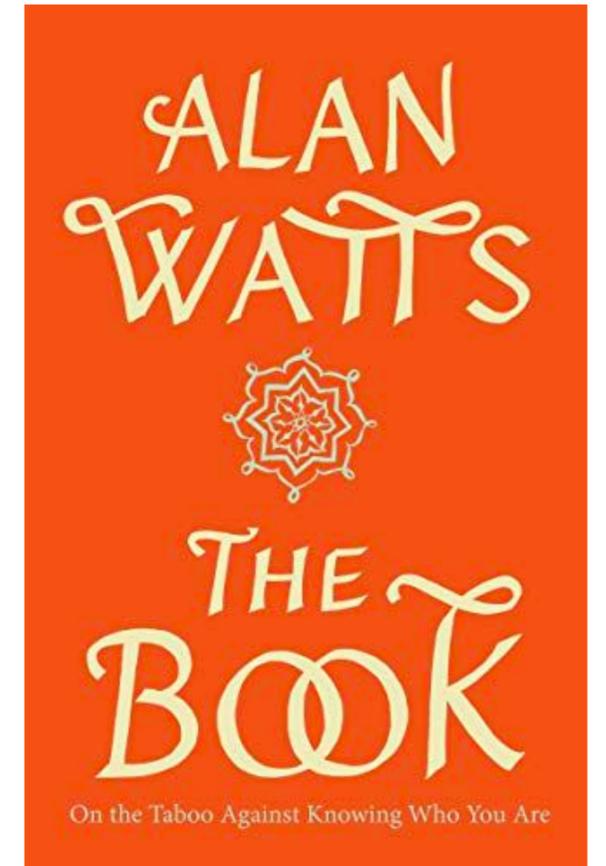
— Edward Said

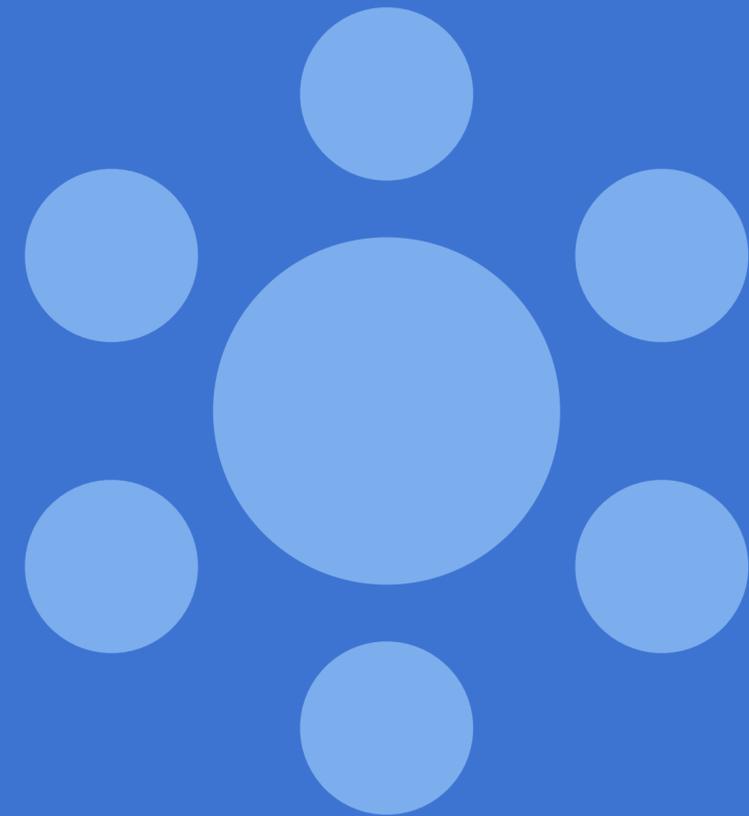
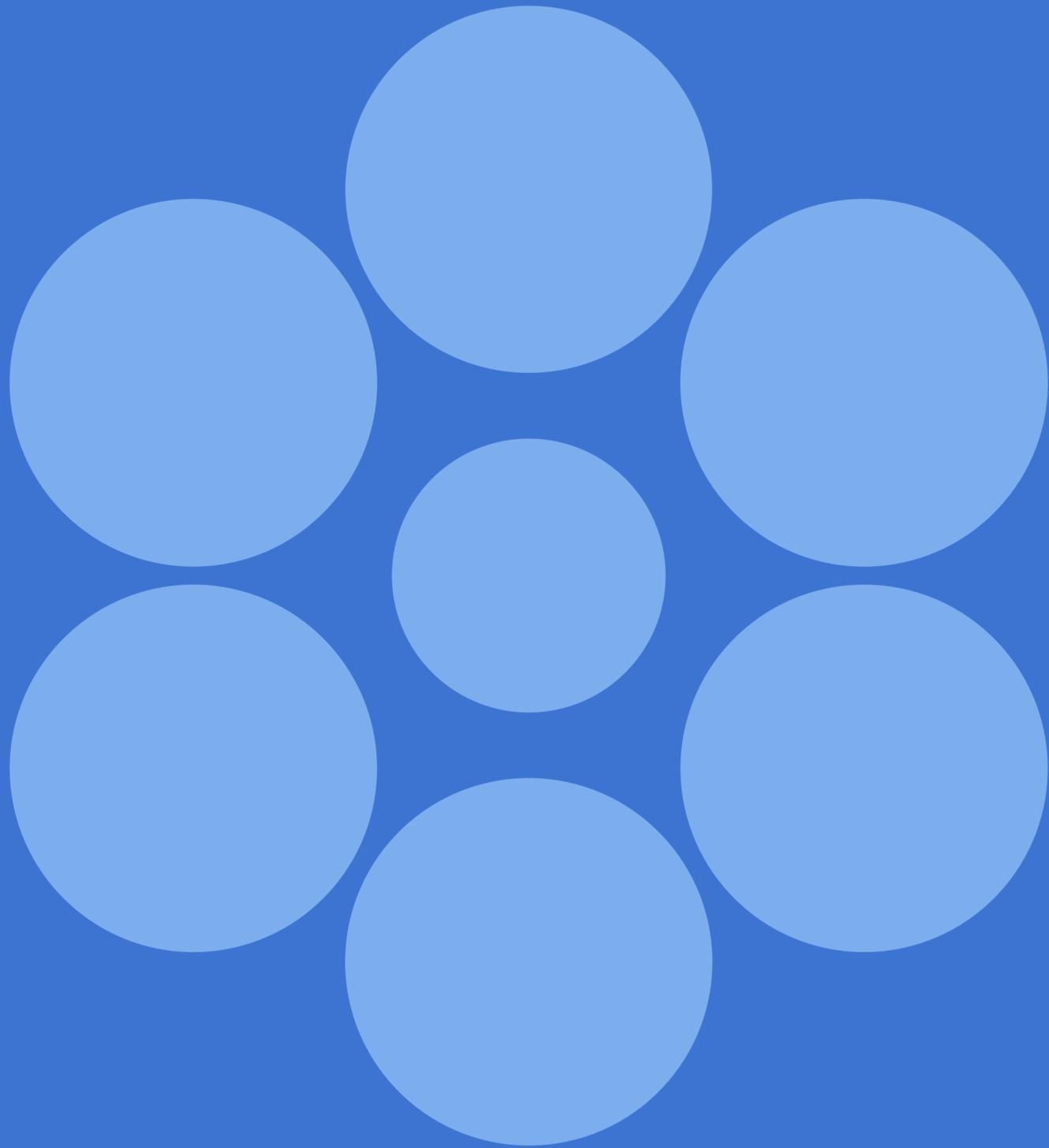
— I don't have problems. Life is hard.

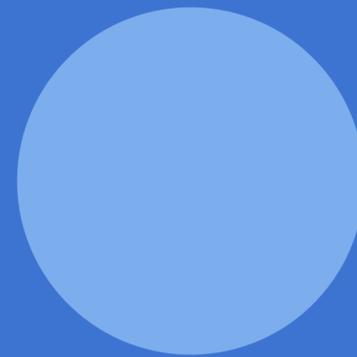


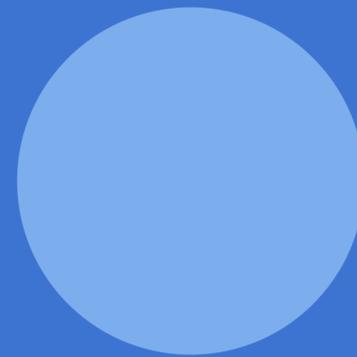
Unlearn

- We are not our body
- We are not ourselves
- We absorb everything from other people
- Their myths define your roles
- Their vocabulary describes your world
- Their beliefs become your religion
- It is not real



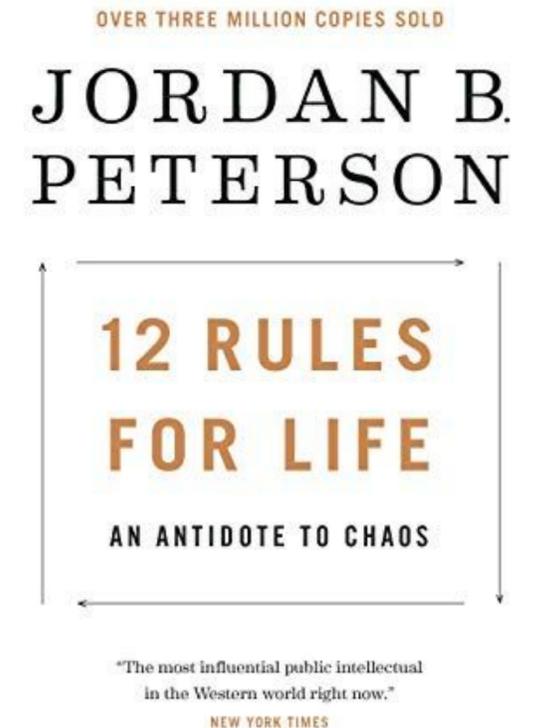






Mask on yourself

- Order > Happiness
- You are your responsibility
- Be the adult you needed as a child
- Set your house in perfect order
- Not too much, just one foot in order
- No expectations

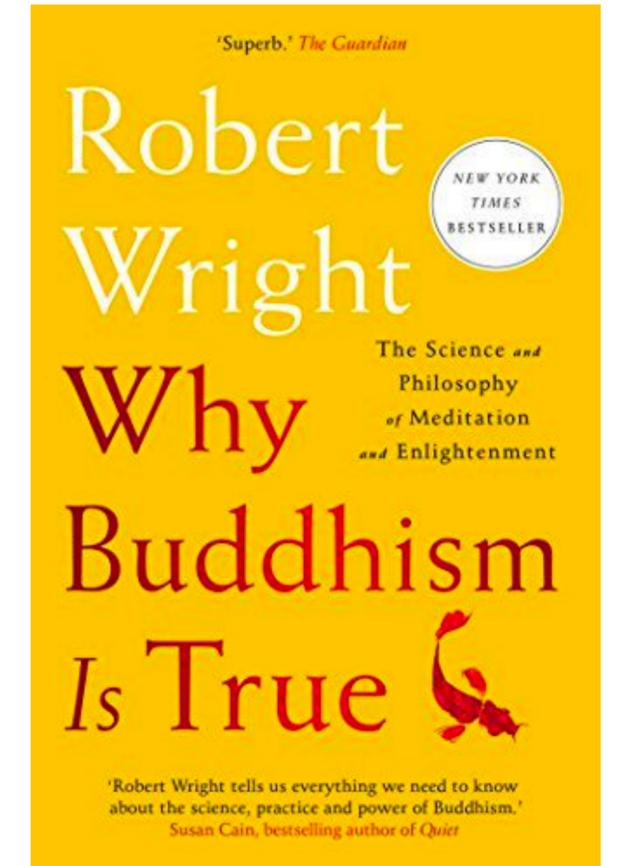


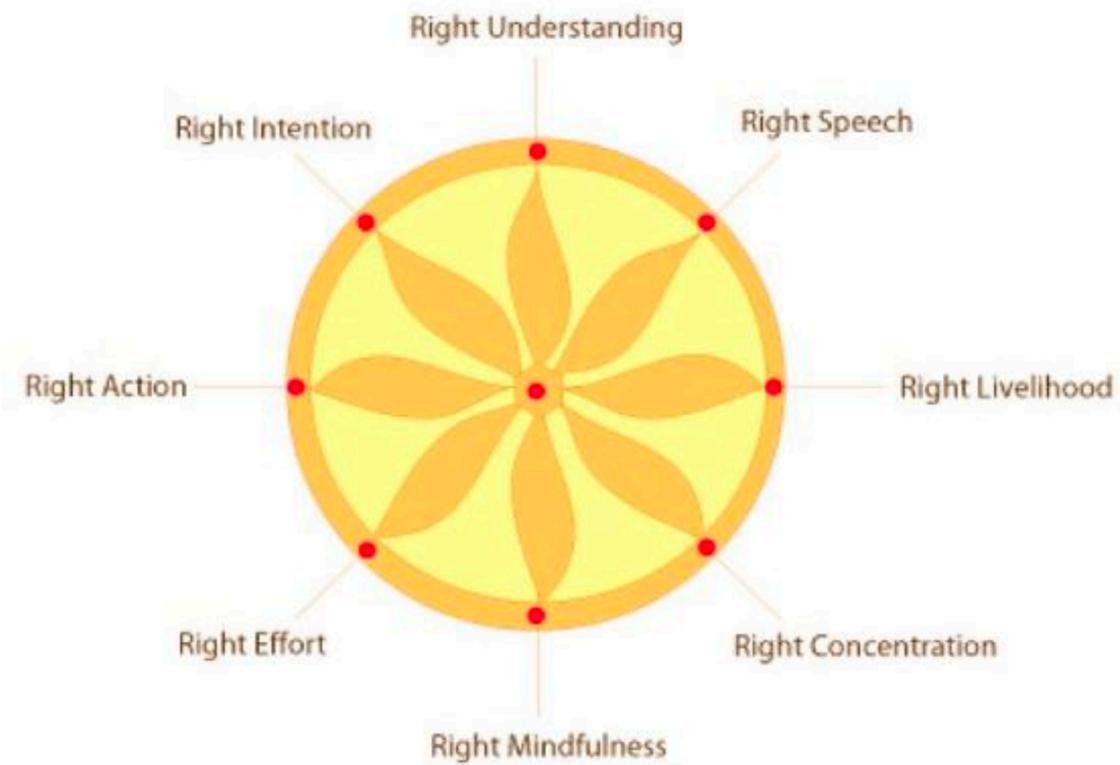
Step 1:
Admit it

Buddhism (Long version)

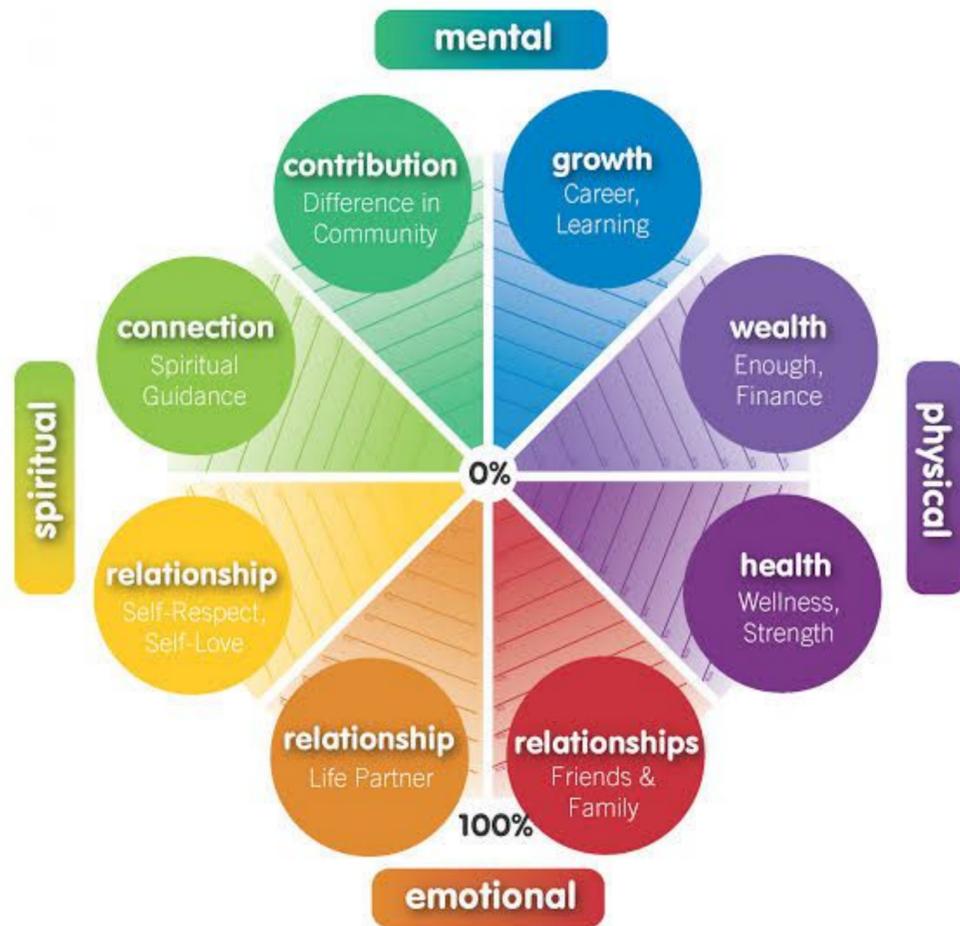
Ignorance, attachment (greed), and aversion (fear).

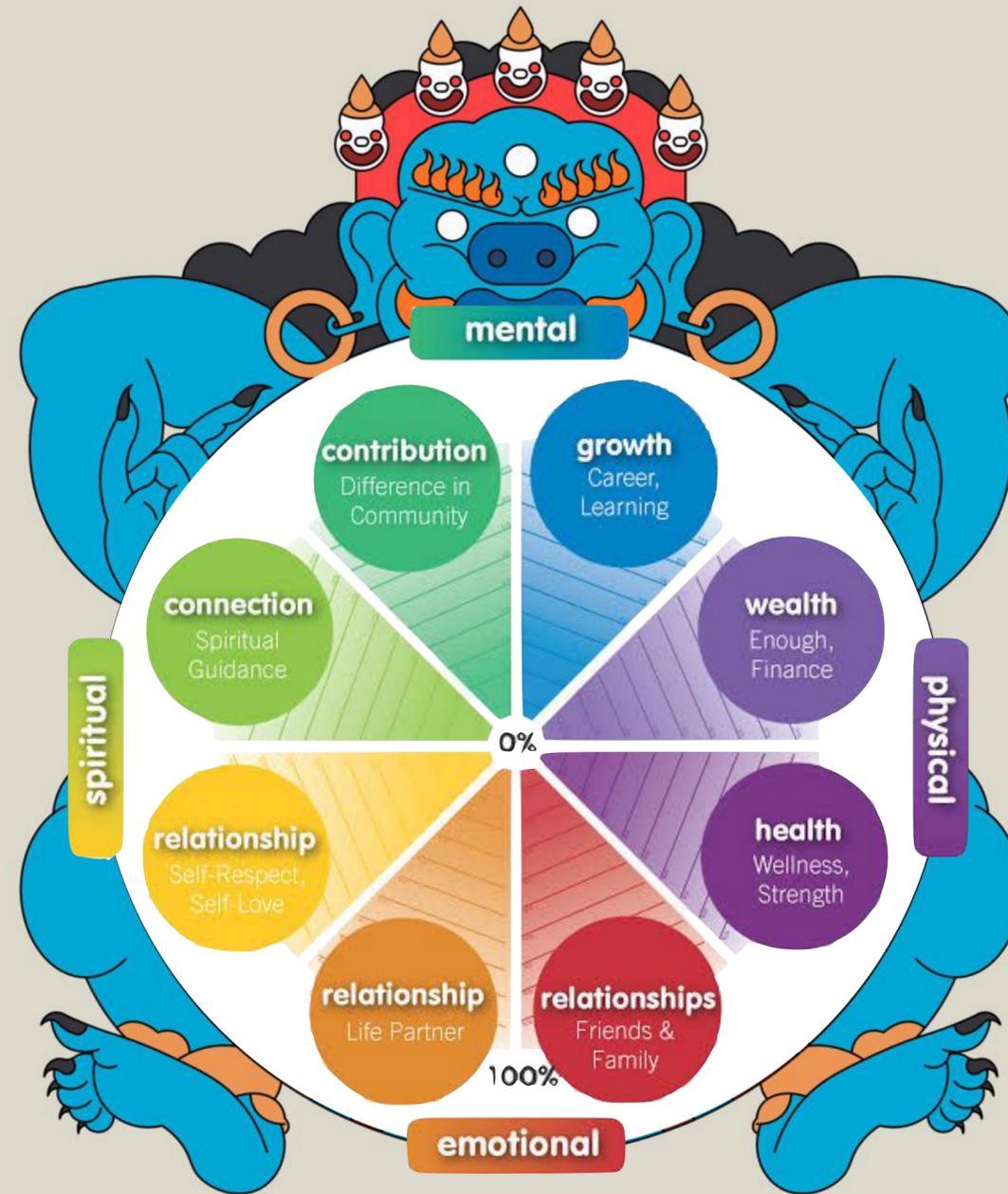
1. Understanding: Everything is connected, and everything changes.
2. Intent: Wanting to do good and not harm others.
3. Speech: Using kind and honest words.
4. Action: Doing good things and avoiding bad things.
5. Livelihood: Making a living in a way that doesn't harm others.
6. Effort: Trying to do your best and not giving up easily.
7. Concentration: Focusing your mind on one thing at a time.
8. Mindfulness: Paying attention to what's happening in the present moment.





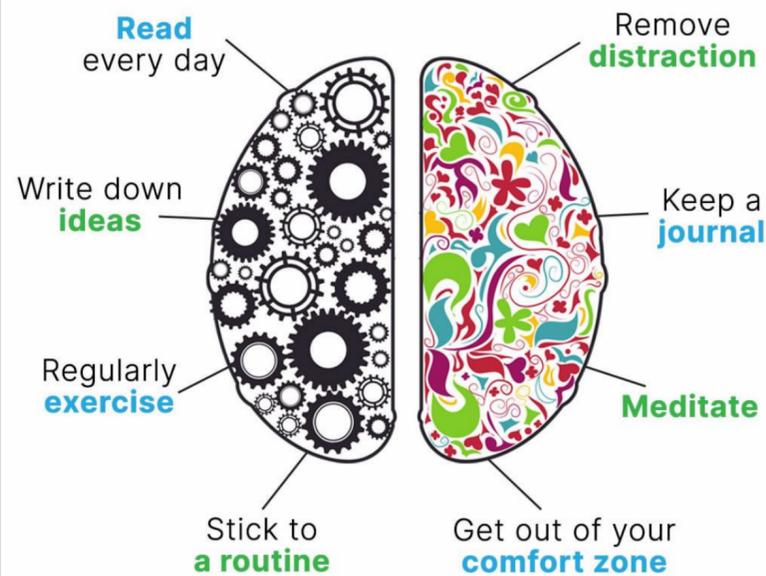
Eightfold path



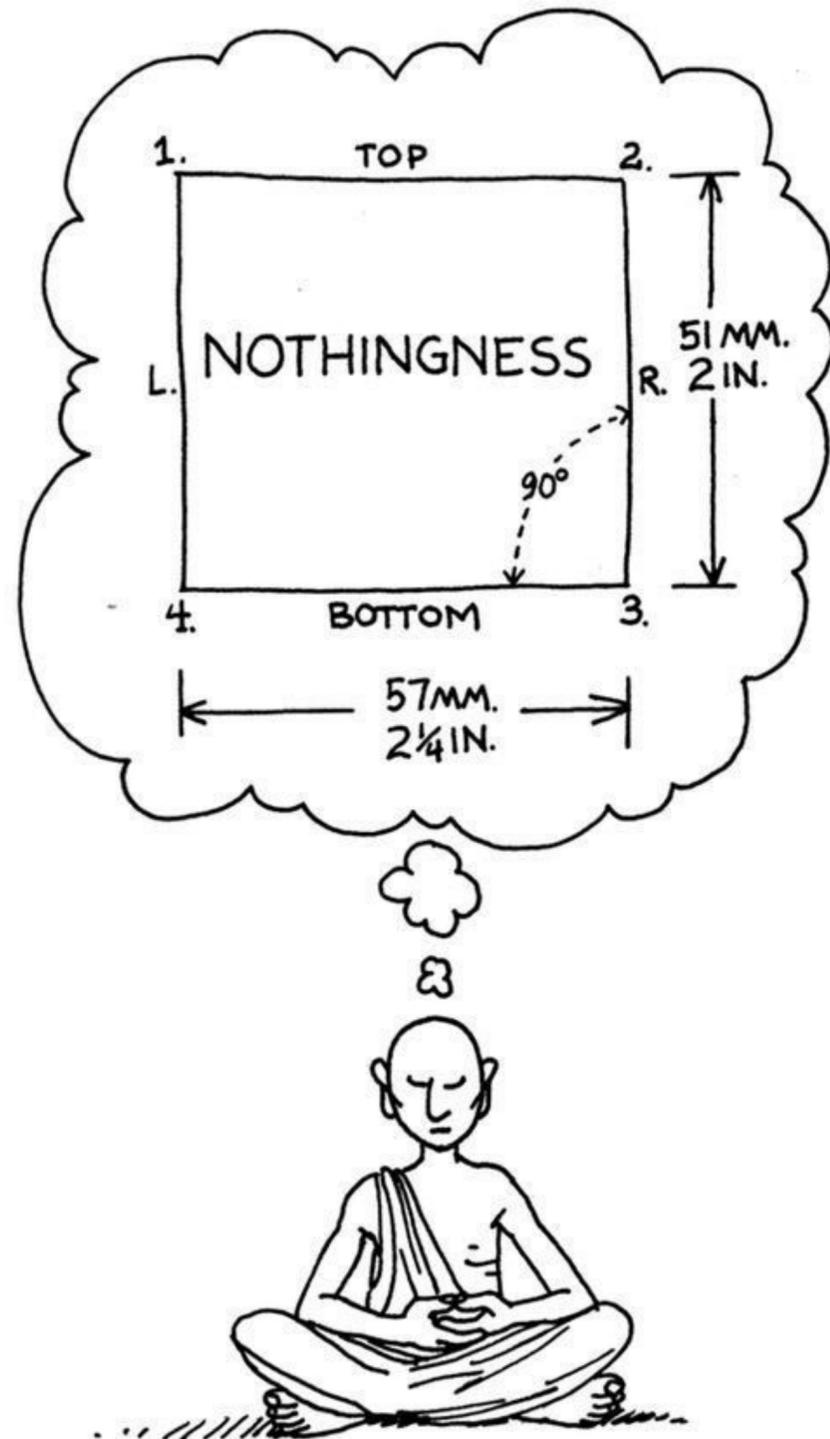


1. Understanding: Everything
2. Intent: Wanting to do good
3. Speech: Using kind and honest
4. Action: Doing good things
5. Livelihood: Making a living
6. Effort: Trying to do your best
7. Concentration: Focusing your mind
8. Mindfulness: Paying attention

How to train your brain



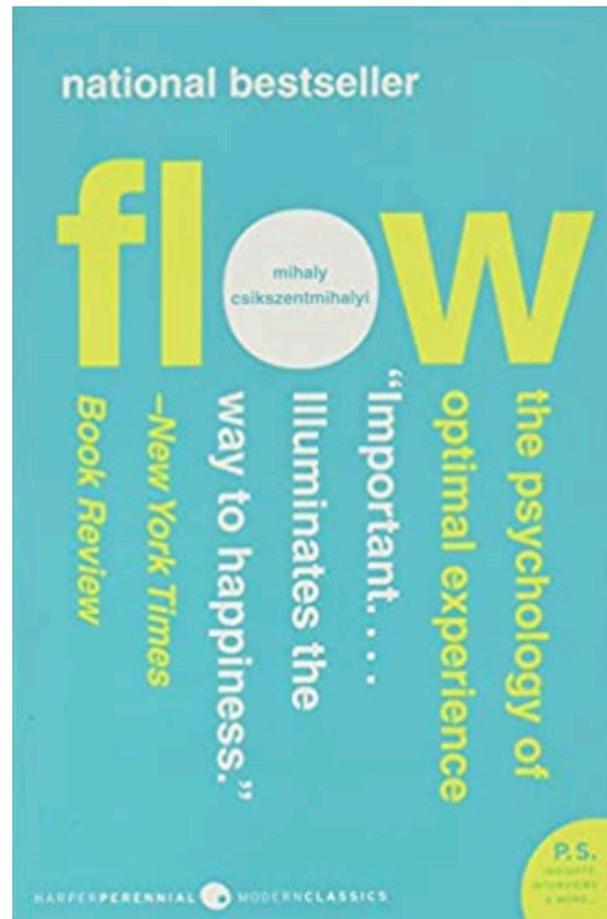
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3. Speech: Using kind and ho
4. Action: Doing good things
5. Livelihood: Making a living
6. Effort: Trying to do your b
7. Concentration: Focusing y
8. Mindfulness: Paying attent



... paying attention to whatever is happening is mindfulness meditation.

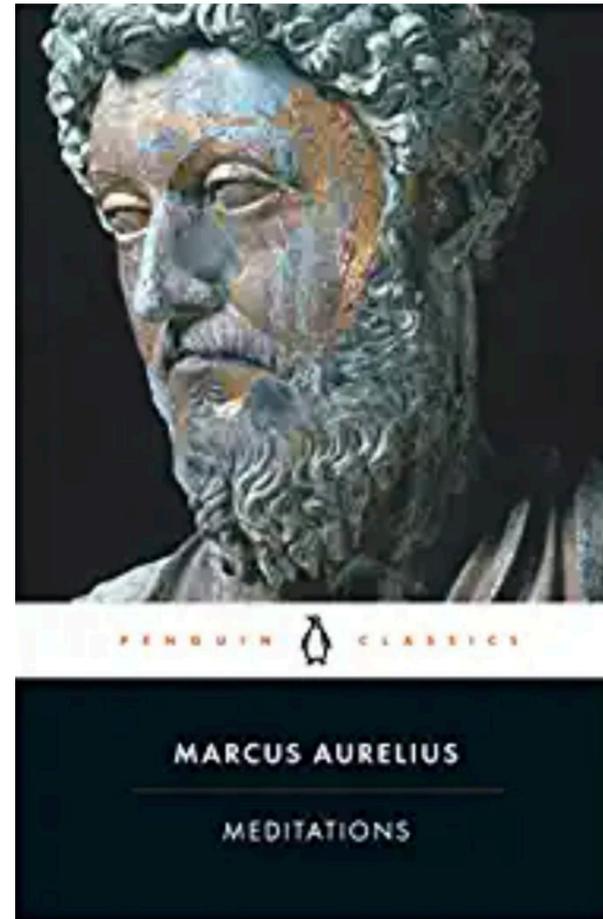
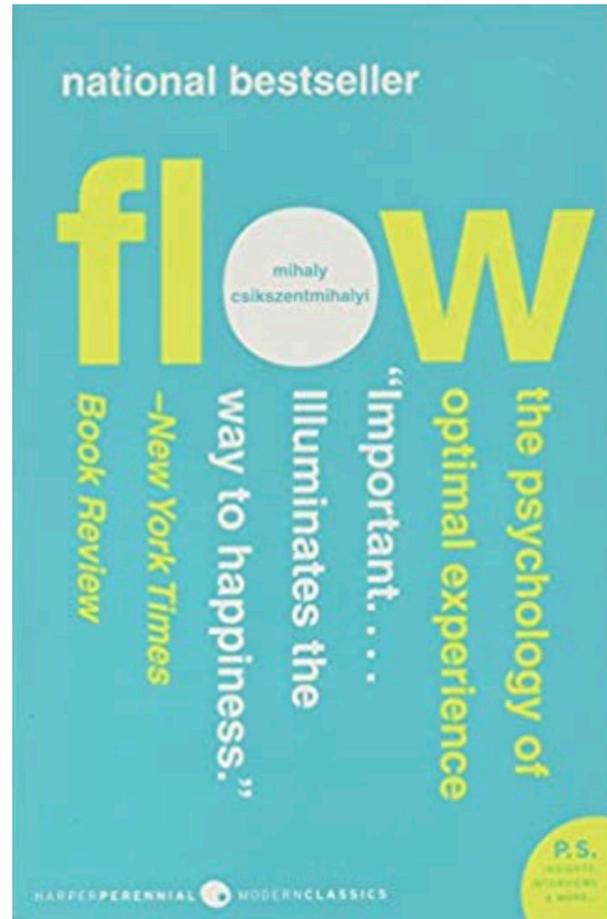
Fasting for the soul

It's all the same

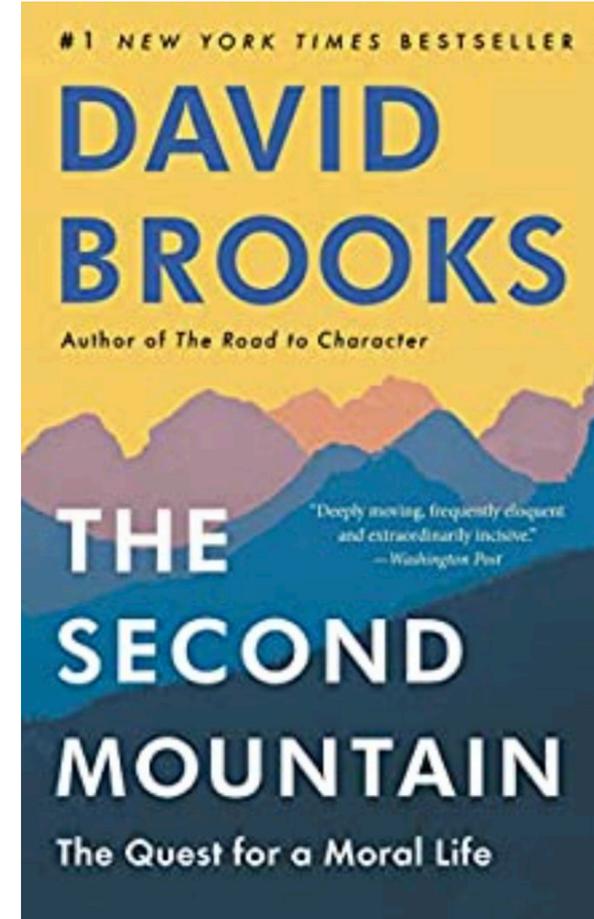
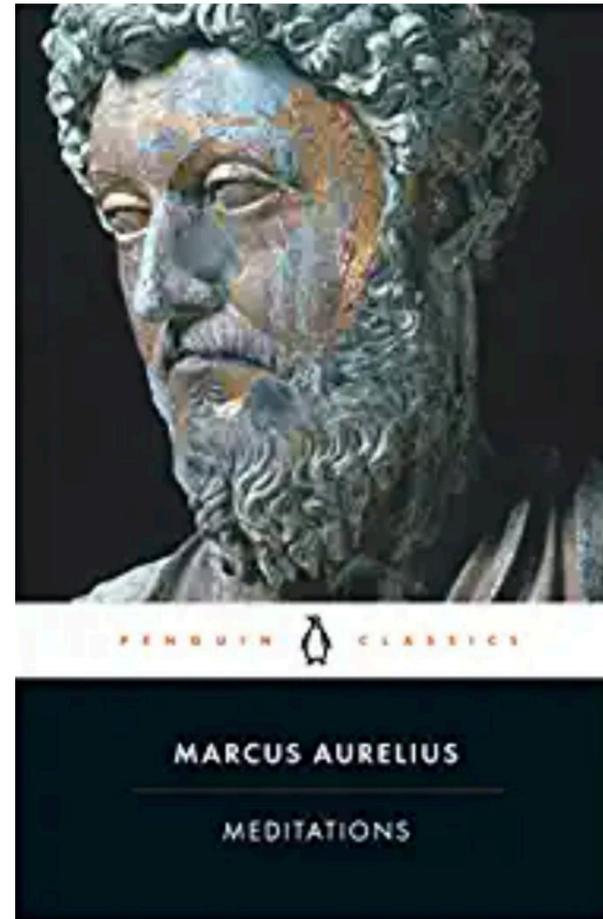
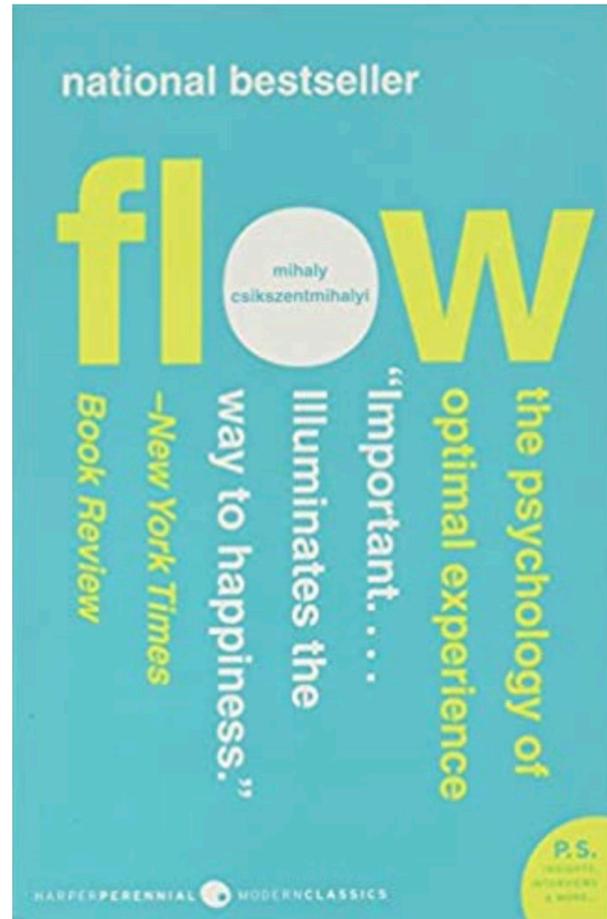




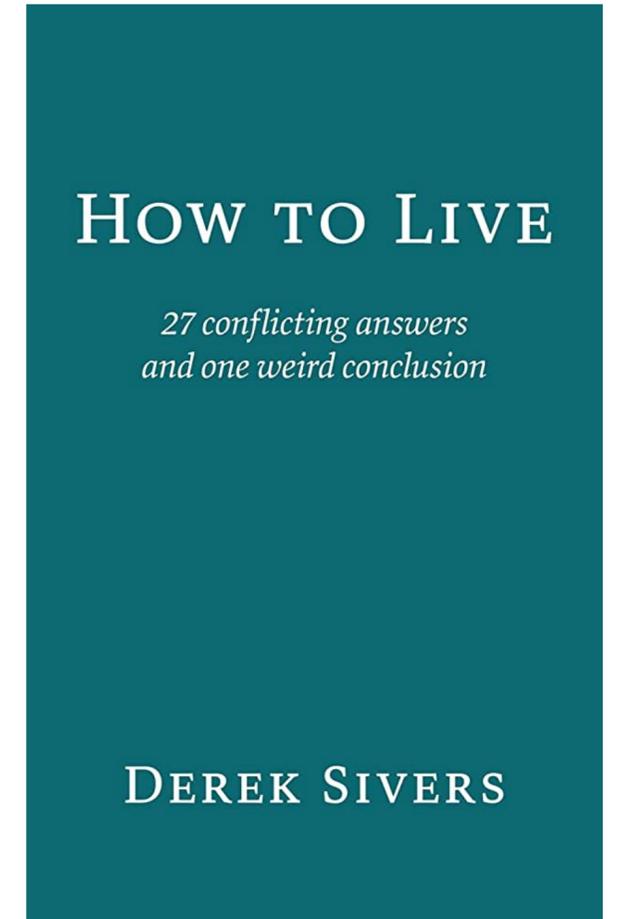
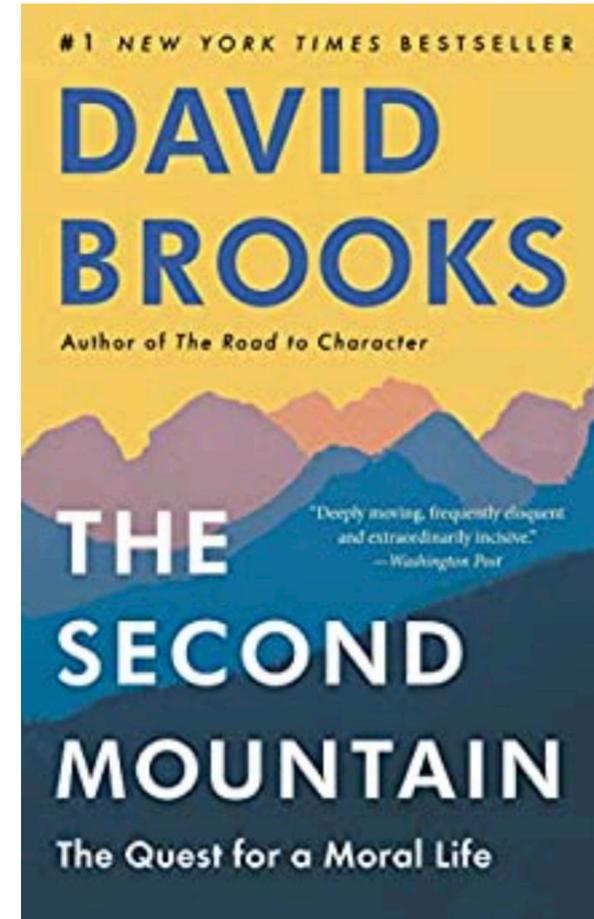
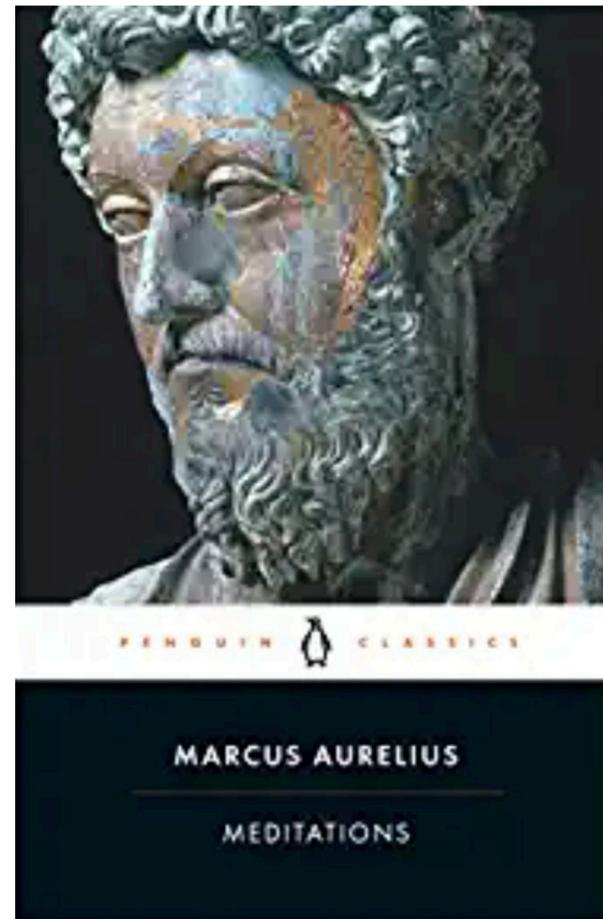
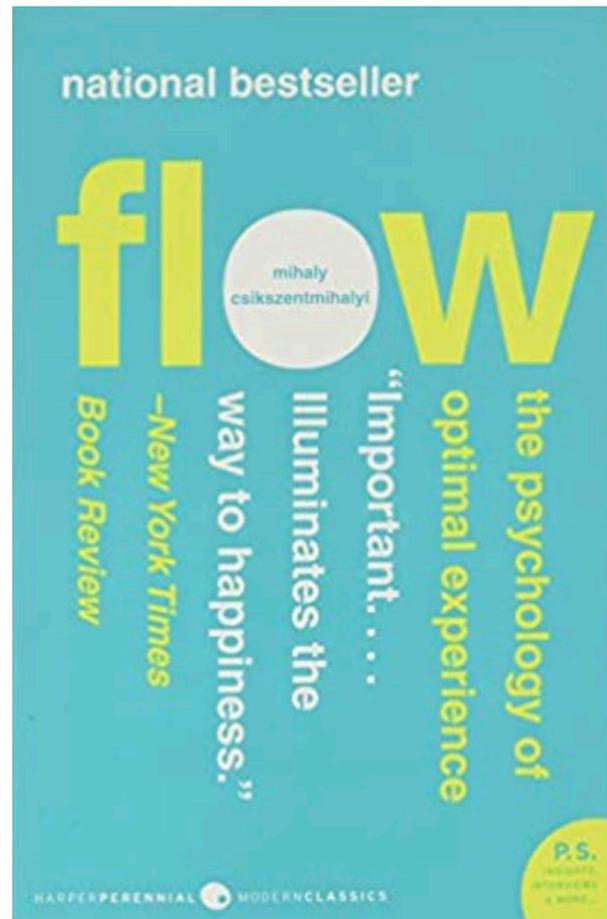
It's all the same

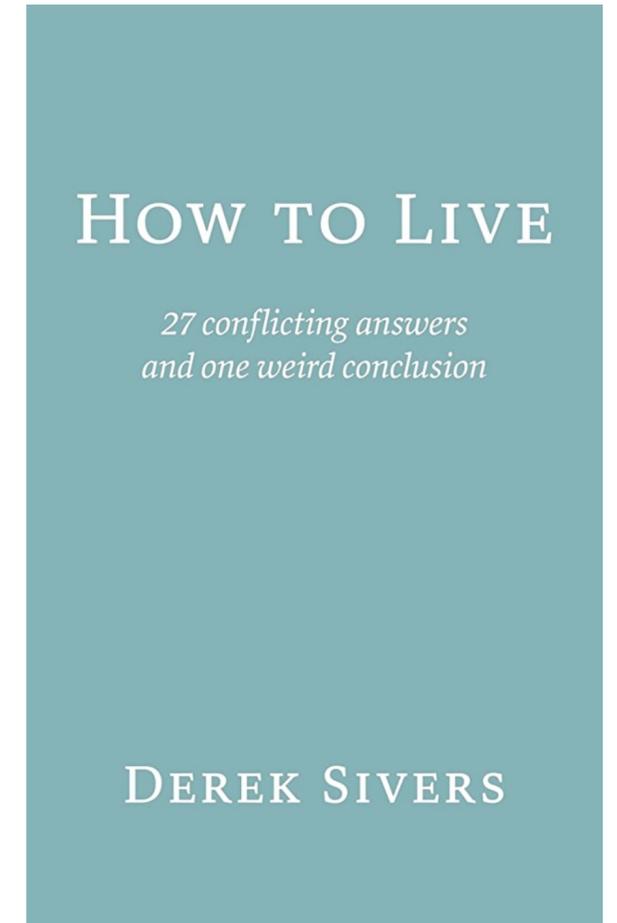
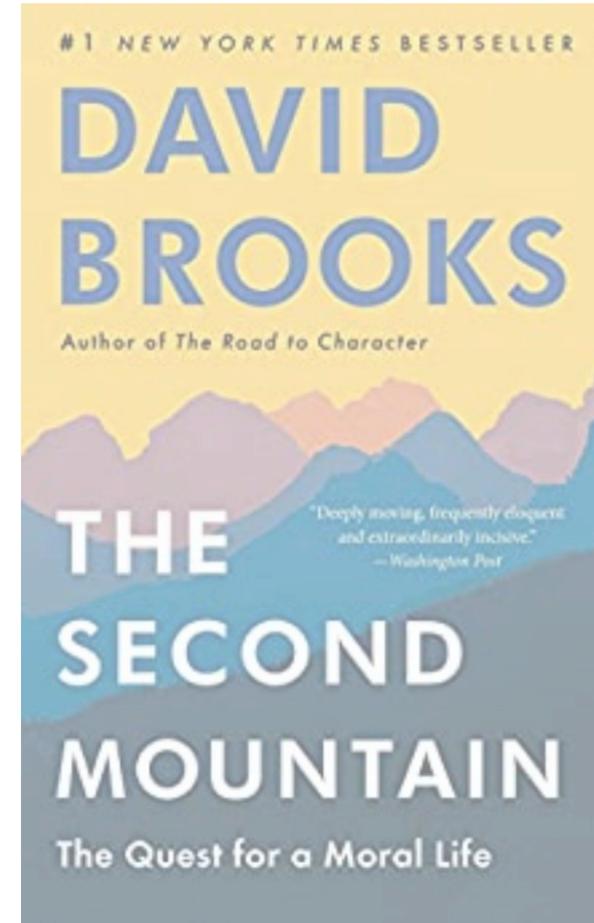
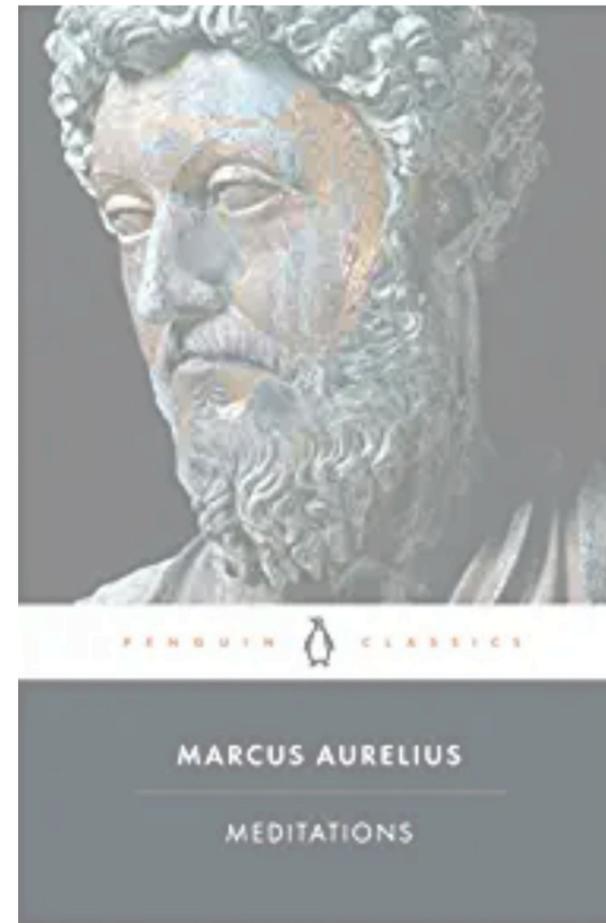
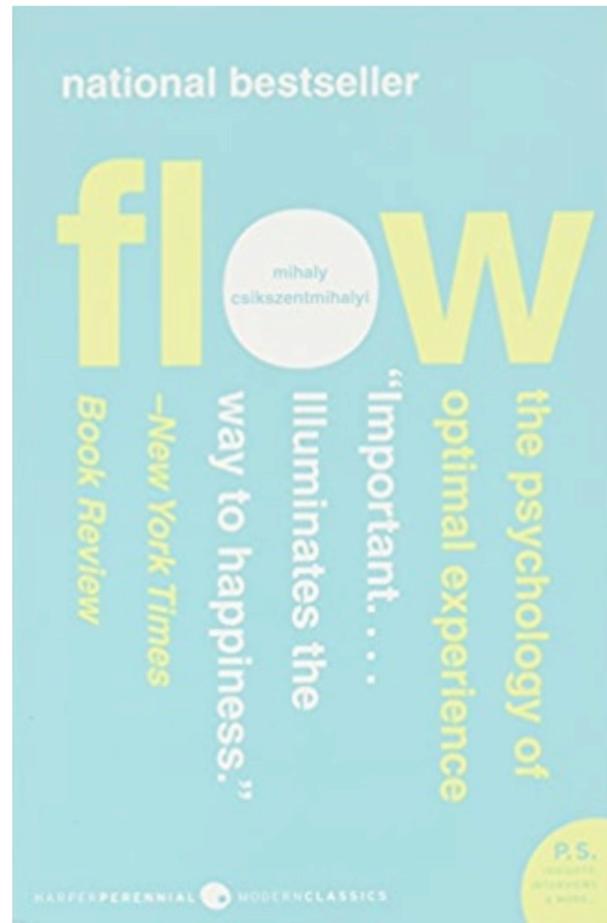


It's all the same



It's all the same





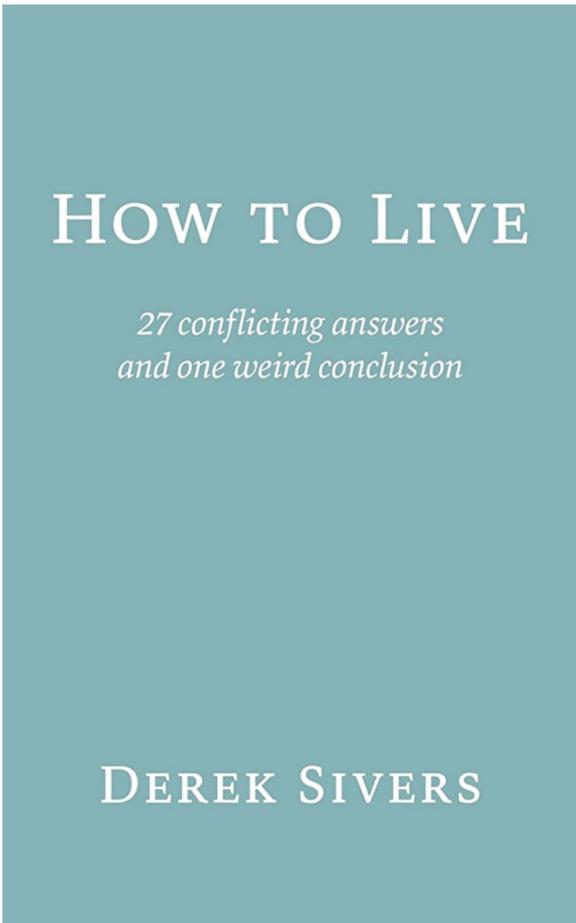
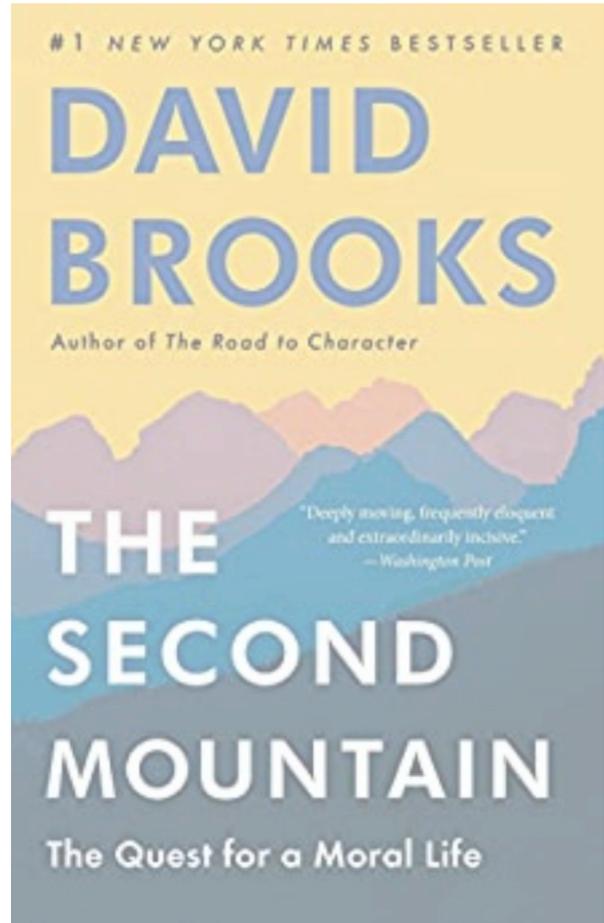


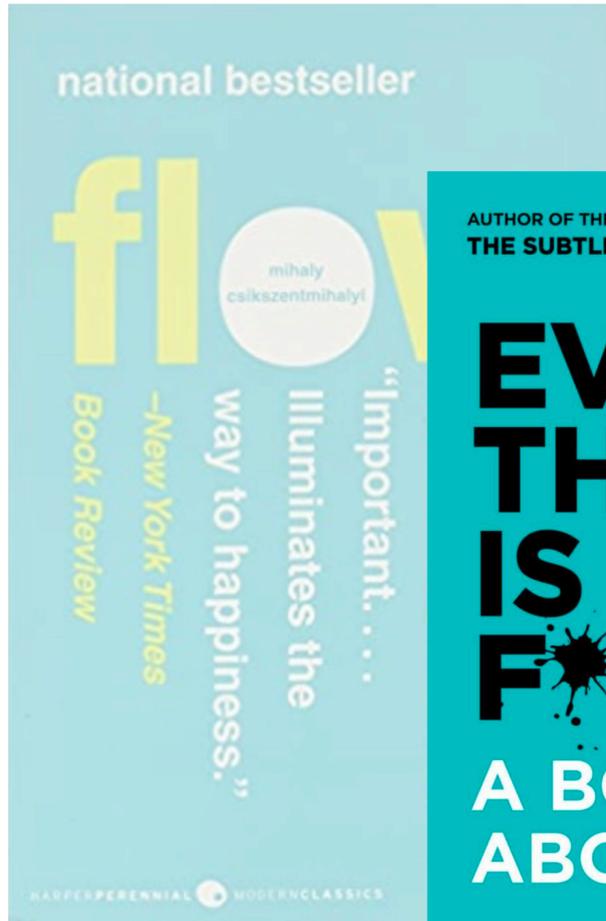
AUTHOR OF THE #1 NATIONAL BESTSELLER
THE SUBTLE ART OF NOT GIVING A F*CK

**EVERY
THING
IS
F*CKED**

**A BOOK
ABOUT HOPE**

MARK MANSON



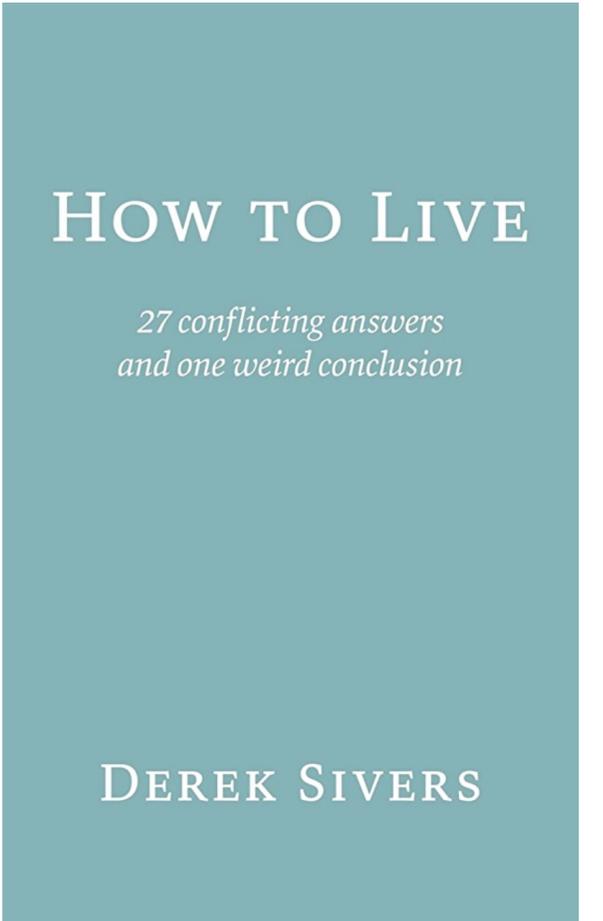
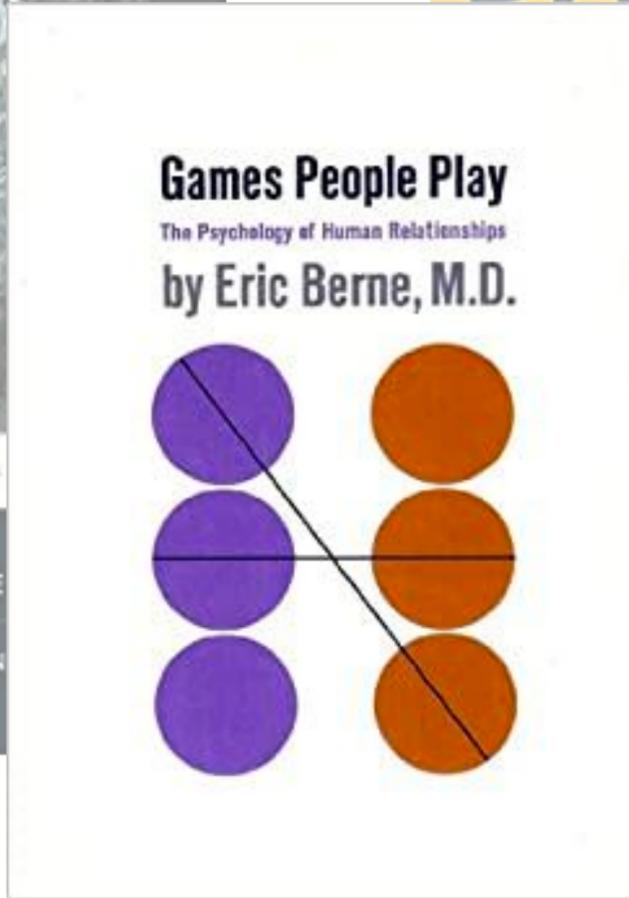


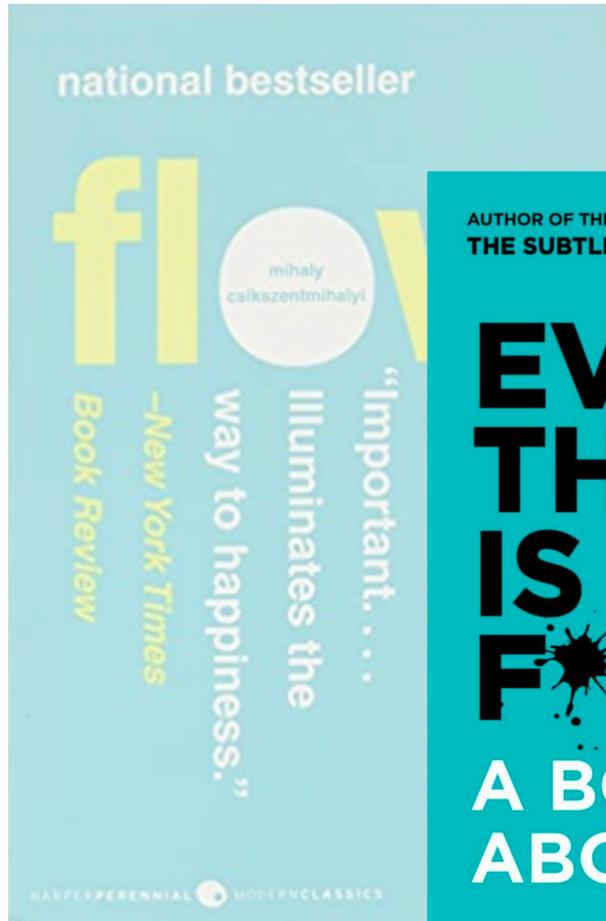
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**A BOOK
ABOUT HOPE**

MARK MANSON



Games People Play
The Psychology of Human Relationships
by Eric Berne, M.D.



**THINKING,
FAST AND SLOW**

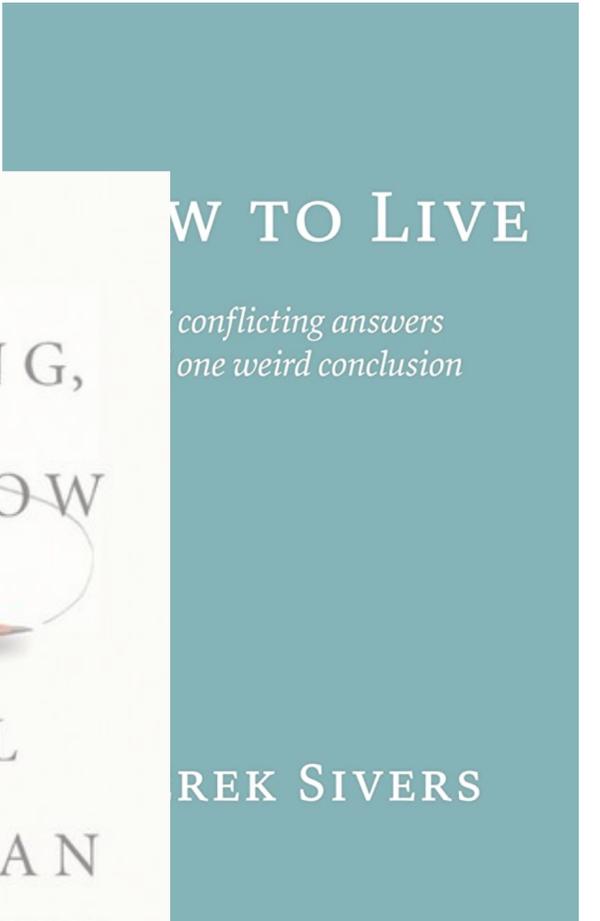
**DANIEL
KAHNEMAN**

WINNER OF THE NOBEL PRIZE IN ECONOMICS

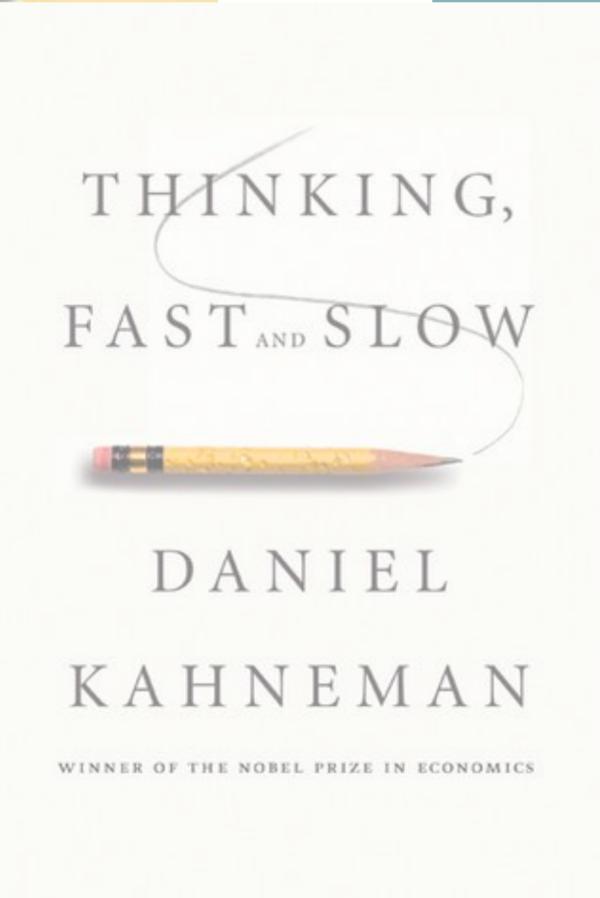
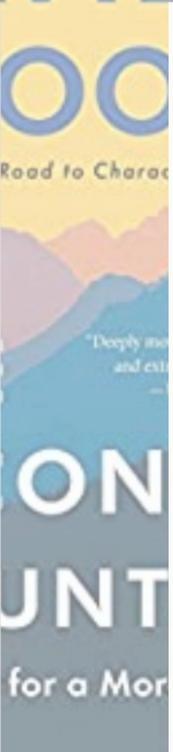
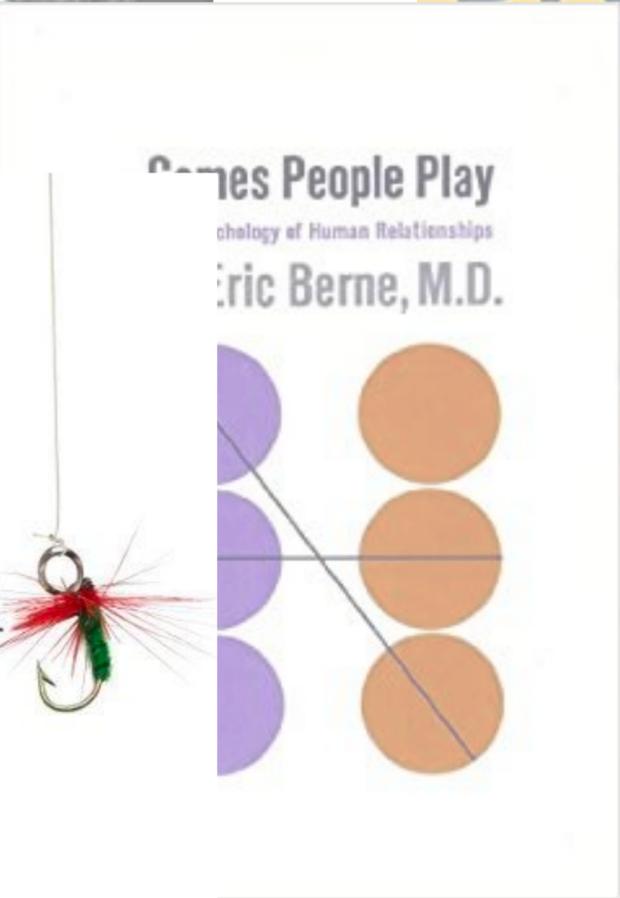
HOW TO LIVE

*conflicting answers
one weird conclusion*

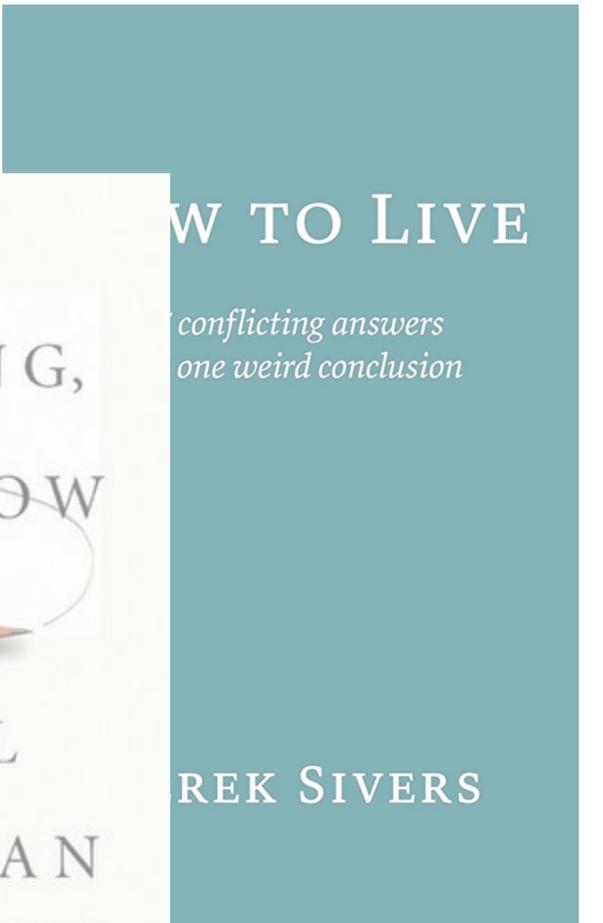
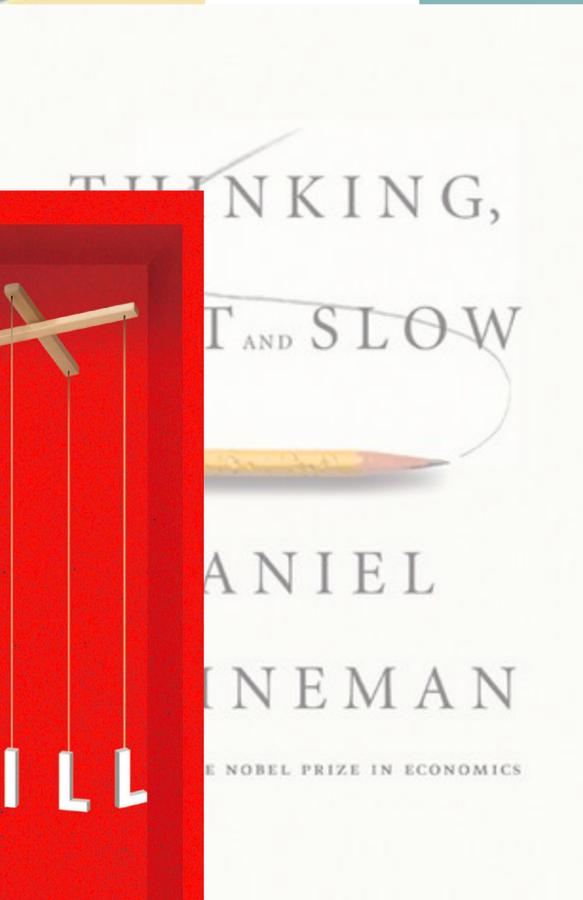
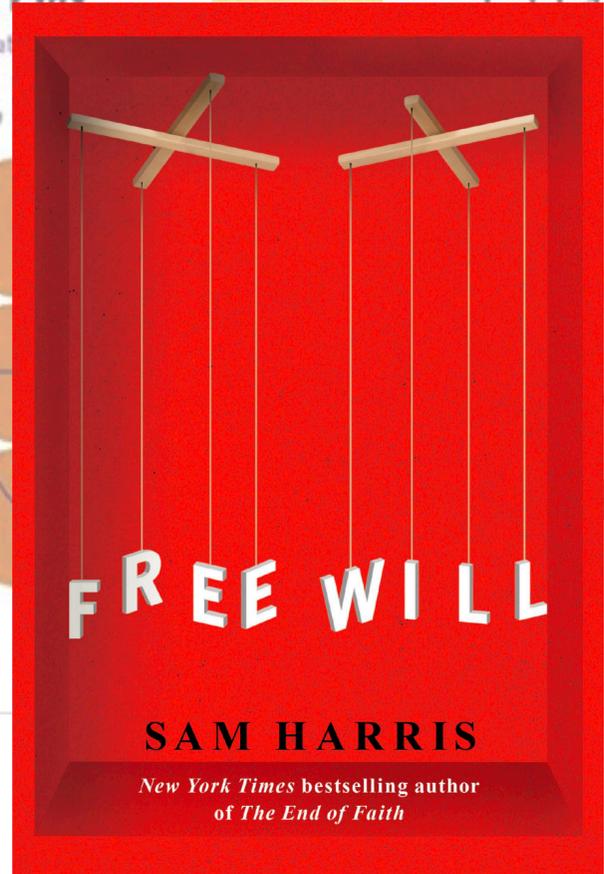
REK SIVERS



L y i n 



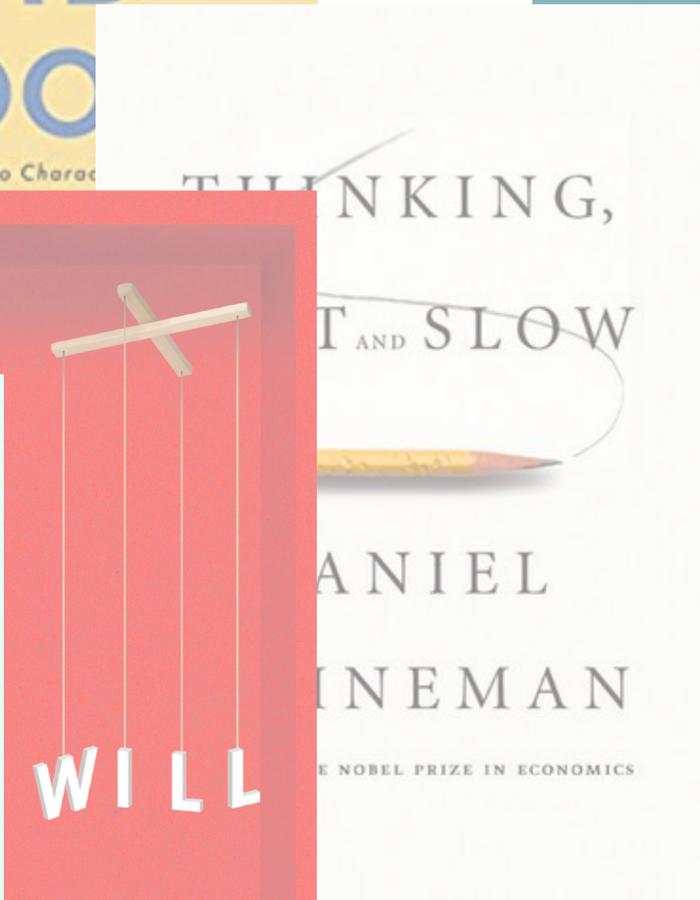
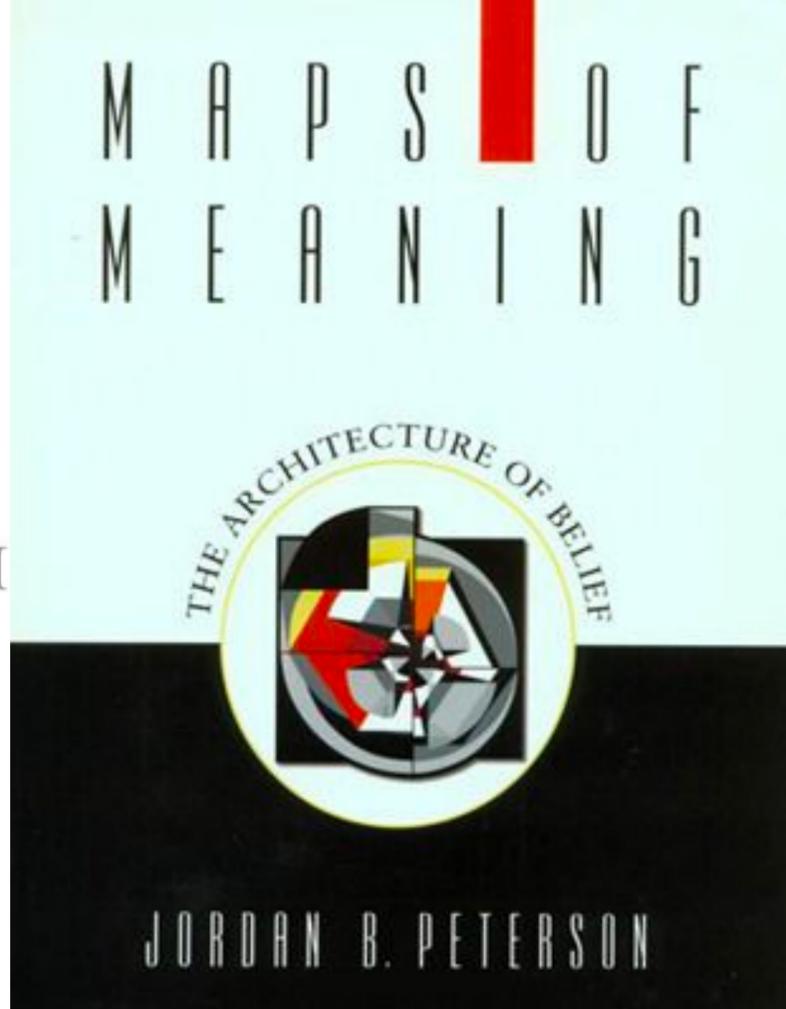
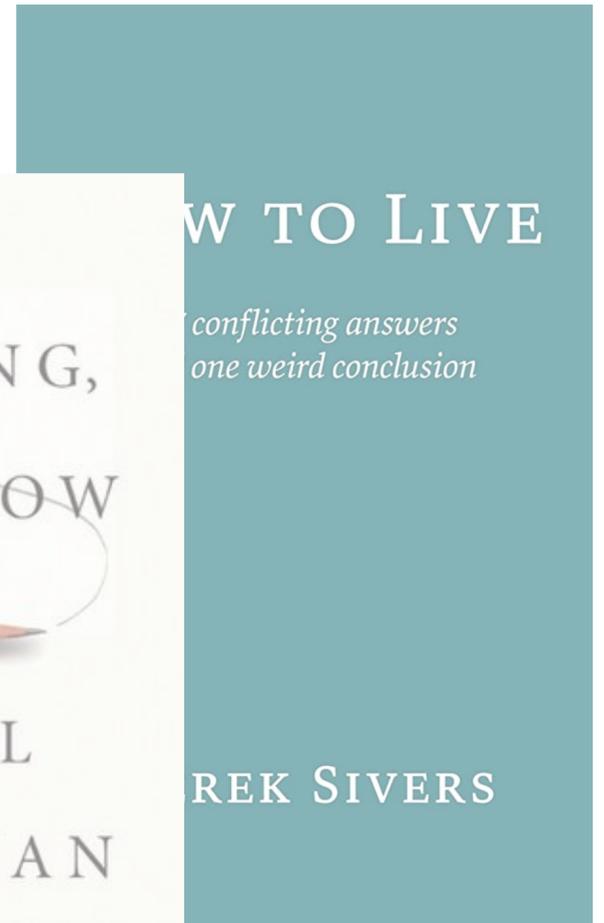
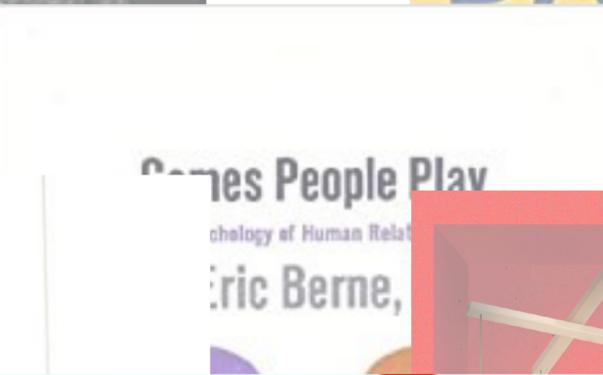
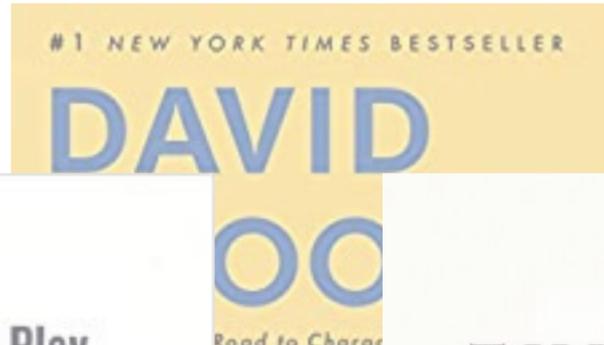
Sam Harris



L y i n



Sam Harris



**— I don't know!
I guess he just doesn't like you.**

— Pretend to be somebody else!

— What did I do this time?



Fear is not real



A joyful path

1. Yourself

2. Others

3. Thinking

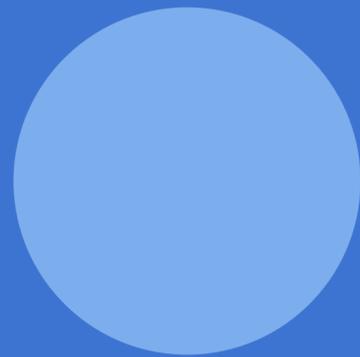
4. Love + Couple + Children

5. Money

6. Freedom

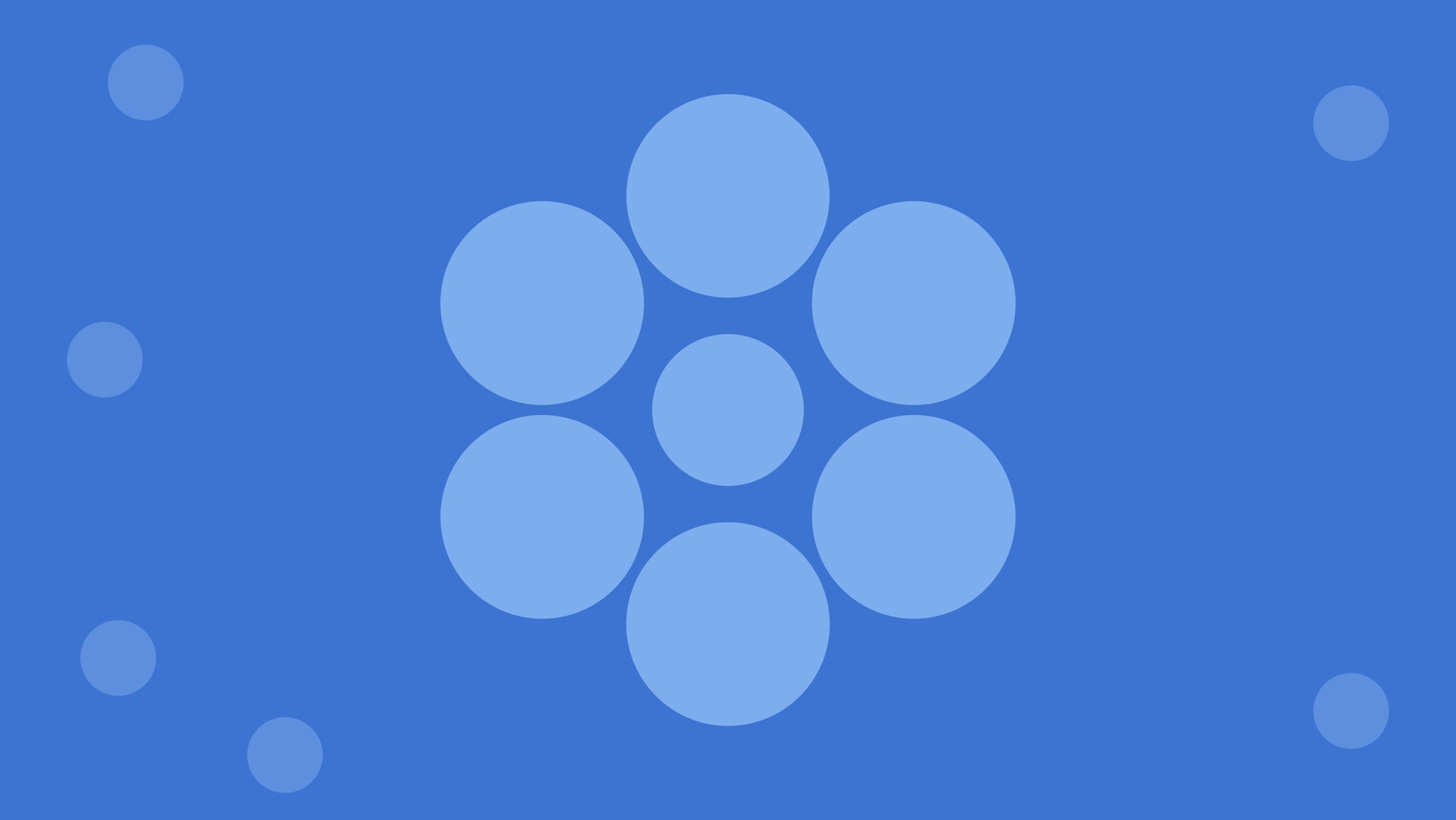
Fix it

8bn people



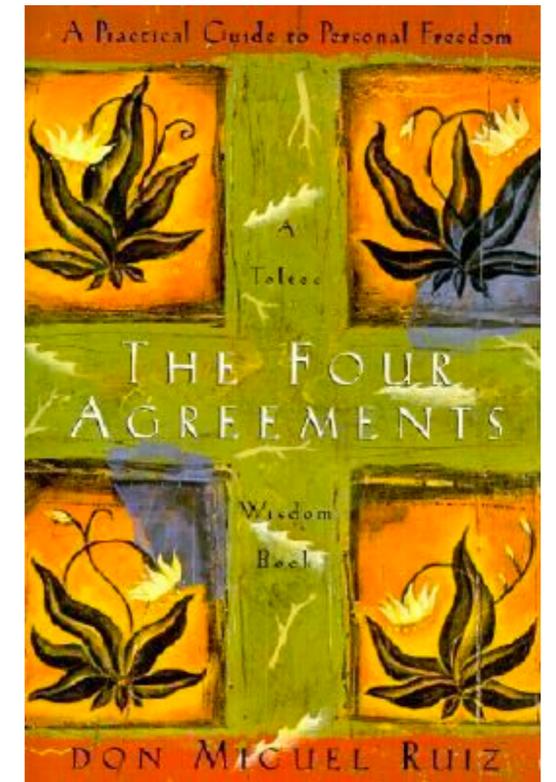
find yours





Others

- Be impeccable with your word.
- Do not take anything personally.
- Do not make assumptions.
- Always do your best.



**You have my trust,
it's up to you to earn distrust.**



Thinking

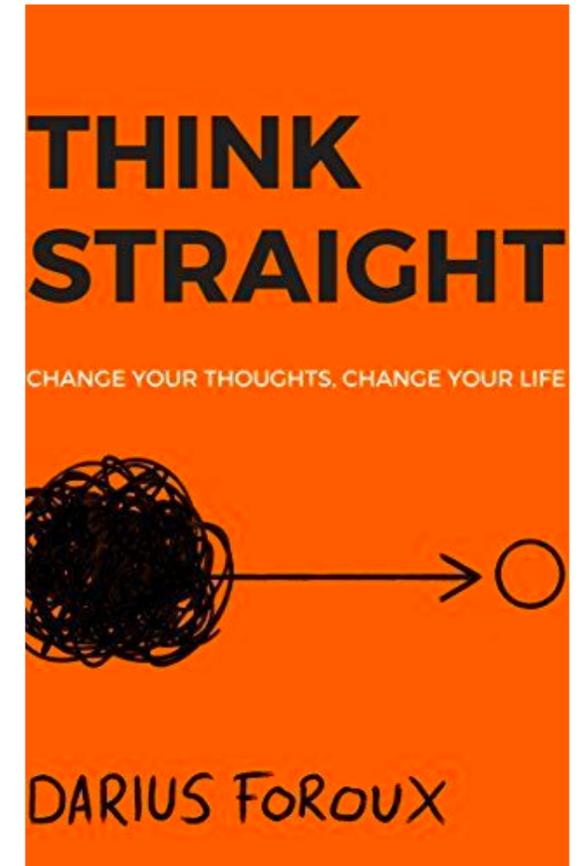
True is what works

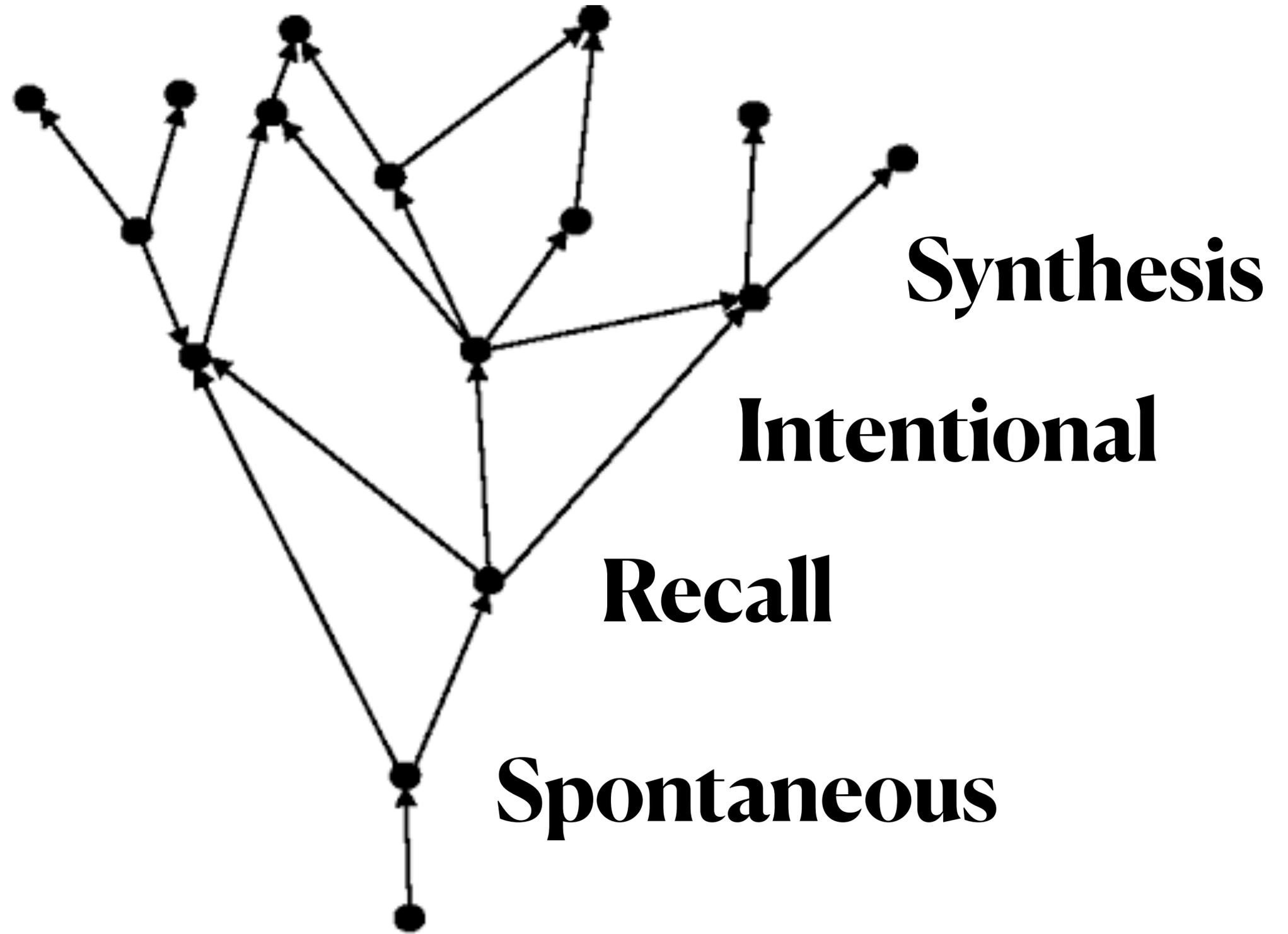
Think about:

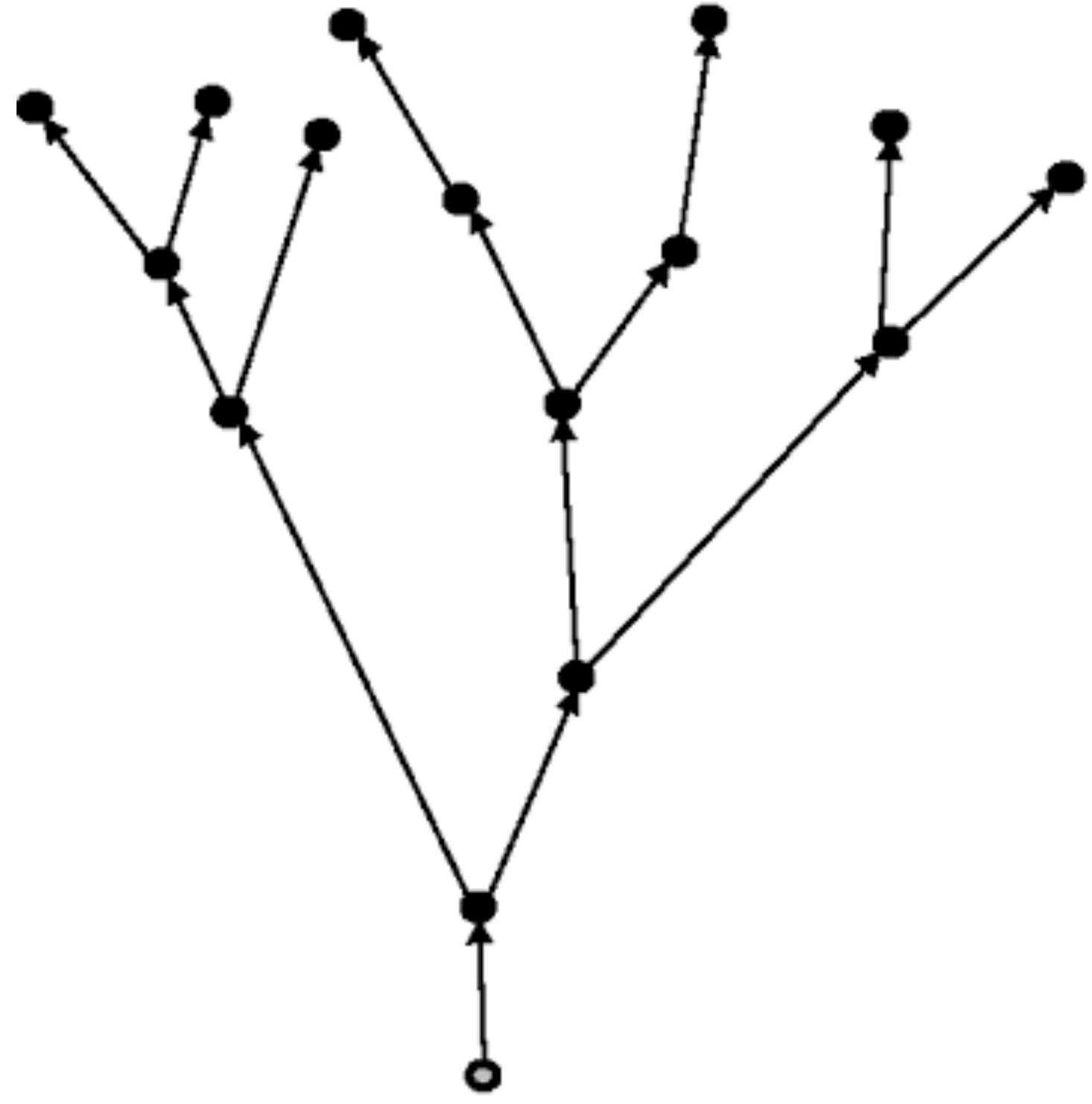
- Desires
- Actions
- Words
- Intentions

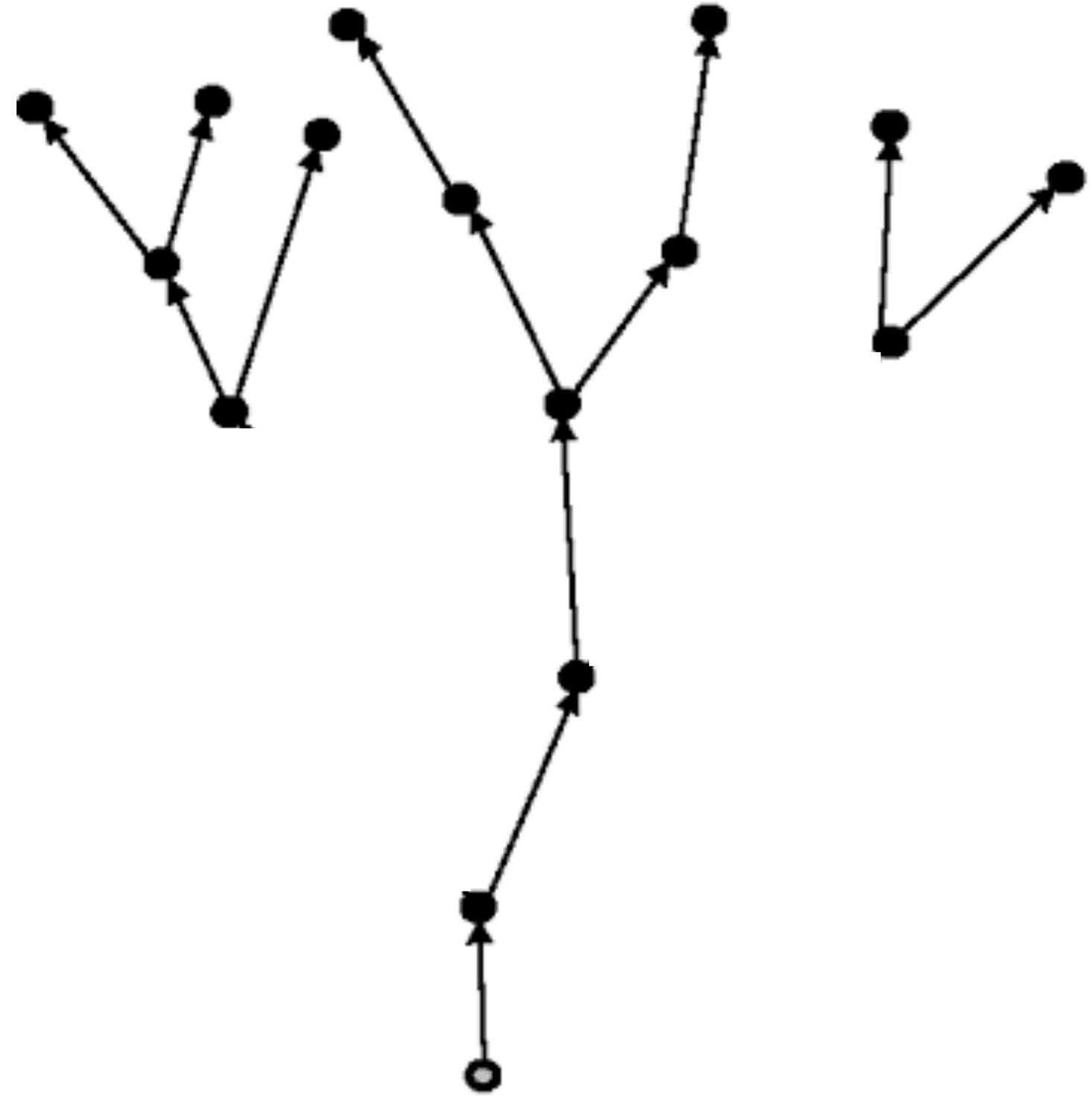
Think to:

- Solve problems
- Understand knowledge

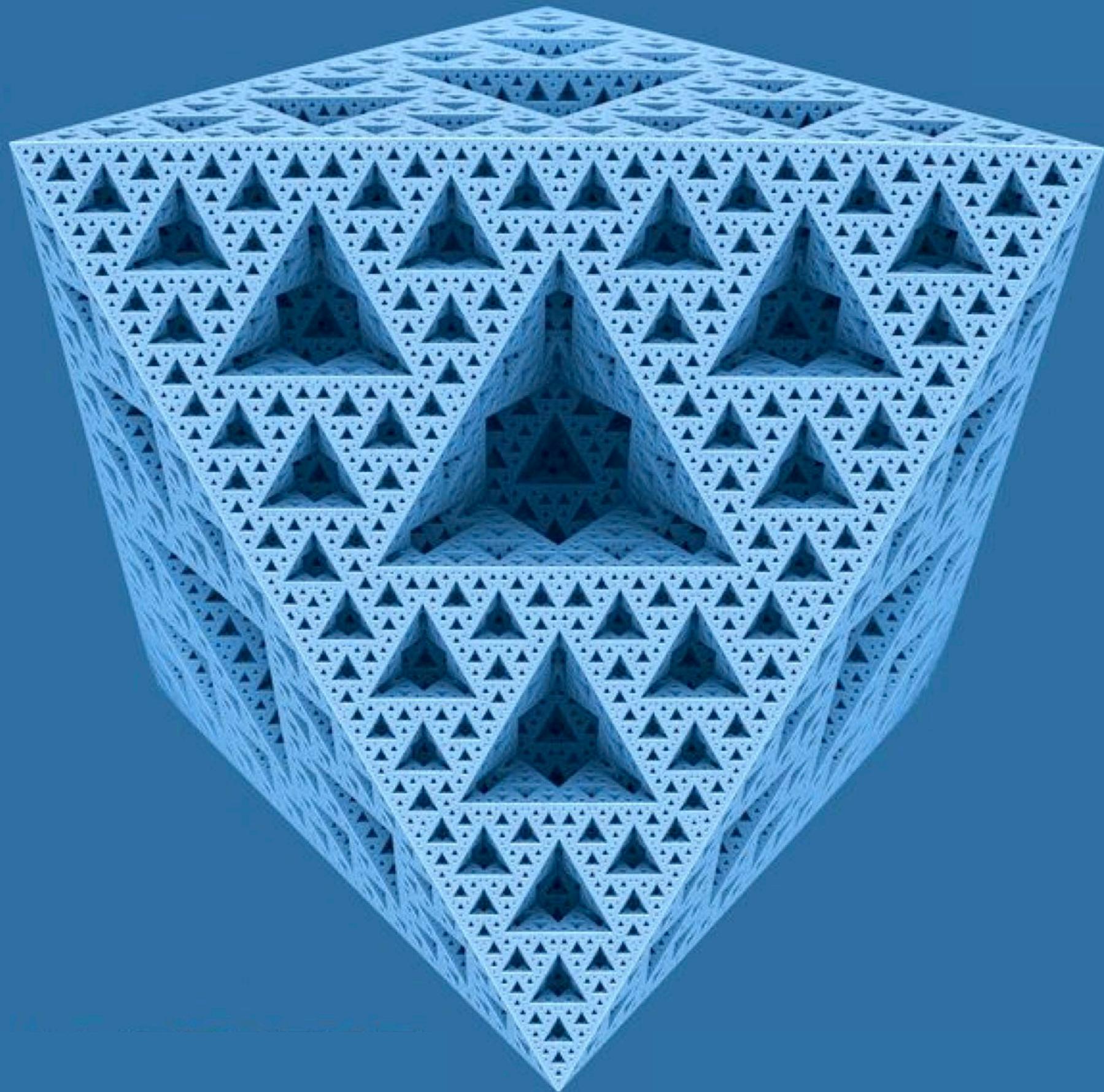










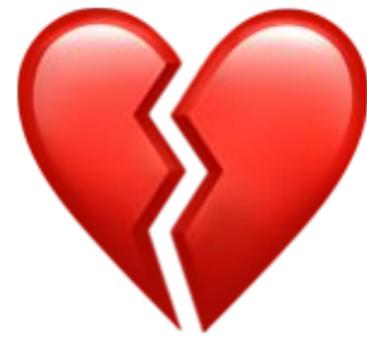


Trust the inner voice

**No teacher, preacher, parent, friend
or wise man can decide
what's right for you - just listen to
the voice that speaks inside.**

— Shel Silverstein

Stop



Heal



Refuse

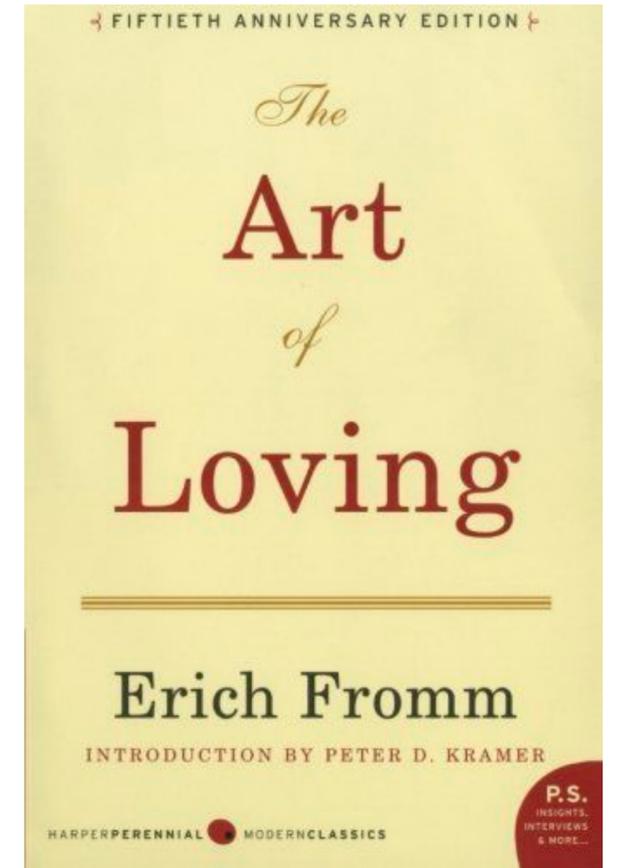


Pass it on



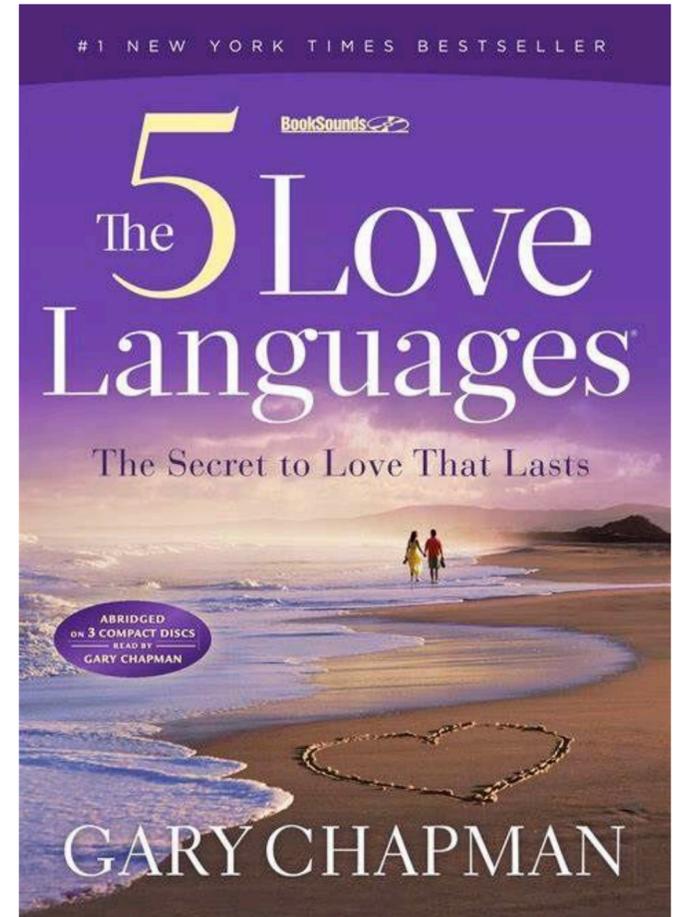
Love

- Friendship is love
- Love is a verb
- The active concern for that which we love



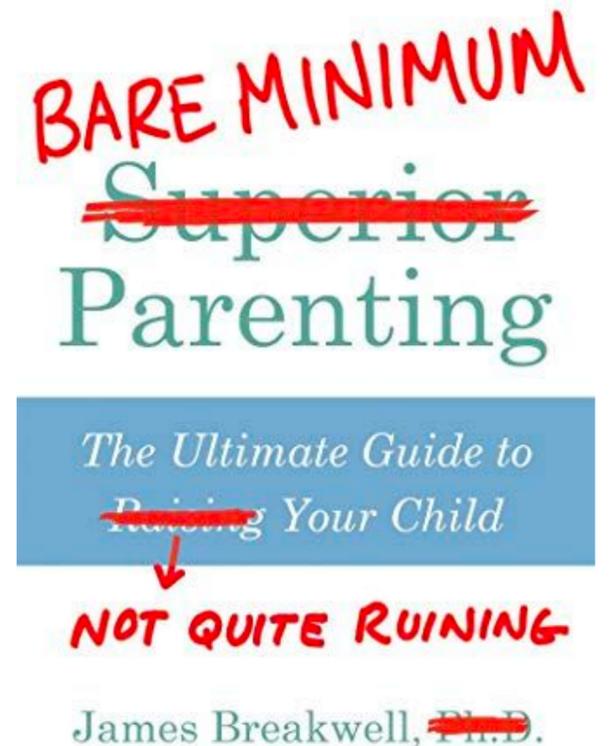
Couple

- Follow your gender roles
- Love languages
- MGTOW
- Talk talk talk ... and talk.
- About your self



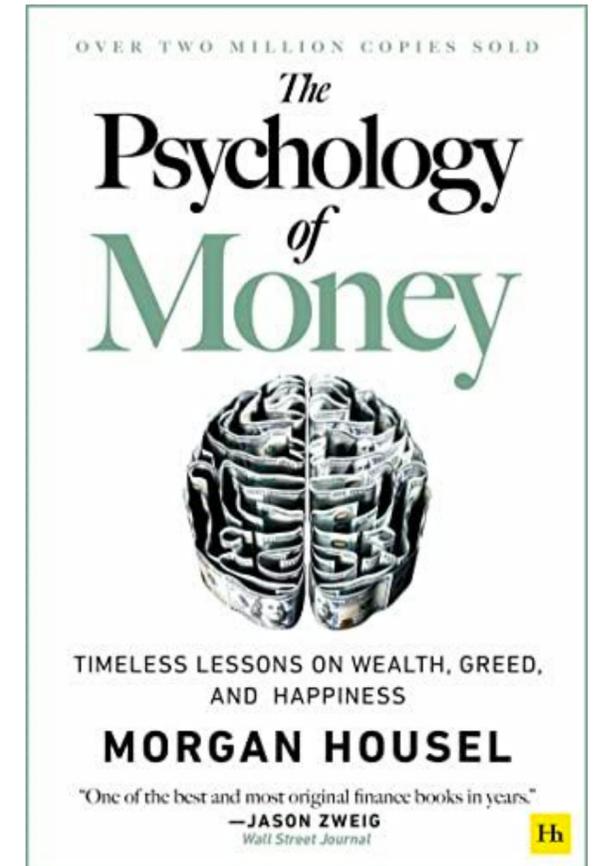
Children

- Family is training wheels
 - Minimum parenting
 - Do not let them make you dislike them
1. They can support themselves.
 2. They aren't a social deviant.
 3. They don't blame you for everything that's wrong with their life.



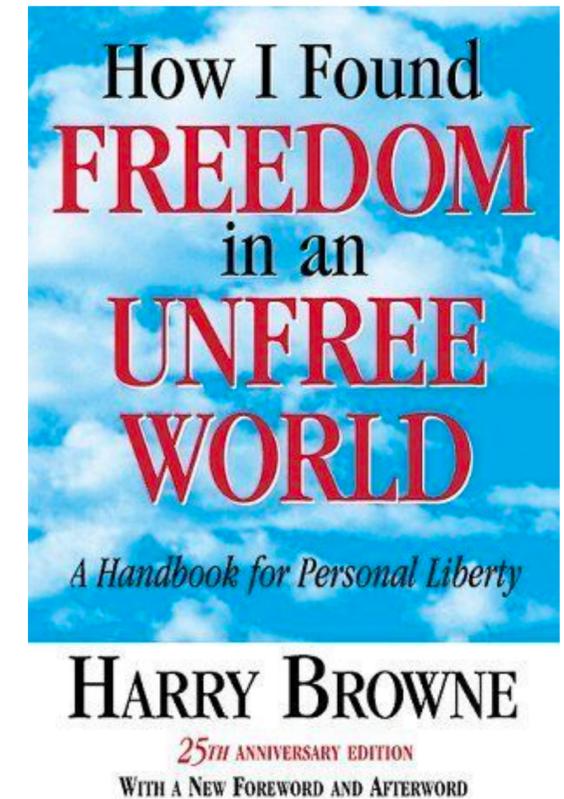
Money

- Rich vs Wealth
- Be enough
- Life is going to make choices for them
- Midsömmar
- Learn Bitcoin



Freedom

- Live the life you want to live
- Traps
- Freedoms
- Moral



Live and love your life

- 1. Refuse to suffer**
- 2. Calmness is an absence of fear**
- 3. Joy is a proof of work**



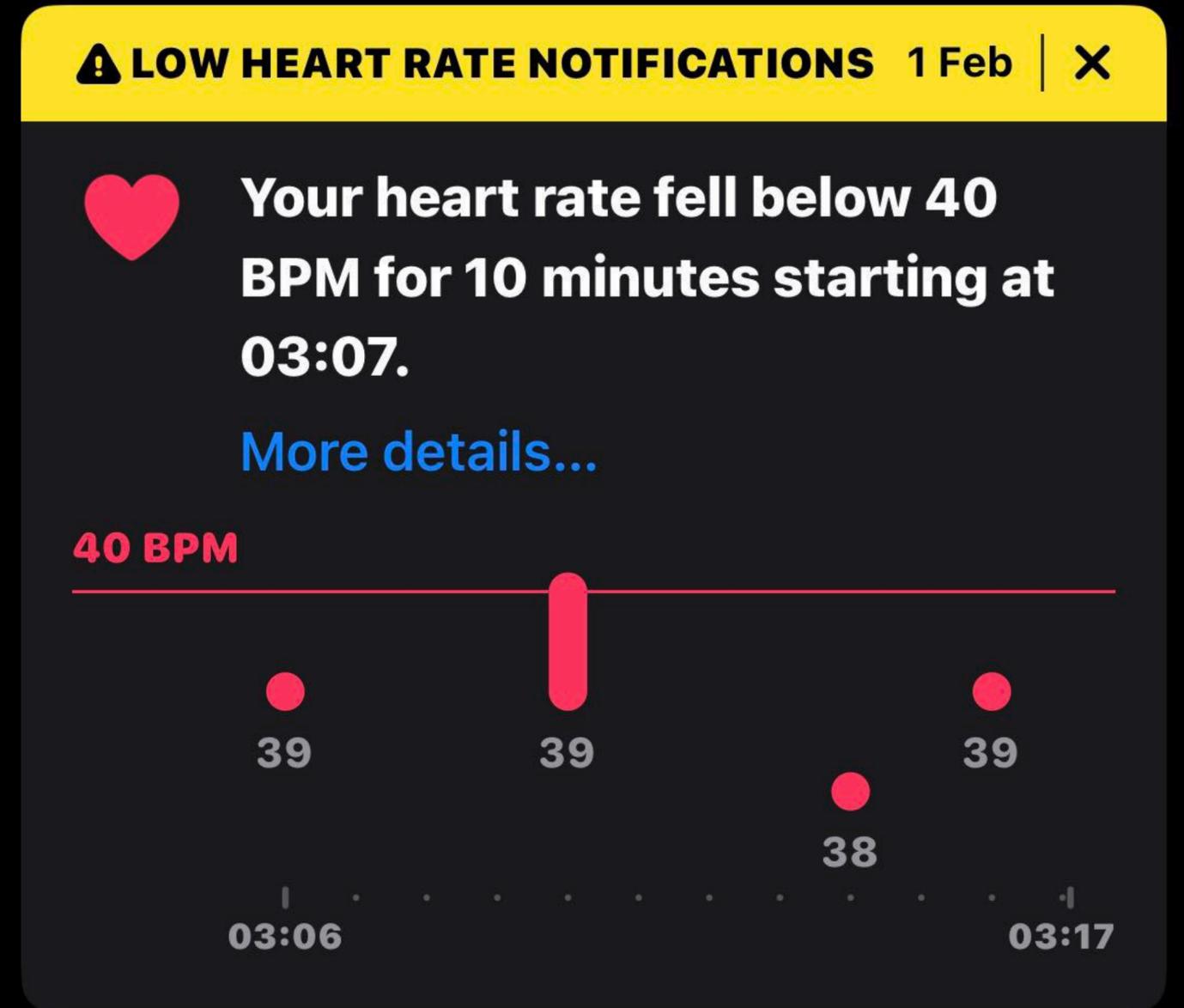
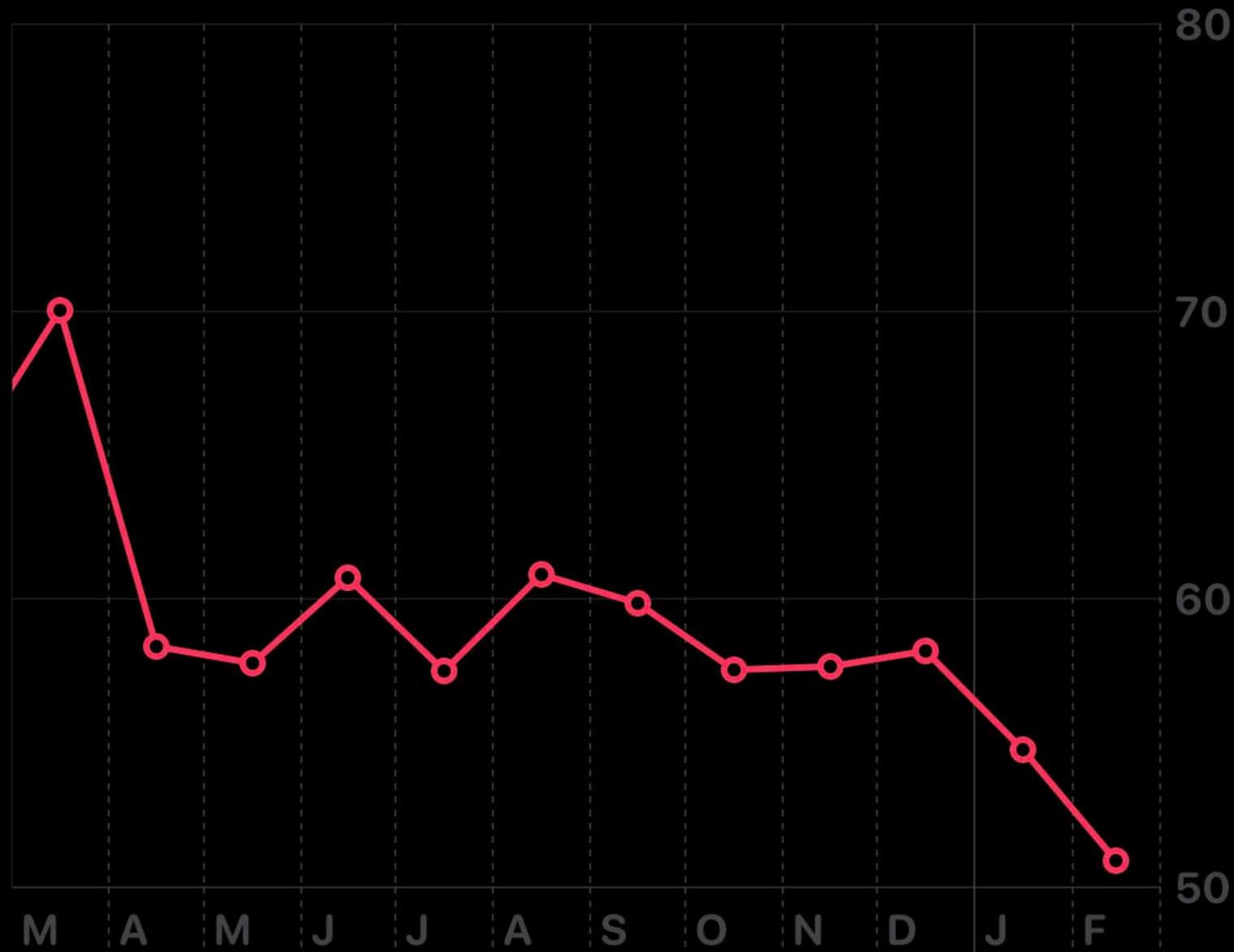
Life is for mining joy



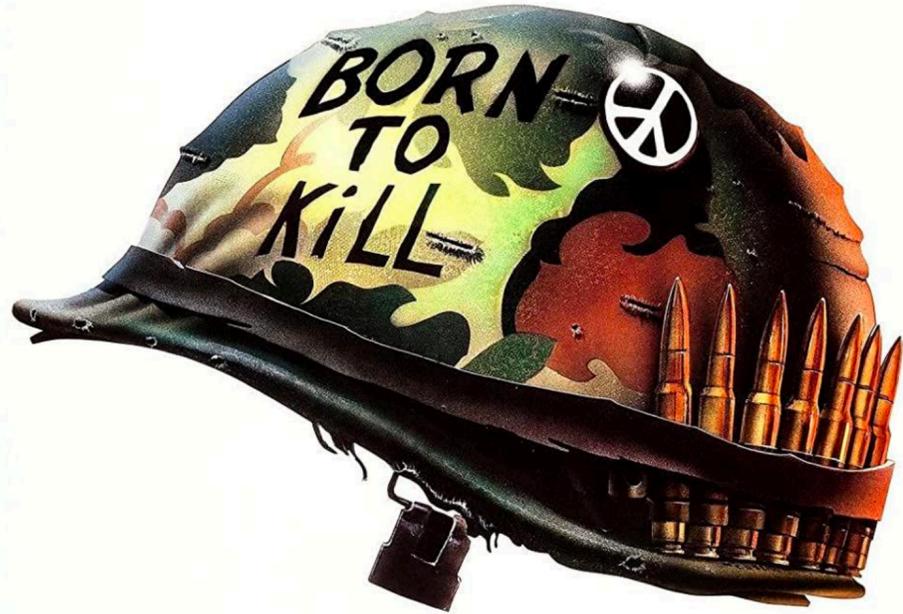
Or you're holding it wrong

Does it work?

Mar 2022 – Mar 2023



**IN VIETNAM
THE WIND
DOESN'T BLOW
IT SUCKS**



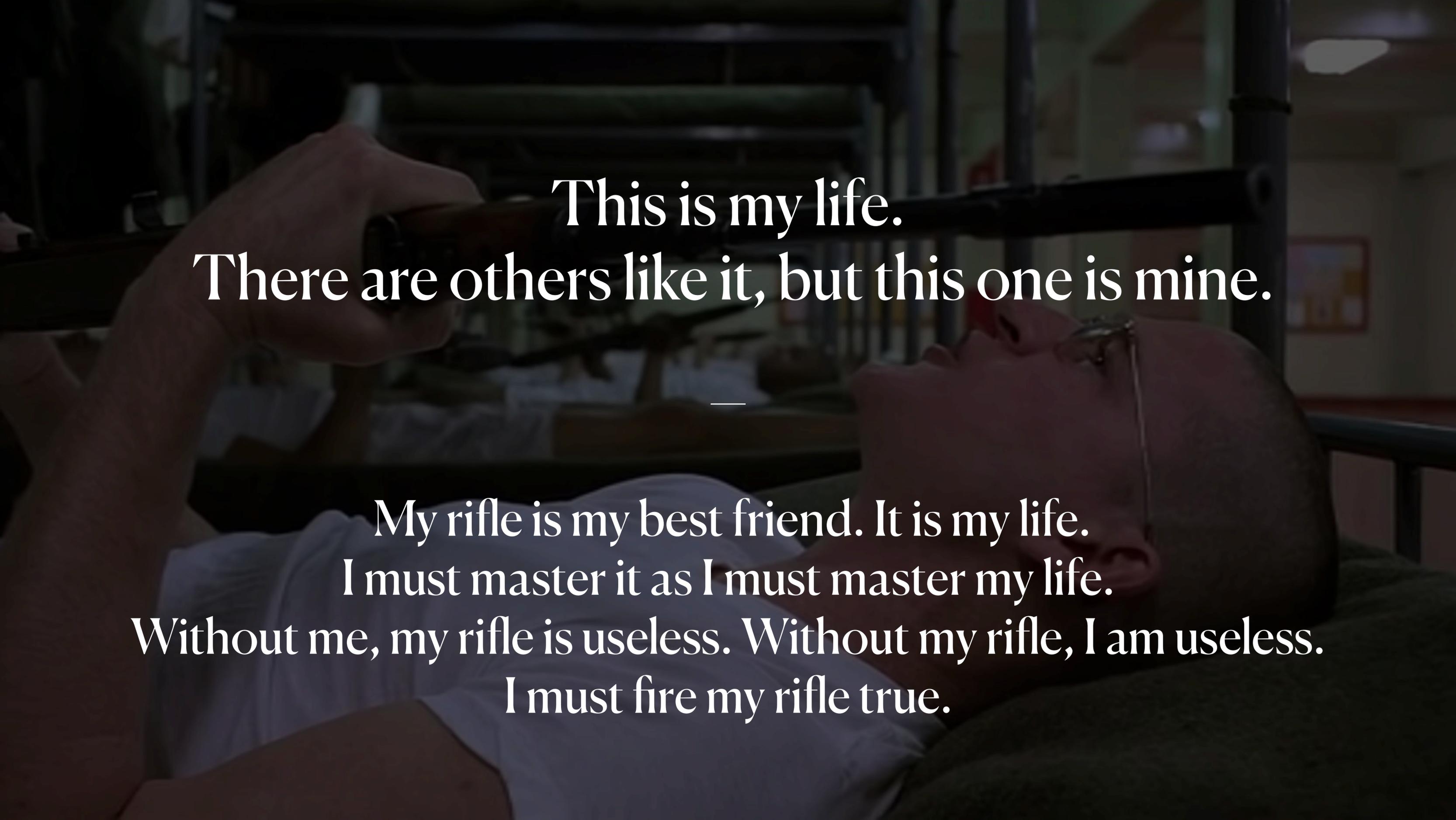
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BASED ON THE NOVEL THE SHORT-TIMERS BY GUSTAV HASFORD CO. PRODUCER PHILIP HOBBS EXECUTIVE PRODUCER JAN HARLAN PRODUCED AND DIRECTED BY STANLEY KUBRICK

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ADVANCE ONE SHEET



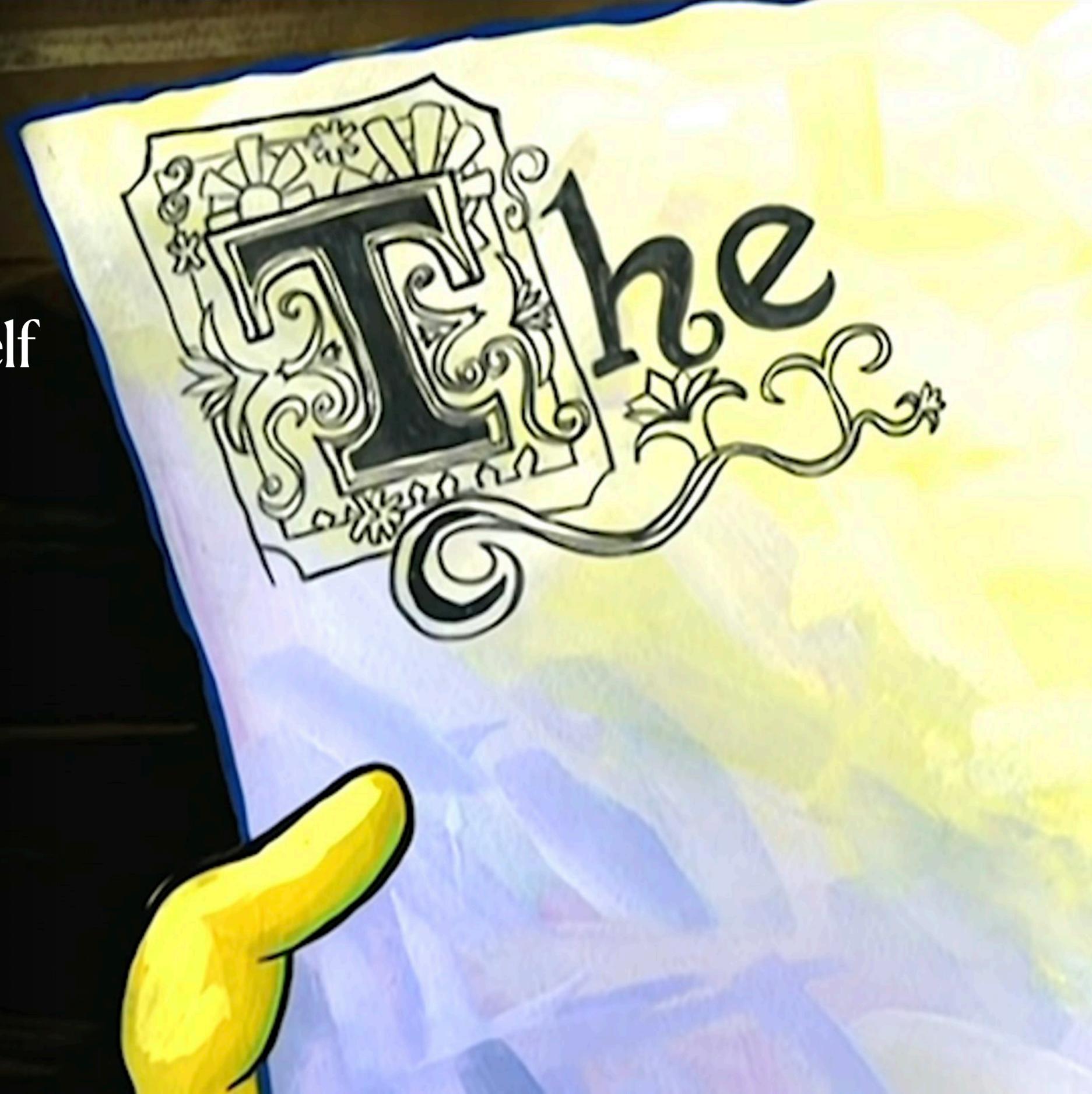


This is my life.
There are others like it, but this one is mine.

My rifle is my best friend. It is my life.
I must master it as I must master my life.
Without me, my rifle is useless. Without my rifle, I am useless.
I must fire my rifle true.

Enjoy Your Life

0. You're only cheating yourself
1. Integrity comes from Intent
2. Act not react
3. Body is a friend
4. Perfect day every day
5. Always do your best





QUESTION
EVERYTHING
WHY?

WADO

TENSEP

TZW

nick@firedev.com